



Recent world events and the uncertainty of their outcome are a source of stress and anxiety for many people. Parents and caregivers face the additional challenge of helping their children find healthy ways to process the information they see and hear. At RethinkCare, the mental and emotional wellbeing of parents, caregivers and children is central to our mission. We've identified the following resources that can help you during these times.

### Online Courses

#### Resilience

- [Resilience](#)

Help your child build resilience by teaching them techniques to manage life's challenges.

- [Build Up Your Resilience](#)

Learn to bounce back from the unexpected challenges while caring for your child.

#### Empathy

- [Empathy](#)

Teach your child to learn and build empathy by talking and listening to others.

- [Practice Empathy and Self-Compassion](#)

Learn to meet life's demands with care and kindness.

#### Managing Emotions

- [Emotions](#)

Teach your child to recognize, name, and express emotions in a healthy way.

#### Stress Management

- [Parenting 1: Stress](#)

Learn to use mindfulness to manage stressful times with this course.

- [Mental Health Skills for Parents](#)

Learn new skills to help school-aged children manage anxiety and depression.

- [Stress Management](#)

Help your child understand how to identify and manage their own stress.

### Behaviorally Speaking Podcast

- [Stress Management for Kids and Teens](#)
- [Effective Communication Between Parents and Kids](#)
- [Emotional Intelligence for Kids](#)

### RethinkCare Articles

- [Stress Management for Kids](#)
- [Coping with Trauma](#)