

SELF-CARE AND COPING STRATEGIES

Managing Anxiety, Worry and Fear

- Remain calm – practice deep breathing
- Relax your body with meditation, stretching exercises
- Talk about your feelings with others
- Limit television viewing or access to information on the internet and through social media
- Try to avoid watching or listening to information that might be upsetting, particularly when your children are present
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children
- If true, emphasize to your children that they and your family are fine

Communicating with Others

- Remain calm and reassuring
- When tensions are high, sometimes we try to blame someone, remember we are all in this together
- Children will react to and follow your verbal and nonverbal reactions, be calm for them
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective
- Children may need extra attention from you and may want to talk about their concerns, fears, and questions

Self-Care

- Keep to a regular schedule, as this can be reassuring and promotes physical health
- Engage in pleasurable activities
- Eat healthy foods and drink plenty of water
- Get enough sleep and rest
- Get physical exercise
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed