

Counselor's Corner:

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Tips for Parents to Manage Stress and Anxiety during Coronavirus Uncertainty

Manage Family Stress: Kids pick up on our anxiety, so it's important to manage your own feelings first. Take deep breaths, go for a walk, or do whatever you need to do to bring your own stress levels down.

Here are some other ideas for the whole family:

- **Meditate.** Focus on positive ideas and images.
- **Stay active.** If you're stuck inside, try to get creative to get everyone moving: set up an obstacle course or play hide-and-seek.
- **Dance and or move.** Nothing beats a dance party to get the blood flowing and put everyone in a good mood.
- **Maintain healthy habits.** Aside from the basics of washing hands and covering coughs, consider using this opportunity to dig into overall health.
- **Double down on distraction.** Turn off the news, silence your notifications, and get your kids to do the same.
- **Laugh together.** Laughter is the “best medicine” to forget worries for a while.

Reference: Filucci, Sierra. Common Sense Media. 3/11/2020. Help Your Family De-Stress During Coronavirus Uncertainty. How to manage anxiety, stay active, and focus on your family.