

COPING IDEAS FOR PARENTS & CAREGIVERS



Be Mindful

Take a moment to notice the things around you. What do you smell? What do you hear? How does that sip of coffee or bite of chocolate taste?



Take a Time Out

You can take a time out, too! Make sure your children are in a safe place and set a timer to do something relaxing or enjoyable for 5 minutes.



Exercise

You may not have time to exercise for an hour, but you probably have time for a quick stretch, a few short reps, a family yoga session, or walk around the block.



Reach Out

Social distancing does not mean social isolation. Stay in touch with your support network by sending a text or scheduling a video or phone call.



Practice Relaxing

Starting with your toes, gently tense, hold, and release each muscle group all the way to your head. This quick stress reliever can make a big difference.



Make Time for Fun

Schedule time for fun activities, like watching a TV show, reading a book, or exploring a new hobby. Try coordinating your fun time with your partner or a friend.

ARE YOU STRESSED? DO YOU NEED SUPPORT? THESE HOTLINES ARE AVAILABLE FOR YOU:

WV CIRCLE OF PARENTS (304) 595-7087
NATIONAL PARENT HOTLINE 1-855-4A-PARENT
PARENTAL STRESS LINE 1-800-632-8188