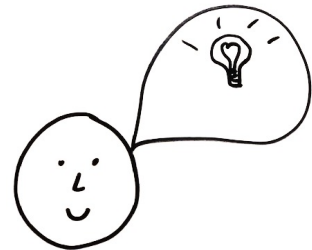


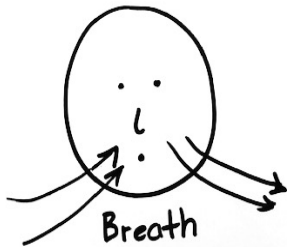
How do we stay connected with ourselves during times of uncertainty and fear?

- When we can stay connected to ourselves or do things to reconnect we are able to access our inner wisdom and be able to do what we need to and respond to what our family needs. It is easier for all of us to take in information and make choices when we are breathing deeply and are more settled.
- When we are settled we are better able to be with our children while they are having their emotions and really need our time and attention.
- "Special time" and extra "listening time" with their most important people (you) will support them in also thinking more clearly.

Some things that help us during these times:



- Creating a routine – this provides structure and sense of predictability to the day. Set a plan for the day leaving some space for everyone to have some choices and room for spontaneity.
- Remember to move your body – Whatever you like to do to simply move and feel "in" your body. Inside, outside, dancing, walking, yoga, game of tag or chase to name a few. If you can get some laughter going that is a bonus.
- Deep hugs – Giving yourself hugs from head to toes reminds you that you are "here". Giving and receiving hugs from those in your circle you are safe to touch will also bring relaxation to them as well.



- Taking slow deep breaths - The breath in should equal the breath out.
- Singing, humming and chanting will also support relaxation.
- Water - drinking cold water, splashing it on the face or incorporating it at the end of your shower helps you reset and promote relaxation.
- Make time for something you enjoy or inspires you.
- Having a place to retreat to when needed - a cozy corner, a tent, a chair where you can enjoy a glass of water or cup of tea and then rejoin others when you are done.
- Connecting with others through technology.
- Limiting social media, conversation about news about covid-19. Find a trusted source and check in once or twice a day. Try to keep children away from media information. Give children opportunities to share with you what they have heard or are imagining about the virus and what is happening in the world right now.
- Please see the PACE handout on Talking with Children about Covid-19.

All of these things help to activate the regulatory part of our nervous systems and help our immune systems as well. They are good to do when we become unsettled or dysregulated and even before we do. Build the ones that feel right for you into your family's daily routine; dance party anyone, karaoke, spontaneous hugs with those that are safe to hug. These strategies are good for all of us! Take care and please remember to reach out to others through technology. We are all in this together!

PACE staff are available to connect with you and your children.
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