



LMS and HHS Social Emotional Newsletter



Coronavirus Parenting: Managing Anger and Frustration

There are so many parenting struggles at the moment, and staying calm isn't always easy. Here are ways to manage some of the most challenging issues:

- You're Doing a Lot of Yelling
 - Parents need to be extra conscious of taking care of their own diet, activity level, and sleep. They impact our mood, and ability to problem solve, stay calm, and focus.
 - If you lose your cool, wait until everything has calmed down before you apologize. Be honest with your child and tell him/her if you're tired, hungry, struggling, or overwhelmed. You can include your child in problem solving for the future.
- Everyone Needs Your Help at the Same Time
 - When parents are asked to do the impossible, you need to prioritize. Make sure everyone's basic needs are met, and then determine what your child can realistically accomplish daily so you're not overwhelmed.
- You're Throwing Tantrums
 - When you feel yourself getting upset, take some quiet time to yourself.
 - It's important to take time to recharge. Take at least 15 minutes to yourself daily.
 - Don't be afraid to ask for help when needed.
- Your Kids Can't Sleep and They Want to Get in Your Bed
 - Give your child extra attention right before bed like: talking about their worries, giving them extra hugs and snuggles, and providing reassurance.
- Your Kids Aren't Technologically Savvy
 - Set time aside to review technology together so you can teach your child the skills and programs they need. Create a plan and practice what to do with your child if something goes wrong.
- Reduce Stress by Celebrating Successes, No Matter How Small
 - Remind yourself that you're a good parent who is doing the best you can in a very difficult situation by celebrating the small victories each day.

<https://childmind.org/article/coronavirus-parenting-managing-anger-and-frustration/>

Being 'Mindful' Quick Tips



YOGA MOUNTAIN POSE

- Stand with feet together in relaxed pose.
- Slowly join hands like praying.
- Stretch hands above you and bend to face the sky.
- Hold for ten seconds.
- Return to starting position. Repeat.



Visit I-KAN.org/LEC-Resources for more useful information and educational materials/activities.

Also  'TIP the Scale' on Facebook.

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

VIDEOS:

<https://www.youtube.com/watch?v=AlanXJhVamc> -TED Talk about teenage anxiety

<https://www.youtube.com/watch?v=2XzSkEvDQy4> -Tips for parents during COVID-19

BOOKS:

Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry by Jennifer Shannon LMFT

PODCASTS:

Coronavirus: Fact vs. Fiction with Dr. Sanjay Gupta

The Motherkind Podcast

Tips for Staying Connected

Connect with family—right now is a great time to connect with family members near and far.

- Call/Skype/FaceTime/Zoom with family members
- Look at photo albums and discuss family heritage
- Create a family tree
- Write letters to/create cards for relatives (Perhaps an overdue thank you note for that really nifty gift you received?)

Connect with friends and neighbors—our social circles often serve as our greatest system of support, and there's plenty to do in lieu of play dates, shared meals, and group gatherings.

- Go outside and greet and talk to neighbors and passersby from a safe distance
- Host a virtual meal
- Attend a virtual concert, church service, or exercise or yoga class
- Play an online game together

Connect with culture—with many schools closed and parents working from home, this is a great time for you and your children to connect with your culture, as well as cultural institutions.

- Read books about your culture
- Cook a meal together that reflects your cultural heritage
- Virtually visit more than 1,200 museums around the world via [Google Arts & Culture](#)

Connect with yourself—confronted with the constant barrage of information, uncertainty, and day-to-day realities of caring for children, family, and loved ones, it is critical to find ways to connect with yourself.

- Meditate or do yoga
- Journal or read
- Exercise
- Take a bath

<https://preventchildabuse.org/coronavirus-resources/>

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

5 Ways To Handle Your Negative Thoughts

- 1 Be conscious of your thoughts:** As soon as you find yourself thinking a negative thought, stop yourself from thinking it. 
- 2 Keep Busy:** Keeping your hands and mind occupied by doing tasks like cleaning, sorting, knitting etc. helps keep your mind off negative thoughts. 
- 3 Avoid Triggers:** Minimizing contact negative people and avoiding negative triggers can help keep you sane and positive. 
- 4 Get Rest:** Lack of sleep greatly affects your mood, causing you to feel anxious, irritable and angry. 
- 5 Listen To Music:** Listening to your favorite music for 25 minutes a day can bring about a great mood change and have a positive effect on your health and day. 

Find More Ways at: <https://positivethinkingmind.com/handle-your-thoughts>

PRACTICAL TIPS TO STOP YOUR MIND RACING

FOCUS ON THE PHYSICAL



Concentrate on your fingers and toes. Notice how they feel. Or try focussing on the tip of your nose. Another way is to take a shower and concentrate on how the water feels against your body.

WRITE IT DOWN



Buy a pretty notebook and journal your thoughts. A 'brain dump' of everything in your head is a useful exercise.

INHALE LAVENDER



There is evidence that lavender can help reduce anxiety, depression and insomnia. And it smells fab!

LISTEN TO MUSIC



Put on your favourite song, crank up the volume and sing and dance along! The change of focus plus the exercise is sure to distract you from your thoughts.

READ A BOOK



Lose yourself in a good book and feel the stress melt away!

WATCH YOUR THOUGHTS



There are many visualisation meditations you can try to help you get the hang of this. Try imagining your thoughts as leaves on a stream and watch them float by.