FOR PARENTS: Anxiety and Stress during COVID-19

Are you a parent or guardian trying to navigate the stress and anxiety brought on by the COVID-19 pandemic? Talking to your child about what is happening and the uncertainties is a great way to build trust and communication that they will need to get through this time. Below are some great resources for you and your child to look through. Some are specific to COVID and others are great general resources for the positive social-emotional well being of your family.

**Attitudes Affect Outcomes**
Your attitude as a parent affects the anxiety level in your home. Our children pick up on our moods and concerns. We need to be careful about what we choose to focus on and how we express ourselves during this uncertain, rapidly changing time. These resources are filled with activities that can help!
Click here: [Attitudes Affect Outcomes](#)

**Managing Anxiety**
Anxiety is Future-Focused. Anxiety is all about the what-ifs and mights. You worry about this outcome or that possibility. This is true for younger children, but especially so with teens and adults. An effective way to address anxiety is to pull yourself or your child back into the present. Check out some activities to help you accomplish this! Click here: [Managing Anxiety](#)

**Coping with an Uncertain Future**
To help our children with their concerns or anxieties, we must first look at our own challenges. Kids can only cope as well as the adults around them. We as adults must strive to find balance. Counter the time you allow yourself to contemplate this uncertainty with intentional time for gratitude and having fun with those in quarantine with you. Be thoughtful with your own coping mechanisms so you can help your kids do the same. Take a look at these activities that will help you and your family.
Click here: [Coping with an Uncertain Future](#)

**Structure in an Unstructured Time**
Most have never had a routine for spending time at home day after day. The closest experience might be a family vacation. A beach vacation dictates time on the beach and time in shops. And time at your favorite best pizza joint. Although you may not structure this time in a formal sense, you usually chose a location based on available activities.
If you look at what routine you’ve temporarily lost, you’ll find a long list. No wonder you may feel a little adrift.
This resource will walk you through understanding the importance of routines and some activities that can help.
Click here: [Structure in an Unstructured Time](#)
**Having Difficult Conversations**
As parents, we sometimes avoid conversations because we know they’ll be highly charged – perhaps you have a lot of anger about whatever it is, or guilt, or you know your child is going to be really defensive. Before you engage with your child, take a moment for yourself. Click here to see how you can start: [Having Difficult Conversations](#).

*[Special thank you to Cheri Lovre from Crisis Management Institute www.cmionline.com for many of these resources.]*

**Guide to Living With Worry And Anxiety Amidst Global Uncertainty**
Here is an amazing FREE resource guide that will help guide you as you live with worry and anxiety in this global uncertainty. Click here for the guide in English: [Living with worry and anxiety amidst global uncertainty](#).

Here’s the link to find the guide in other languages! [OTHER LANGUAGES GUIDE](#)

**Healthy Sleeping**
Sleep is important to your physical and mental health. It allows your mind to digest and make sense of the day’s events. It prepares your brain for learning new things the next day. During sleep your brain even cleans itself! Simply put, sleep is essential for life and getting the proper amount of sleep helps us cope better with whatever life brings our way. This resource will help you develop better sleeping habits. [Download here](#).

**Youth Suicide**
Suicide is one of the leading causes of preventable death in our nation today. We lose an average of more than 130 young people each week to this tragedy that can be prevented. Most suicides can be prevented. We believe that education is the key to prevention. Parents and guardians should be familiar with the warning signs associated with suicide, suicide facts & statistics, and how to find help for at-risk youth. Below are some links for you. If you believe someone you love is at risk for suicide get help right away!

[Suicide Warning Signs, Risk Factors and How to Help](#)

[7 Essential Steps Parents Can Take to Prevent Teen Suicide](#)