



Improving emotional well-being and mental health

**NATIONAL
NURSES
WEEK** 

You inspire us with the incredibly important work you do every day. You care for everyone, and we want to support you, too. Use these free resources to make your emotional health a priority. Happy Nurses Week!

For parents, caregivers, and families

[Parenting hacks from Dr. Darria: triaging your life](#)

[Revive & thrive: expert-strategies for battling burnout](#)

[On-demand webinar: Sandwiched and stressed?](#)

[The Work-Life Equation](#) | *Real Stories. Real Talk. Real Life.*

Working parents: how can you truly navigate the delicate dance of career and family life? Join **Bright Horizons**® Chief Client and Experience Officer, Priya Krishnan, and Paul Sullivan, founder of The Company of Dads, to find out. Get ready for empowering conversations, expert insights, and real stories from a community that understands the daily struggles and triumphs of working parents.

For young & school-age children

[Schedules: not enough, too much, or just right?](#)

[4 ways to enhance your child's confidence](#)

[9 secrets to resilient kids](#)

For teens

[Social withdrawal: how to connect to your teen](#)

[Bullying: empower your child with words and actions](#)

[7 ways to help teens break the social media habit](#)

Family Webinars (2024)

[The science behind mindfulness and learning](#)

Did you know that mindfulness and self-regulation can actually impact a child's ability to learn? Join us to hear about the latest research and find out how to practice mindfulness with your child.

[Take care of YOU; take ON challenging behaviors](#)

Your child's behavior can be challenging — but it might be due to an inner conflict. And that inner conflict can often mirror your own. Learn how the FLIP IT (Feelings, Limits, Inquiries, Prompts) strategy can build your resilience and help you better deal with your child's behavior.

[Caregivers: are you spread too thin?](#)

If you're part of the sandwich generation, caring for your elder loved ones and your child at the same time can be overwhelming. What can you do when you feel pulled in all directions? Get expert tips and learn where to find help.