**Tips and Coping Strategies to Help Deal with Stress and Anxiety**

During this time of uncertainty, it may be hard to maintain levels of stress and anxiety. Here are a few tips and coping strategies that may help you and your family feel more at ease.

Tips for Adults:

This is a time of transition: remember that stress and anxiety is normal during this time and can weaken your immune system

* Stay informed without being overwhelmed: set boundaries around media time
* Know your Circle of Influence: only focus on things that you can control
* Exercise and eat well-balanced meals: this will help with your immune system
* Stay connected to loved ones who will help maintain your emotional health.

Tips for Parents & Guardians:

* Acknowledge your child’s feelings.
* Encourage positive thinking.
* Be upfront about things that may be going on. Remember to inform, don't overwhelm.
* Do not pass your fear or anxiety on to your child.
* Model helpful coping strategies.

Resources:

Talking to Children About Coronavirus Disease: Centers for Disease Control

https://www.cdc.gov>community

PBS Kids: How to Talk to Your Kids about Coronavirus

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AHOP3H1D5QgEqQbeurbBPnE_L60mv30#.XmqzisKG7LA.facebook>

Printable social story titled “Why can’t I go to school?”

<https://bit.ly/2UmVVIx>

Giant List of Ideas for being Home with Kids

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

Social Emotional Learning Activities

<https://www.centervention.com/social-emotional-learning-activities/>