

A PARENT'S GUIDE TO COPING with Virtual Learning

Cop . ing | To face and deal with responsibilities, problems, or difficulties, especially successfully or in a calm or adequate manner.

Physically

- ◆ Be in control of what you can.
- ◆ Be sure to structure your day
- ◆ List your options
- ◆ Be sure to get enough rest.
- ◆ Be sure to eat well-balanced meals

Emotionally

- ◆ Listen to your needs
- ◆ Do not give up
- ◆ Be sure to make time for yourself
- ◆ Cook or bake your favorite dessert.
- ◆ Engage with your spiritual side

Socially

- ◆ Mediation
- ◆ Yoga Classes
- ◆ Bike Riding
- ◆ Rock Climbing
- ◆ Site Seeing
- ◆ Having Lunch with Friends
- ◆ Picnic in the Park

Note: The coping skills above are healthy suggestions to coping with stress or anxiety that may arise. Parents can also identify their own healthy coping skills and utilize them in a time of need.

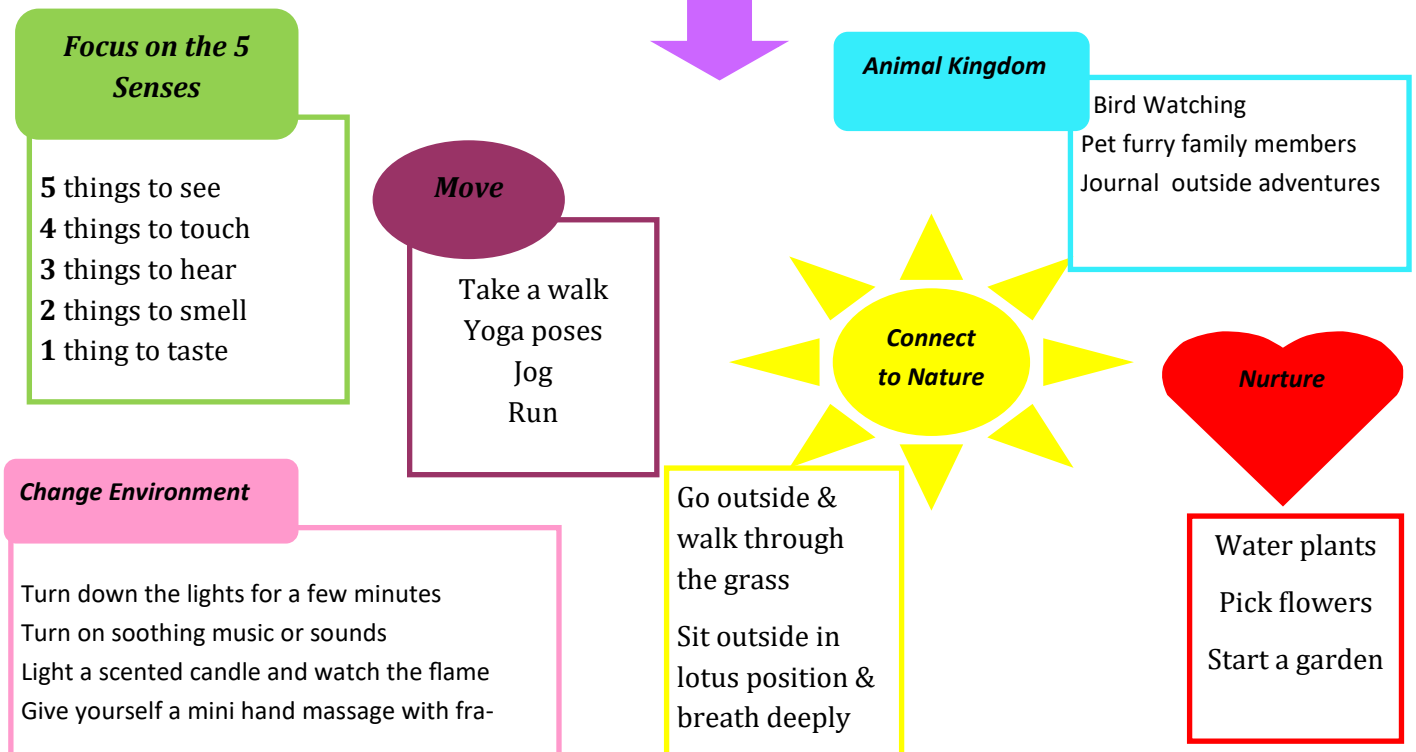
TIPS

- ⇒ Make sure YOU and your CHILD have at least 8 hours of sleep; go to bed early.
- ⇒ Be sure to wake your child up early enough to prepare for the day.
 - ◆ Hygiene/Dressed/Hair
 - ◆ Breakfast
 - ◆ Etc.
- ⇒ Create a workspace for learning -free from distractions (allow child to help)
- ⇒ Communicate with your child/children teachers via phone and/or email.
- ⇒ Commit to asking for help and contact school personnel for assistance.

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Things I Can Control	Things I Can Let Go
<i>Create a fun learning space at home w/children help.</i>	<i>When the school district decides to go to in-person</i>
<i>What I do with my free time.</i>	<i>How much free time I have</i>
<i>Creatively "seeing" family and friends</i>	<i>Having the mindset of being everyone's savior</i>
<i>Taking precautions to myself /children</i>	<i>Having to work from home- this is the hand that's</i>
<i>Information I choose to receive</i>	<i>Actions and beliefs of those around me</i>
<i>Choosing nourishing foods, staying hydrated</i>	<i>How much time it takes for school personnel to re-</i>
<i>Joining community/support groups</i>	<i>My favorite restaurant being closed for dining in</i>

Mindfulness Calming Strategies



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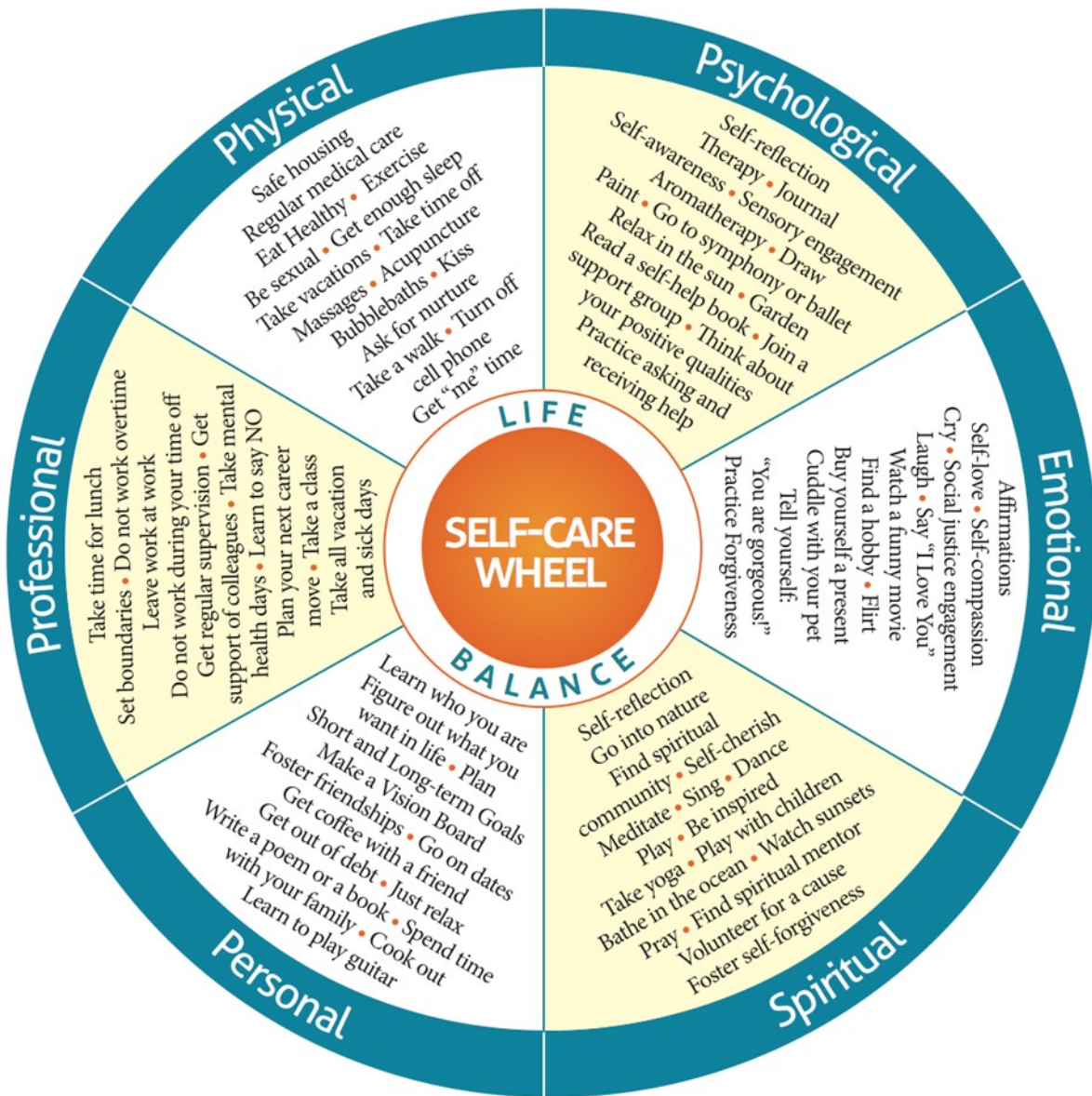
with Virtual Learning

101 Ways to Cope with Stress

1. Get up 15 minutes early
2. Prepare for the morning the night before
3. Avoid tight fitting clothes
4. Avoid relying on chemical aids
5. Set appointment ahead
6. Don't rely on your memory - write it down
7. Practice preventative maintenance
8. Make duplicate keys
9. Say "no" more often
10. Set priorities in your life
11. Avoid negative people
12. Use time wisely
13. Simplify meal times
14. Always make copies of important papers
15. Anticipate your needs
16. Repair anything that does not work properly
17. Ask for help with jobs you dislike
18. Break large tasks into small bite-size pieces
19. Look at problems as challenges
20. Look at challenges differently
21. Unclutter your life
22. Smile
23. Be prepared for rain
24. Tickle a baby
25. Pet a friendly cat or dog
26. Don't try and know all the answers
27. Schedule play time into everything
28. Take a bubble bath
29. Look for the silver lining
30. Say something nice to someone
31. Keep a journal
32. Strive for excellence **not** perfection
33. Stretch your limits a little each day
34. Look at a work of art
35. Teach a kid to fly a kite
36. Walk in the rain
37. Believe in you
38. Stop saying negative things to yourself
39. Be aware of the decisions you make
40. Visualize yourself winning
41. Develop your sense of humor
42. Stop thinking tomorrow will be a better day
43. Have daily and weekly goals for yourself
44. Dance a jig
45. Say hello to a stranger
46. Ask a friend for a hug
47. Look up at the stars
48. Practice breathing slowly
49. Learn to whistle a tune
50. Read a poem
51. Listen to a symphony
52. Watch a ballet
53. Read a book curled up in bed
54. Do a brand new thing
55. Stop a bad habit
56. Buy yourself a flower
57. Take stock in your achievements
58. Find support from others
59. Ask someone to be your "vent-partner"
60. Do it today
61. Work at being cheerful and optimistic
62. Put safety first
63. Do everything in moderation
64. Pay attention to your appearance
65. Practice a monster smile
66. Get enough sleep
67. Remember you always have options
68. day
69. Maintain your weight
70. Plant a tree
71. Feed the birds
72. Practice grace under fire
73. Stand up and stretch
74. Always have a plan "b"
75. Learn a new doodle
76. Memorize a joke
77. Be responsible for your feelings
78. Learn to meet your own needs
79. Become a better listener
80. Know your limitations and let others know them too
81. Tell someone to have a good day
82. Throw a paper airplane
83. Exercise everyday
84. Learn the words to a new song
85. Get to work early
86. Clean out one closet
87. Play patty cake with a toddler
88. Go on a picnic
89. Take a different route to work
90. Leave work early occasionally with permission
91. Put air freshener in your car
92. Watch a movie and eat popcorn
93. Write a note to a far away friend
94. Go to a ball game and scream
95. Cook a meal and eat it by candle light
96. Recognize the importance of unconditional love
97. Remember that stress is an attitude
98. Have a support network of people, places and things
99. Quit trying to "fix" other people
100. Talk less and listen more

Provided by the Employee Assistance Center

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

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