



LMS and HHS Social Emotional Newsletter



Tools for Families to Manage Stress

- **Structure your day-** Daily chores and bedtime routines are examples of things you can do to ensure predictability during a time of uncertainty and unpredictability.
- **Have family meals-** Checking in with your children ensures safety and feeling of being heard and the opportunity to share any worries they may have.
- **Limit Media-** Use technology to build connections with others while balancing limitations so as to allow for additional ways to connect emotionally with others and ease stress. Avoid media that is violent.
- **Exercise-** Walking, running, dancing, singing, and repetitive rhythmic breathing increase a state of calm.
- **Reach Out-** Connect with others. Reach out, seek help, and accept assistance.
- **Practice Good Sleep Hygiene-** Exercise in the morning or afternoon. Take time before bed to “wind down” with calming activities. Avoid late eating and screen watching.
- **STAY POSITIVE and Future-Focused-** ‘Fill your cup’ with music, movement, social connections, and journal writing to stay calm. Emotions are contagious! ‘When we stay calm and regulated, those around us will feel less distressed.’

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?>

Did You Know...

Research indicates anxious individuals perform tasks inefficiently. Writing down worries and explaining why they worry you (such as in a journal) helps to improve focus.

<https://www.inverse.com/article/62102>

DEALING WITH WORRIES

I am worried about _____

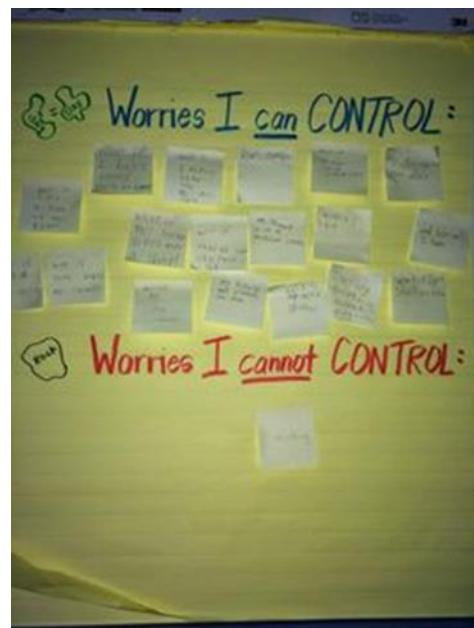
What can I do about it? _____

I am worried about _____

What can I do about it? _____

I am worried about _____

What can I do about it? _____



Resources to Help You and Your Child Manage Stress or Emotional Concerns

VIDEOS:

<https://www.gaiam.com/blogs/discover/how-to-get-better-sleep-3-questions-you-need-to-ask>

<https://www.youtube.com/watch?v=6kJgTouHHeE>

BOOKS:

-Ultimate Mindfulness Activity Book: 150 Playful Mindfulness Activities for Kids and Teens (and Grown-Ups too!) – Christian Bergstrom

-I Am Peace: A Book of Mindfulness – Susan Verde and Peter H. Reynolds

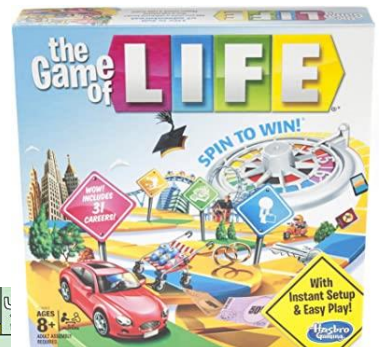
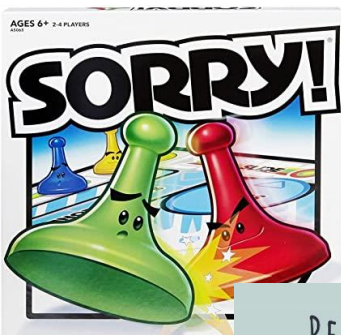
APPS:

-Headspace: Guided Meditation and Mindfulness

Playing Board Games? What are the Benefits?

- Encourages healthy brain development
- Boosts language skills
- Sharpens your child's focus
- Teaches the value to teamwork
- Helps soothe anxiety
- Teaches how to be a 'good loser'
- Board games are a great way to unplug and build emotional connections with your child

<https://www.scholastic.com/parents/kids-activities-and-printables/activities-for-kids/arts-and-craft-ideas/benefits-board-games.html>

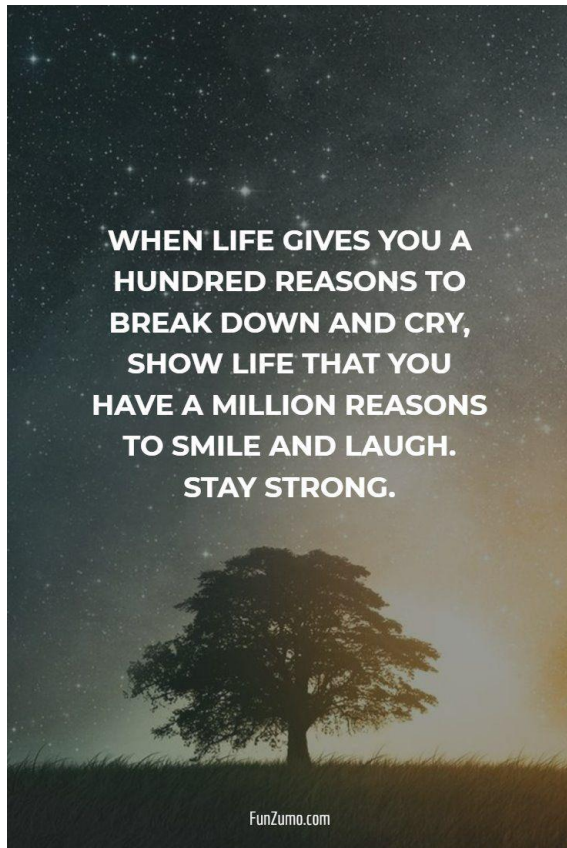


Crisis Support

- Contact your child’s pediatrician or mental health provider
- Kanihelp.org/resources
- In the event of an emergency, call 911 or call your local emergency room

For more information, email your building mental health support clinician:

- Limestone Middle School: Kristina Hubly, hublyk@hcsud2.org
- Herscher High School: Julia Daly, dalyj@hcsud2.org



10 Tips for Stress-Less Parenting

1. Take time to do something *for yourself* each day. Exercise, stretching, and reading are some proven ways to reduce stress.
2. If you're feeling overwhelmed, arrange for some *outside help* so you can manage all aspects of your life more effectively.
3. Keep your *sense of humor* when things don't go as planned. No one is a perfect parent—or a perfect child.
4. *Accept* that children sometimes make mistakes, are inconsistent, and act thoughtlessly—this is part of being a child.
5. *Count* to 10 before you react when you get angry.
6. Ease tension with a human *touch*—share a hug, hold hands, or give a pat on the back.
7. *Listen* to your child and show you value your conversations. Good communication can prevent conflict and stress.
8. Schedule in *family fun and fitness*. Laughter and physical activity are great stress reducers.
9. Talk with friends about your parenting concerns. Also share your reflections on the *joys of parenting*.
10. Learn how children mature so your expectations for your child's behavior are *realistic*.

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**YOU CANT LIVE
A POSITIVE LIFE
WITH A NEGATIVE
MIND.**