

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.

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)

