



Support the Social Emotional Health of Gifted Students

Many parents and educators assume that gifted students are more capable than their peers of handling social emotional challenges. That is not always the case. Gifted students can also struggle with anxiety, depression, and social difficulties. Families can help their children by strengthening social emotional skills at home.

Understand the Relationship between Parents' Social Emotional Health and Children's

- Humans learn how to soothe their emotions and treat others by looking to adults and peers.
- Checking in with yourself about how you react during stress can help you understand your child's responses.
- Take time to practice self-care and keep your relationships healthy.

Help Youth Address Mental Health and Trauma

- Learn the signs of various mental health struggles from [Child Mind's website](#).
- Take a [Mental Health First Aid](#) course.
- Give youth the tools to process their challenges through talking, writing, drawing, or dancing it out. Seek professional help for recurring issues.
- Allow time and space to integrate the situation or challenge into youth's story about who they are, connecting it to other things about their life and identity.



Use Mindfulness to Reduce Stress, Anxiety, and Depression

- Try [breath work](#) to come back to the present during a crisis.
- Use [yoga](#) to strengthen mind-body-spirit connection.
- [Meditate](#) regularly to lower stress, anxiety, and depression.
- Try [affirmations](#) to overcome fears and worries.

Give Youth the Skills to Make and Keep Friends

- Model the behavior you want to see.
- Role play how to make a new friend: 1) Make eye contact, 2) Introduce yourself, 3) Ask questions.
- Teach how and when to use emotional regulation skills during tension or conflict with friends.
- Help teens understand how to take others' perspectives and consider others' emotions.
- Teach teens about developing trust through boundaries and sharing.
- Give teens skills to compromise and cooperate and practice these skills.

