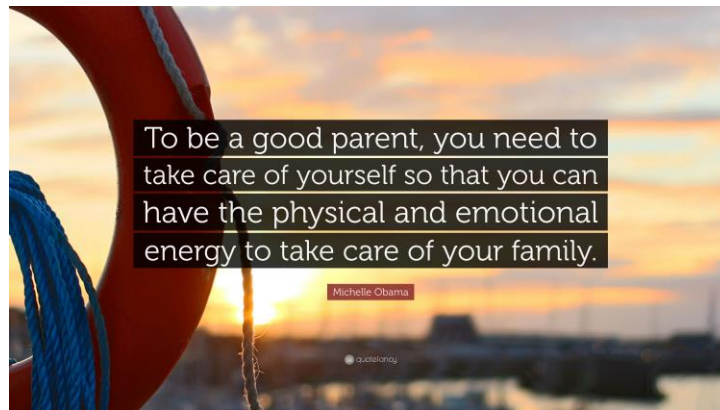


## Managing Stress and Self Care

### Some information for Parents and Care Givers During Covid-19



Parenting can be stressful at the best of times and parenting young people with additional needs comes with extra challenges. The current situation we face due to Covid-19 means changes in routine, reduced supports and increased social isolation for many families. Stress is a normal response to events that upset people's balance in some way or make them feel threatened. However, if stress is not managed it can adversely affect people's health, mood and how they function. Now, more than ever, it is important for parents and care givers to look after their physical and emotional wellbeing.

Different strategies to manage stress will work for different people. Exercise, taking breaks from social media and spending time in nature (even if it's just the back garden) may work for some. Making some time to sit down, have a coffee, read a book or phone a friend may work for others. We understand that there are already significant demands being made on your time but even taking a short amount of time for yourself can go a long way to restoring your energy. Below are some online resources that might be helpful.

## [Parents Plus: 16 tips to help you cope in the new world we live in](#)

Professor John Sharry from Parents Plus gives some advice on how to cope during the Covid-19 Crisis, including practical tips on looking after yourself.

## [UNICEF: Covid-19 parenting tips](#)

UNICEF have compiled an interesting article full of practical advice on dealing with parenting challenges during Covid-19. Section 5 offers a step by step guide to keeping calm and managing stress.

## [Child Mind: self-care in the time of Coronavirus](#)

Child Mind is an American Insititute which supports children with mental health and learning disorders and their families. This article really emphasises how taking care of yourself isn't a luxury, it's essential!

## [The Samaritans: practical ways to help yourself cope during Coronavirus](#)

The Samaritans have been helping people to cope with difficult circumstances for over 60 years. This page offers support and strategies with self-isolation and Coronavirus in mind and will be updated as the situation develops. It also has useful information about identifying your stress triggers and practical suggestions that may help.

## [5 minute guided meditation - body scan for relaxation, tension and stress release](#)

Finally, there are many different online apps and videos to guide you through meditation and relaxation techniques, this is just one example.

Check out our list of contacts and supports for parents and caregivers for more resources.

