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:
Here are a few apps that can bridge the gap between physical distancing and emotional distancing, allowing us to stay connected:

- Skype
- Zoom
- FaceTime
- Marco Polo
- Houseparty
- WhatsApp