Sources Of Stress

- Needing Food
- Work-related risk for COVID
- Illness or worries about becoming ill
  - Self or family members
  - Physical health or emotional health
- Missing people, feeling alone
- Worries about money
Sources of Stress

- School-related stress
- Conflict between parents and children
- Conflict between adults
- Having to attend to family and work at the same time
- Not being able to do activities you usually do
Things That help

- Sleeping well
- Eating well
- Having predictable routines
- Moving our bodies
- Sharing hugs
- Talking about and learning about feelings

Engage in Fundamental Regulatory Activities
Things That Help

Playing together

Doing new things and feeling capable

Staying connected

Coming together as a community (Singing & clapping together)

Helping others

Having positive interactions

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Things That Help

- Thinking about when to watch the news and when to turn it off
- Recognizing how conflict affects each member of the family
- Getting some alone time, so you can have more energy and patience
- Making a plan to try to reduce conflict
- Learning what to do when you have difficult feelings
- Getting support and help

Work to Reduce Stress & Enhance Regulation

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