

5 TIPS YOU CAN TRUST: Self-Care and Coping with Stress for Adults



At Save the Children, we recognize that many families are experiencing stress and upheaval due to school and childcare center closures, causing disrupted work schedules, care for children and financial strains. At this time, we recommend that you look to your employers, plus local and state agencies, for assistance. Also consider collaborating with your community to share efforts, supplies and care for children.

In addition, our expert staff are actively working on ways to support children and families, and we'll be in communication with local and state partners. For now, know that you're not alone – take some slow, deep breaths and be kind and cooperative with one another!

1

Stay consistent with routines, as much as possible. Even with online learning or other methods of schooling, you can help maintain your kids' typical school schedule. Keep consistent with daily routines for meals, bedtime and family activities.

2

Keep media time to a minimum. By turning off the news and focusing your mind on the positive and what you can accomplish during your day, you can help to avoid greater worry and anxiety.

3

Breathe and take breaks to relax and ease your mind. Do healthy, mindful things at home that make you and your children feel better. Consider taking a walk, reading a book or exercising. And be sure to get plenty of sleep. You are the role model: How you respond to stress will very likely be the way your children will respond. If you're feeling overwhelmed, reach out for support.





4

Stay connected, at a distance. Keeping in touch and talking with others can help alleviate stress and build community resilience. Call, text, email, video chat or find other ways to communicate with friends and family – at a safe distance – during this time.

5

All types of feelings are normal, so be kind to yourself. Remember that feelings linked to anxiety, frustration and boredom are all normal in this kind of situation. Take time to express your feelings through writing, talking to others, exercising or doing something creative. Be kind to yourself and engage in healthy and fun activities that give you meaning, and purpose. Take care of you!

If you find you need more support for your or your child's stress and anxiety, you can speak to a professional for free by calling the Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS to 66746. This service is multilingual, confidential and available to all residents of the United States and its territories.

For more tips, visit [savethechildren.org/coronavirus](https://www.savethechildren.org/coronavirus)

You're not alone.

