

Strategies for Stressful Times

Managing Corona Anxiety

“Most young kids will remember how their family home *felt* during the coronavirus panic more than anything specific about the virus. Let’s wire them for resilience, not panic.”

Full article here:

<https://bit.ly/2TRsAHa>



CDC Guide For Managing Stress

“Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.”

Full article here:

<https://bit.ly/2IPHjfs>



Talking to Kids About COVID-19

“Your kids are hearing about coronavirus (COVID-19). You want to make sure they get reliable information — and you want them to hear it from you. Here's how to talk about it.”

Full article here:

<https://bit.ly/38KsmFW>



Self-Care Strategies: Ways to Take Care of Yourself So You Can Help Take Care of Others

Take a short walk • Read a book • Limit social media consumption • Drink lots of water • Try to eat well • Get adequate sleep • Meditate • Phone a friend • Try the Woebot app • Play a board game with your kids • Do a jigsaw puzzle • View museum collections online • Play with playdough • Color with crayons • Journal • Send a note to an elderly family member or neighbor • Dance it out • Have a cup of tea • Play with a pet • Listen to music • Ask for help • Tell someone you love them • List 3 things you are grateful for • Exercise • **Be patient with yourself**

Trouble Sleeping? Feeling Anxious?

Try the Headspace App! Even the free version has sleep tools (sleepcasts and sleep music), plus there are daily mindfulness & meditation tools that are effective and easy to use.

Learn more here:

<https://bit.ly/39RpfIV>



Need a helping hand? Try 211WNY

211 WNY is a free and confidential link to health and human services, including health & wellness, basic needs, and more.

Dial 2-1-1 anytime (24/7, everyday).

211 WNY can also be reached via text Monday-Friday, 8:30am-3:30pm; just text your zip code to 898-211.

