

Managing Stress during Stressful Times

Friends and families...we have entered a time in American history that has caused a great deal of uncertainty and worry. As we are all settling into our new “normal” I wanted to share some thoughts and ideas, which may help you and your children to manage difficult feelings. This information was obtained from a podcast by *Dr. Bruce Perry*, child and adolescent psychiatrist and neuroscientist.

- Although it is important that we remain distant physically, it is vital for us to make efforts to ***remain close emotionally***. Intentionally connect with friends and family regularly through use of technologies such as call, text, video chat, or email.
- To the degree that you can ***limit how much news, you and your children take in***. Avoid keeping the news on all day and allow yourself some time before bed to not be bombarded with stressful information.
- Remind yourself and others that ***this will not last forever***. And, yes, many people will be negatively impacted however a great majority of us will remain healthy and safe.
- ***Model regulation*** for your children and families through engaging in wellness activities throughout the day such as reading, stretching, walking, and breathing.
- Remember that during times of distress we do not always make smart choices (ex: hoarding and callousness), and some people will respond in ways we may not understand. ***Be compassionate and empathetic*** to those you come in contact with.

Here are a few websites that will encourage social emotional learning and offer strategies to assist your child in managing stress:

