



**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.

