


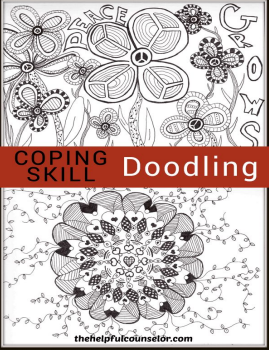


A Weekly calendar for mindfulness and coping Activities

*Engaging in these activities can help us to feel better when we are stressed or worried

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity 1	<p>How do I practice Diaphragmatic Breathing:</p> <p>1. Try to find a quiet place free of distractions. Lie on the floor or recline in a chair, loosen any tight clothing and remove glasses or contacts. Rest your hands in your lap or on the arms of the chair.</p> <p>2. Place one hand on your upper chest and the other hand on your stomach. Inhale, taking a deep breath from your abdomen as you count to three. As you inhale you should feel your stomach rise up. The hand on your chest should not move. 3. After a short pause, slowly exhale while counting to three. Your stomach should fall back down as you exhale. If you wish, you can say a phrase as you exhale such as "calm." 4. Continue this pattern of rhythmic breathing for five to ten minutes until you feel relaxed</p>	<p>Therapeutic Effects of Music:</p> <p>Brain Waves</p> <p>Research has shown that music with a strong beat can stimulate brainwaves to resonate in sync with the beat, with faster beats bringing sharper concentration and more alert thinking, and a slower tempo promoting a calm, meditative state.</p> 	<p>Progressive Muscle Relaxation and Visualization:</p> <p>This Video is an Excellent example!</p>  <p>To better relax, eliminate any distractions, such as phones, pets or television. Try to find a quiet place where you will most likely be undisturbed. Get ready to relax by either sitting or lying down in a position that feels most comfortable to you.</p>	<p>Give or get a bear hug:</p> <p>Hugging allows your body to produce oxytocin, a naturally occurring hormone in your body necessary for immune system function. Not only does a 20 second hug reduce blood pressure, increase feelings of well-being, and reduce the harmful physical effects of stress, both you and your child will reap the benefits!</p> 	<p>Doodling:</p>  <p>The best part of zen doodling is that it consists of repeated shapes. You can find a great intro to zen doodles here.</p>

**Activity
2**

Puzzles: Make a puzzle with your family for a relaxing evening. Doing it together provides an opportunity to converse and share your thoughts.



Yoga: Great way to quiet your mind and relax your body!



https://www.youtube.com/watch?v=bQ_uOLiyqj8

Bake: Bake with your family

Baking is fun, easy, and provides a good opportunity to relax and do something together.

https://www.youtube.com/watch?v=8_zM9lafC7A



Exercise: The Best Stress Relief - Simple Unstructured Activities



- Work in the yard
- Take a slow bike ride
- Take a walk by yourself or with a friend
- Wash the car
- Practice mindless or rhythmic activity, like walking, raking leaves, or cleaning out drawers

Guided imagery for stress management:



<https://www.verywellmind.com/using-guided-imagery-for-stress-management-3144610>

Resource for Parents:

Self-Care in the Time of Coronavirus

 childmind.org/article/self-care-in-the-time-of-coronavirus

When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever. Here are five tips from our clinicians that can help.

Make time for yourself

Right now, much of the personal time that was part of daily routines – commutes, time alone at home or at the store, social time with friends – is not available for folks with kids at home. Without it, we have to be intentional about creating space to recharge and decompress. This could look like taking a shower or bath, walking around the block alone (or with your dog), or designating time to read or simply zone out after the kids have gone to bed.

Prioritize healthy choices

The added stress and lack of structure we're all experiencing right now can make it easy to slip into habits that feel good in the moment but can be detrimental in the long term. "Make sure you're eating properly, try to get enough sleep (but not too much!), and create a routine that includes physical activity," recommends Jill Emanuele, PhD, a clinical psychologist at the Child Mind Institute. This doesn't mean pressuring yourself to get into tip-top shape, or not eating ice cream or binging your favorite shows. It does mean being thoughtful and intentional about how you're treating yourself and your body.

Be realistic

"Perfectionism and the coronavirus don't mix," says David Anderson, PhD, a clinical psychologist at the Child Mind Institute. "It's time to be exceedingly realistic, both at work and as a parent." Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. "Practice forgiveness and self-compassion," says Dr. Anderson. Parents should remind themselves that these are

unprecedented times. “There’s no playbook for this. Remember you’re doing your best during a very difficult time. Cut yourself some slack.”

Set boundaries

Anxiety is rampant right now. With so much worry and uncertainty floating around it can be easy to absorb other people’s fears and concerns without even realizing it. If you have a friend or family member who’s in the habit of sending worst-case-scenario news or is prone to sending anxiety-provoking text messages, practice a little emotional distancing. Let them know you sympathize but that you’re taking a break from worrying news, or simply hit the Do Not Disturb button. You can always reconnect when things are calmer.

Reconnect with things you enjoy

Think proactively of things you can do with this enforced time at home. Get back in touch with hobbies or activities you enjoy but rarely have time for, or make the choice to learn a new skill. Maybe there’s a knitting project you’ve always wanted to try, but you’ve been too busy. Or you’ve been meaning to learn how to needlepoint. Maybe you love jigsaw puzzles but with rushing between work and home and caring for kids, it’s been years since you had the time to do one. If young children make solo activities unrealistic, seek out activities you can enjoy together, like baking bread, or making art.

Finally, remember, being kind to yourself will not only help you stay calm during this difficult time, it will help ensure that you have the bandwidth you need to take good care of your family. When you’re running on fumes, caring for others can tax your already depleted resources to breaking point. But when you prioritize your needs, you’re filling the tank, emotionally and physically, and that means you’ll be in a position to offer comfort and care to others when they need it most.

****Resources from Child Mind Institute**

Sign up to receive daily tips in your inbox about how to support kids during the COVID-19 crisis. Child Mind Institute Clinicians will share advice about structuring the day when kids are stuck at home, managing behavior, balancing work and child care, practicing mindfulness, and much more.

<https://signup.e2ma.net/signup/1917784/1800565/>