**Pandemic Stress Management**

For Parents and Caregivers

Here are tips compiled from quality sources to help you manage stress in response to the COVID-19 pandemic. Commit to ones that work for you.

1. **Get organized**
   Use “to do” lists to help you focus on your most important tasks and take big projects one step at a time (CDC).

2. **Be active every day**
   Exercise can relieve mental and physical tension. Find something you think is fun and stick with it (CDC).

3. **Prioritize healthy choices**
   Be intentional about how you’re treating yourself and your body (CDC).

4. **Be realistic**
   Do your best, but show yourself compassion if you fall short of your expectations. This isn’t a time for perfectionism (SAMHSA).

5. **Connect**
   Whether you video chat with a loved one or wave to your neighbor, feel the strength of your connections to others (CDC).

6. **Make time for yourself**
   Take time to recharge, whether it’s taking a shower, a walk around the block, or reading a book after the kids are in bed (CDC).

7. **Lean into things you can change**
   Learn a new skill, compliment your child, or straighten up your space. Let go of the things you can’t control (SAMHSA).

8. **Lessen your risk**
   Practice these steps with your children: Wash your hands for at least 20 seconds, avoid touching your face, and if you must go out, stay 6 feet away from others (CDC).

9. **Take in reliable info**
   Choose credible sources of medical information to avoid misleading and false information (CDC).

10. **Get support**
    Parenting is hard. Reach out if you need help.

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**Substance Abuse and Mental Health Services Administration (SAMHSA):** samhsa.gov

**Centers for Disease Control and Prevention (CDC):** cdc.gov

**World Health Organization (WHO):** who.int

**Ohio Department of Health:** coronavirus.ohio.gov

**Nationwide Children’s Hospital:** nationwidechildrens.org

**National Parent Hotline:**
1-855-4A PARENT
(1:00 - 10:00PM, M-F)

**National Child Help Hotline:**
1-800-422-4453
(text/call, 24/7, anonymous)