

5 TIPS FOR: Self-Care and Coping with Stress for Adults

We recognize that many families are experiencing stress and upheaval due to school and childcare center closures, causing disrupted work schedules, care for children and financial strains. At this time, we recommend collaborating with your community to share efforts, supplies and care for children. In addition, our local authorities are actively working on ways to support families.

For now, know that you're not alone – take some slow, deep breaths and be kind and cooperative with one another!

- 1 Stay consistent with routines, as much as possible.** Even with online learning or other methods of schooling, you can help maintain your kids' typical school schedule. Keep consistent with daily routines for meals, bedtime and family activities.

- 2 Keep media time to a minimum.** By turning off the news and focusing your mind on the positive and what you can accomplish during your day, you can help to avoid greater worry and anxiety.

- 3 Breathe and take breaks to relax and ease your mind.** Do healthy, mindful things at home that make you and your children feel better. Consider taking a walk, reading a book or exercising. And be sure to get plenty of sleep. You are the role model: How you respond to stress will very likely be the way your children will respond. If you're feeling overwhelmed, reach out for support.

- 4 Stay connected, at a distance.** Keeping in touch and talking with others can help alleviate stress and build community resilience. Call, text, email, video chat or find other ways to communicate with friends and family – at a safe distance – during this time.

- 5 All types of feelings are normal, so be kind to yourself.** Remember that feelings linked to anxiety, frustration and boredom are all normal in this kind of situation. Take time to express your feelings through writing, talking to others, exercising or doing something creative. Be kind to yourself and engage in healthy and fun activities that give you meaning, and purpose. Take care of you!

STAY SAFE STAY HELTHY