

# COVID-19 CAREGIVER STRESS REDUCTION WORKBOOK

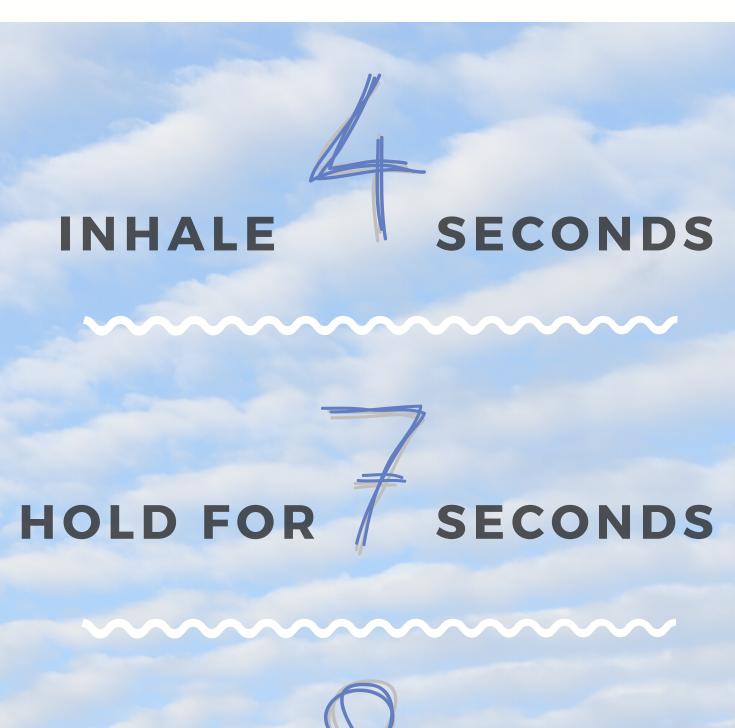


### A QUICK TIPS FOR PARENTS AND CAREGIVERS EXPERIENCING STRESS

- TRY TO EAT THREE BALANCED MEALS EVERY DAY AND HEALTHY SNACKS
- MAINTAIN A SLEEP SCHEDULE WITH 7-9 HOURS OF SLEEP AT NIGHT AND A SET BEDTIME/RISE TIMES
- EXERCISE FOR AT LEAST 3X A WEEK FOR 30 MINUTES AT A TIME (EX. WALKS, RUNS, YOGA, ETC)
- CONNECT WITH FRIENDS AND FAMILY MEMBER OVER THE PHONE. VIDEO PLATFORM OR EMAIL
- STAY INFORMED, BUT AVOID OVER-WHELMING YOURSELF WITH COVERAGE OF THE VIRUS
- TAKE BREAKS BY UNPLUGGING FROM YOUR PHONE/TV
- SPEND AT LEAST 5 MINUTES A DAY DOING SOMETHING YOU ENJOY
- ENGAGE IN RELAXING ACTIVITIES LIKE TAKING DEEP BREATHS, MEDITATION, EXERCISE, ETC
- PRACTICE SELF-LOVE AND RESPECT AND REMEMBER YOUR STRESS DOES NOT DEFINE YOU
- IF YOUR STRESS GETS TOO OVERWHELMING, REACH OUT TO A MEDICAL PROFESSIONAL OR CALL 911 FOR EMERGENCY SERVICES IMMEDIATLY



### 4-7-8 BREATHING EXERCISE



EXHALE SECONDS



## JOHNS HOPKINS CHILDREN'S CENTER A MINDFULNESS EXERCISE: LABYRINTH

QUIET YOUR MIND BY FOCUSING ON THIS LABYRINTH. START AT THE CENTER OF THE LABYRINTH AND FOLLOW THE PATH USING YOUR FINGER FROM START TO END.





#### FIVE SENSE COPING DURING COVID-19

SIGHT: **READ A BOOK** 

LOOK AT OLD

**PICTURES** 

WATCH A MOVIE/TV

**TOUCH:** SQUEEZE A STRESS BALL

TAKE A BATH

PET YOUR ANIMAL COMPANION

STRETCH YOUR MUSCLES

SMELL: FRESH FLOWERS

**ESSENTIAL OILS** 

**CANDLES** 

PERFUME/COLOGNE

HEAR: MUSIC

**PODCAST** 

**MEDITATION** 

NATURE SOUNDS

TASTE:

CANDY

**FAVORITE FOOD/DRINK** 

TIP: MAKE YOUR OWN LIST OF ENJOYABLE SENSORY **EXERCISES THAT ARE NOT LISTED HERE.** 



#### FIVE SENSE GROUNDING EXPERIENCE





### A COPING EXERCISE: PROGRESSIVE MUSCULAR RELAXATION

### BEGIN

GET INTO A
COMFORTABLE
POSITION

TAKE A LONG, DEEP BREATH. REPEAT 4X SCRUNCH YOUR FACE/HEAD, HOLD, AND RELEASE.

SCRUNCH YOUR
SHOULDER
AREA, HOLD,
AND RELEASE.

SCRUNCH YOUR ARMS, HOLD, AND RELEASE.

SCRUNCH YOUR STOMACH AREA, HOLD, AND RELEASE.

SCRUNCH YOUR LEGS/FEET, HOLD, AND RELEASE. SCRUNCH YOUR ENTIRE BODY, HOLD, AND RELEASE. TAKE A LONG, DEEP BREATH. REPEAT 4X





### **POSITIVE AFFIRMATION EXERCISE**

A POSITIVE AFFIRMATION IS SOMETHING THAT IS SPOKEN OUT LOUD THAT YOU WANT TO BELIEVE OR TO COME TRUE. THIS CAN HELP SHIFT YOUR INNER DIALOGUE FROM NEGATIVE TO POSITIVE IF PRACTICED DAILY. LIST YOUR OWN POSITIVE AFFIRMATIONS!

EGATIVE TO PUSITIVE IF PRACTICED DAILY. LIST YOUR OWN PUSITIVE AFFIRMATIONS!							
1	I am strong and will get through this.						
2	I am doing a great job parenting.						
3							
4							
5							
6							
ァ							
8							
9							

10



### **WEEKLY POSITIVE PARENTING LOG**

TODAY IS	MY PROUD PARENTING MOMENT FOR TODAY	SOMETHING + I DID FOR MYSELF TODAY	SOMETHING THAT I AM GRATEFUL FOR TODAY
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			



### **DAILY FAMILY CALENDAR**

Name:		
8–9		
9–10		
10-11		
11-12		
12-1		
1-2		
2-3		
3-4		
4-5		
5-6		



### **COMBATING BOREDOM**

Indoor/backyard camping Chat with an Family game night old friend Journal Knit/crochet Exercise/yoga Indoor scavenger hunt Try a new recipe Take a walk Start a new Watch a movie/TV A fun bath: glow instrument stick bubble bath show Build a fort for movie night Meditate Try a new social media Take a drive Learn to platform Read a book braid hair Write letters/get a Remake Learn origami pen pal old photos Organize your email

Plant a garden or Raise butterflies indoor paints

Try making your own memes

Do a science experiment: make... slime, a volcano, etc Have each family member make a power point. Each person presents a different power point.