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/raise 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 overwhelming 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 immediately.
4-7-8 BREATHING EXERCISE

INHALE 4 SECONDS

HOLD FOR 7 SECONDS

EXHALE 8 SECONDS
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:
- Herbal tea
- Mint
- Candy
- Favorite food/drink

**Tip:** Make your own list of enjoyable sensory exercises that are not listed here.
FIVE SENSE GROUNDING EXPERIENCE

Take a Deep Breath and Identify:

5 things that you can see
4 things that you can touch
3 things that you can hear
2 things that you can smell
1 thing that you can taste
A COPING EXERCISE: PROGRESSIVE MUSCULAR RELAXATION

1. Get into a comfortable position
2. Take a long, deep breath. Repeat 4x
3. Scrunch your face/head, hold, and release.
4. Scrunch your shoulder area, hold, and release.
5. Scrunch your arms, hold, and release.
6. Scrunch your stomach area, hold, and release.
7. Scrunch your legs/feet, hold, and release.
8. Scrunch your entire body, hold, and release.
9. Take a long, deep breath. Repeat 4x

Begin

End
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!

1. I am strong and will get through this.
2. I am doing a great job parenting.
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<th>Today Is...</th>
<th>MY PROUD PARENTING MOMENT FOR TODAY...</th>
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**Name:**

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Combating Boredom

- Chat with an old friend
- Family game night
- Journal
- Indoor/backyard camping
- Exercise/yoga
- Knit/crochet
- Take a walk
- Try a new recipe
- Indoor scavenger hunt
- Watch a movie/TV show
- Meditate
- Start a new instrument
- A fun bath: glow stick bubble bath
- Try a new social media platform
- Build a fort for movie night
- Learn to braid hair
- Remake old photos
- Try a new social media platform
- Have each family member make a power point. Each person presents a different power point.
- Take a drive
- Read a book
- Try making your own memes
- Write letters/get a pen pal
- Learn origami
- Organize your email
- Plant a garden or indoor plants
- Do a science experiment: make... slime, a volcano, etc
- Chat with an old friend
- Indoor scavenger hunt
- Start a new instrument