



## Skills for Mental Health, by Dr. Brad Schwall

What do children and youth need to be mentally healthy and socially and emotionally intelligent?

Be in tune with your child. Encourage skills for handling emotions, problem-solving, and being resilient. When your child faces emotional struggles that persist and substantially interfere in his or her normal functioning, talk to your school counselor, a therapist, or other mental health professional. Nurture good mental health, but be aware that even children can face depression, anxiety, and other mental health issues. Help your child develop the social and emotional competencies outlined by the Collaborative for Academic, Social, and Emotional Learning ([www.casel.org](http://www.casel.org)) to help him or her develop mental health and strength and social and emotional intelligence.

### **Self-awareness**

- Being aware of and understanding one's mood and feelings
- Identifying emotions
- Recognizing strengths, needs, and values
- Having a sense of self-efficacy, believing, "I can do this."

### **Social Awareness**

- Being able to take the perspective of others
- Showing empathy for the feelings of others
- Respecting others and appreciating diversity

### **Responsible Decision Making**

- Identifying problems and analyzing situations
- Problem-solving
- Showing personal and ethical responsibility

### **Self-management**

- Controlling impulses and managing stress
- Being self-motivated and self-disciplined
- Setting goals and having organizational skills

### **Relationship Management**

- Communicating effectively, engaging with others socially with positive interactions, and building relationships
- Working cooperatively
- Negotiating, refusing peer pressure, and managing conflict
- Seeking and providing help

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Read Dr. Brad's Dallas Morning News Blog: [momsblog.dallasnews.com](http://momsblog.dallasnews.com)



## Habilidades para la Salud Mental, por el Dr. Brad Schwall

Los niños necesitan las siguientes habilidades para tener salud mental. Estas habilidades están listadas en la Colaborativa para Aprendizaje Académico, Social y Emocional (Collaborative for Academic, Social, and Emotional Learning) y pueden proveer protección contra los retos a la salud mental. Cuando los niños son dueños de estas habilidades, tienen más éxito físico, social, emocional y académico.

### Conciencia de si mismo

- Conciencia de su animo y sentimientos
- Identificando sus emociones
- Reconociendo sus talentos, necesidades y valores
- Autoeficacia

### Conciencia Social

- Tener Perspectiva
- Empática
- ★ Apreciar la diversidad
- Respeto hacia los demás

### Tomar Decisiones Responsables

- Identificar problemas y analizar situaciones
- Resolver problemas
- Responsabilidad personal y ética

### Autogestión

- Controlar los impulsos y manejar el estrés
- Automotivación y disciplina
- Establecer metas y ser organizados

### Manejar Relaciones

- Comunicación, habilidades sociales, y establecer relaciones
- Trabajando cooperativamente
- Negociación, denegación, y manejar conflicto
- Dar y recibir ayuda