SELF-CARE WHILE CARING FOR YOUR FAMILY

After listening to and reading reports about coronavirus, many people are feeling anxious, alone and stressed out. We are sure families at The PCCD have been doing a fantastic job caring for their children and keeping everyone safe and supported... but, everyone could use a few tips. As we continue social distancing remember to care for yourself (the caregivers) as well as your family. Please always remember we are here to support you.

Some suggestions that may help to lessen stress and anxiety

- **Take time for yourself** - Even if it is only 5 minutes
- **Listen to music or an audio book**
- **Exercise** - Keeping active will help you clear your mind, stay calm and strong
  - Walks
  - Download an exercise app – yoga, stretching, etc.
  - Bike rides
  - Yard work
  - And many other movement related activities
- **Humor** - A joke a day may help. Get the family involved in funny stories or situations.
- **Projects and crafts**
- **Get outside** - Even if just to read a book or play a game. Getting fresh air may help enhance your mood.
- **Cooking or baking** - Not just to feed the family... choose a recipe you have always wanted to learn
- **Breathing exercises and meditation**
- **Reading for pleasure**

Keeping yourself emotionally healthy and strong is a good thing during quarantine or stay-at-home times. If you would like to talk to a PCCD family worker, please reach out to your service coordinator, Tele-Early Intervention virtual visitor or your child’s teacher.