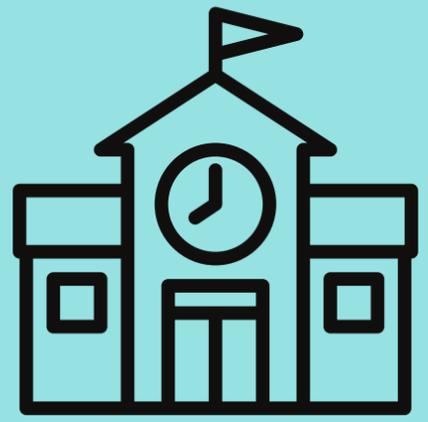


TIPS TO MINIMIZE BACK-TO-SCHOOL STRESS

Children and young adults are heading back to school and college, either in person or online. Use these tips to ease the transition.



1 DO A PULSE CHECK.

Check in with your children and evaluate your own mental health as well. Talk to someone if you've noticed changes in yourself or your loved ones that concern you.

2 REESTABLISH ROUTINES, BUT BE FLEXIBLE

Routines provide children a sense of calm and control, but being flexible can save yourself frustration when things don't go to plan.



3 SET EXPECTATIONS FOR SCREEN TIME

Over the summer your kids might have fallen into a routine of extended screen time. With the new school year, practice new routines for screen time, especially if your children have virtual classes.

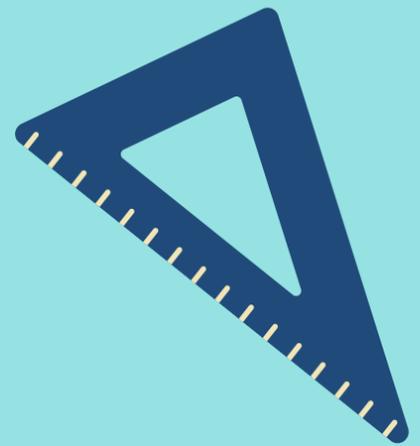


4 BE SOCIAL, SAFELY

Play with your children and help them be around friends or loved ones while complying with social distancing protocols.

5 HAVE A BACK-UP CHILD CARE PLAN IN PLACE

Be prepared for a day care or school closure. Talk to relatives, friends, neighbors and other parents about providing care or possibly taking turns when the need arises.

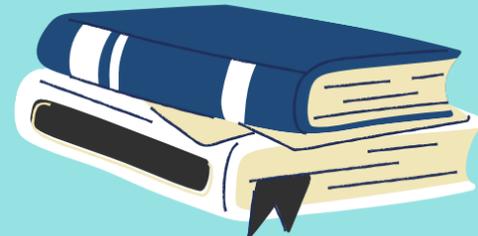


6 STAY IN CONTACT WITH YOUR CHILD'S SCHOOL AND TEACHERS

Open communication will help you learn about any unplanned changes, how you can help facilitate your child's learning at home, and address any questions or concerns you have in a timely manner.

7 LEVEL SET EXPECTATIONS WITH YOUR COLLEGE STUDENT

If your young adult was excited to head off to college and all or some plans have changed, there could be lingering disappointment. Talk to them about how to tackle upcoming changes, academics, safety, behavior and emotional health.



8 PRACTICE SELF CARE

Be sure to find moments just for you to engage in relaxation, hobbies, exercise and other things that bring you joy. Check out HERO if you're feeling stressed or overwhelmed.



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