

TIPS FOR COPING WITH STRESS

The Arc of Palm Beach County recognizes that our families may be experiencing high levels of stress due to the disruption and modification of services, disturbances in their work schedules, and possible financial uncertainty. Everyone reacts and copes with stress differently. Families must be aware of the warning signs and behaviors of someone who is overwhelmed by stress.

WARNING SIGNS OF STRESS

- Changes in sleeping patterns (too much or too little)
- Having difficulty falling or staying asleep
- Having difficulty concentrating
- Increase in chronic health symptoms
- Fear for one's own health or the health of loved ones



High levels of stress can affect mental, emotional and physical well-being. It's important to seek out new and unique ways of managing stress. By getting creative, we can keep life as consistent as possible during this uncertain time. Below are some tips to help maintain a self-care routine for you and your family. We hope these tips can help bring some structure and stability into your home.



Create a schedule and stay consistent as much as possible. Even though services are moving to online platforms, you can still help keep your loved ones on a daily schedule. Try to keep normal and regular routines in daily activities such as meals, family activities, exercising, showering, and bedtime.



Limit media time. Focus your energy and time on positive things you can accomplish throughout the day. Avoiding the news and media for some time can help reduce worry and stress. Avoiding electronics can also help improve your sleeping habits.



Relax and take a breath. Engaging in healthy and mindful at-home activities can help you and your loved ones feel more grounded. Daily breathing activities – some as short and simple as counting to 10 to calm down – can make a meaningful difference. Relaxing music, making your bed every morning, stretching, and guided meditations are just a few small tasks that can help you feel more relaxed and ready to tackle your day.

15 WAYS TO COPE WITH STRESS

It is normal to experience a wide range of feelings. Fear, anxiety, and boredom are all feelings everyone is experiencing. So take care and be kind to yourself! Consider partaking in some of the tools below to help reduce stress levels:

1

Write, draw, paint, take photos

2

Play an instrument, sing, dance, act

3

Take a shower or bath

4

Call a friend or loved one

5

Watch TV or a movie

6

Clean or organize your home or room

7

Take some time away from social media and the news

8

Listen to your favorite music

9

Write a letter to someone you care about



10

Relax with aromatherapy (light candles or essential oils)

11

Exercise to free videos on YouTube

12

Meditate using the free "Calm" app

13

Read your favorite book

14

Play board games

15

Journal your feelings and thoughts

If you find you need more support for you 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.

HOW I FEEL ACTIVITY

I feel: _____

Happy	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous

I feel this way because:



This is what I did about it:



Something else I could have done is:

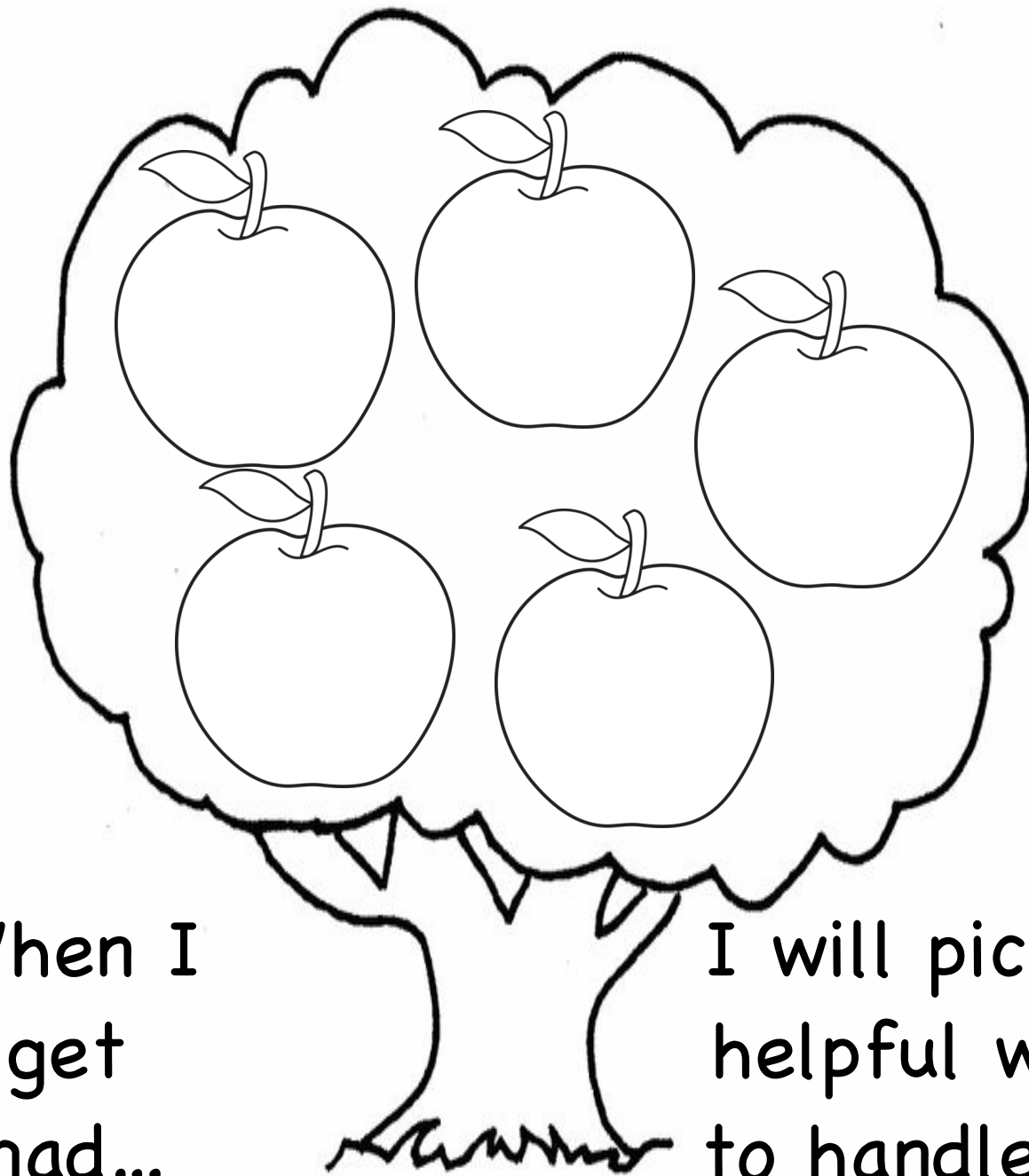


Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend

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APPLE PICKING ACTIVITY

Write your favorite ways to handle feelings in the apples, and then color the tree.

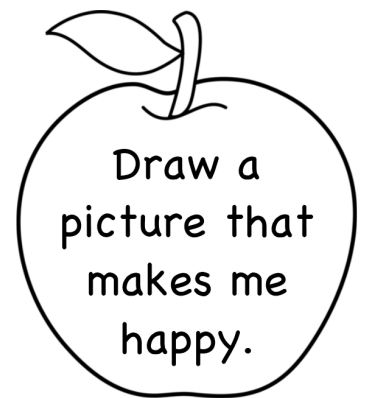
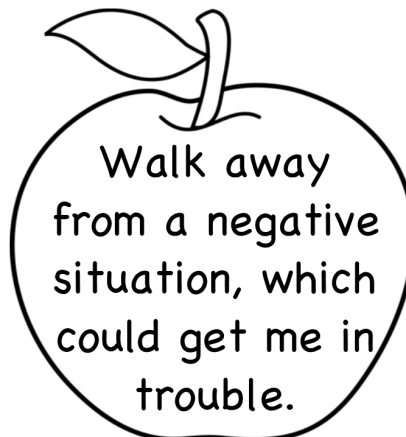
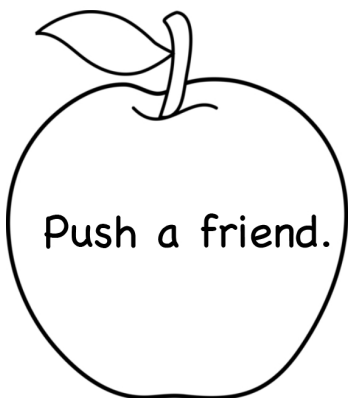
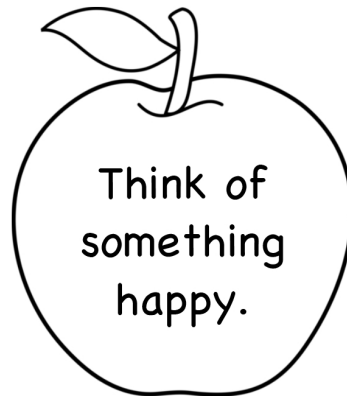
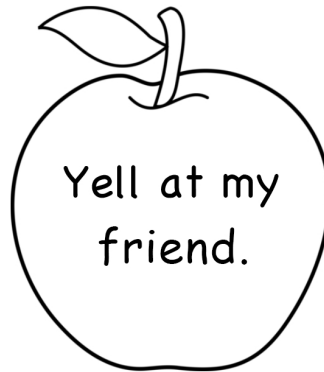
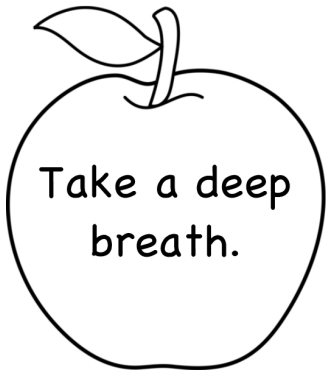


When I
get
mad...

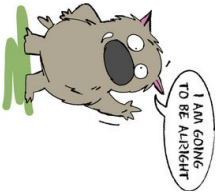
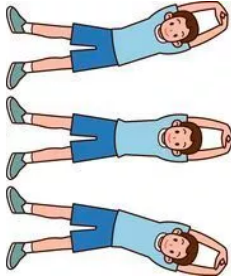
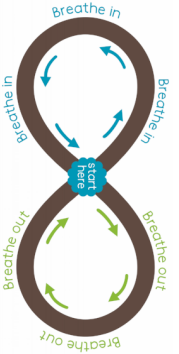





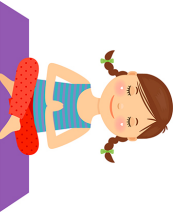
I will pick a
helpful way
to handle it!

PICKING GOOD COPING SKILLS

Color the helpful ways to cope with feelings yellow. Color the hurtful ways to cope with feelings red.

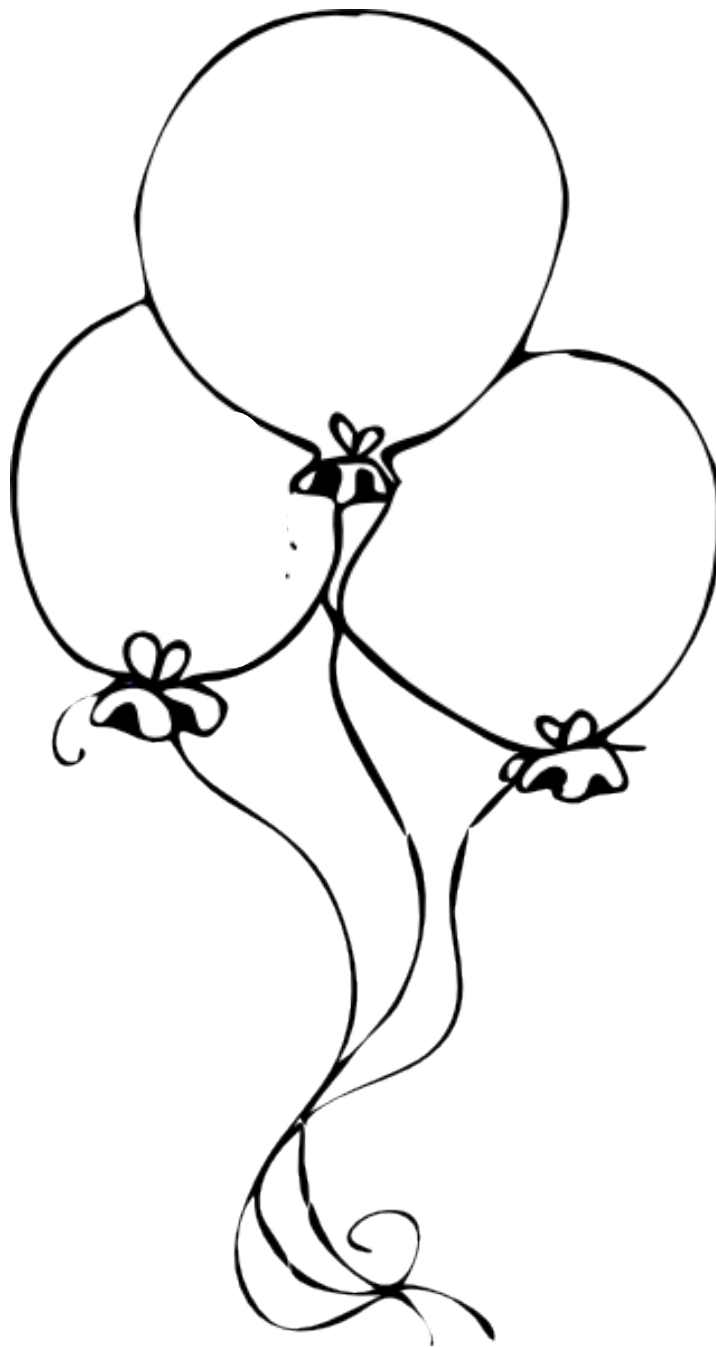


COPING SKILLS MAP

<p># 1</p> <p>Think of:</p> <ul style="list-style-type: none">* One thing you can smell* Two things you can hear* Two things you can touch right now	<p># 2</p> <p>Practice Positive Self-Talk</p> 	<p># 3</p> <p>Stretch</p> 	<p># 4</p> <p>Take 5 deep breaths</p> 	<p># 5</p> <p>Imagery: Think about a place that makes you feel happy</p> 
<p># 6</p> <p>Draw a picture of your favorite memory</p> 	<p># 7</p> <p>Shake a Glitter Jar</p> 	<p>#8</p> <p>Get a drink of water</p> 	<p># 9</p> <p>Squeeze a stress ball 5 times</p> 	<p># 10</p> <p>Listen & Practice Mindful Meditation</p> 

LET IT GO ACTIVITY

Sometimes, we get upset over things that we can't change or control. It can help if we tell ourselves to "let go" of those things! What can you let go of? Draw or write it in the balloons, and let them go!



RESOURCES

Crisis Mental Health Services

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Accommodating for Spanish and hearing impairment.

Food Services

Palm Beach County Food Bank Website: <https://www.pbcfoodbank.org/>

Employment Services

How to file for reemployment assistance during the COVID-19 crisis:

http://www.floridajobs.org/docs/default-source/reemployment-assistance-center/ra-covid-19-faqs-eng.pdf?sfvrsn=805543b0_12

How to obtain employment in Palm Beach County: (Virtual assistance and appointments available)

<https://www.careersourcepbc.com/>

Education Services

Access Free Internet: <https://corporate.comcast.com/covid-19>

Vooks: <https://www.vooks.com/>

A kid-safe, ad-free streaming library of read-aloud animated storybooks.

The Willams Syndrome Association:

<https://sites.google.com/williams-syndrome.org/wsa-education-resources/reading?authuser=0>

The WSA has assembled these resources to support students and caregivers who are working on schoolwork and other skills at home.

Vroom: <https://www.vroom.org/>

Vroom adds learning to mealtime, bathtime, bedtime, or anytime with 1,000+ fun, free activities.

Palm Beach County Library: <http://www.pbclibrary.org/virtual-library>

My Child is Home... Now What? Keeping a Routine Webinar Series

https://www.youtube.com/watch?v=EZo52yTryZ8&feature=emb_logo