

Parent Wellness Support

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Agenda

- Check-in
- Questions, Concerns, and Support Seeking
- Strategies for Handling Uncertainty
 - Navigating Intense Emotions
 - Grounding Techniques
 - Moving Through Stress
- Resources



Check-in

- Please introduce yourself.
- How are you doing today?
- Is there anything that you or your family need support with this week?
- Do you have any effective strategies for coping with uncertainty?



Questions, Concerns, and Support Seeking

- ?????



Strategies for Dealing with Uncertainty

- Don't aim to function at 100%
- Focus on upbeat activities and hobbies
- Hold your people close (from six feet apart)
- Pace yourself with social media and news
- Avoid people who are adding to the drama
- Express yourself through journaling, art, or another creative outlet
- Outsource your coping skills
- Frequently ask yourself "What can I control right now?"



Navigating Intense Emotions About the Election

IF YOU'RE FEELING:

Overwhelmed and exhausted.



TRY THIS:

Take breaks from your social media and news consumption.

Triggered by things the candidates say and do.



Acknowledge your feelings by journaling, venting to a friend, or talking to a therapist if you can.

Anxious about all of the uncertainty.



Practice grounding techniques—like deep breathing or rigorous physical activity—to feel more present right now.

SELF



Grounding Techniques



Diaphragmatic breathing

Take slow, deep breaths. Pay attention to the rise and fall of your belly.

Engage your 5 Senses

5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

Guided Meditation

Try an app like Calm, Headspace, or look up meditations on Youtube.

Try a progressive muscle relaxation

One area at a time, go through your entire body tensing and releasing your muscles.



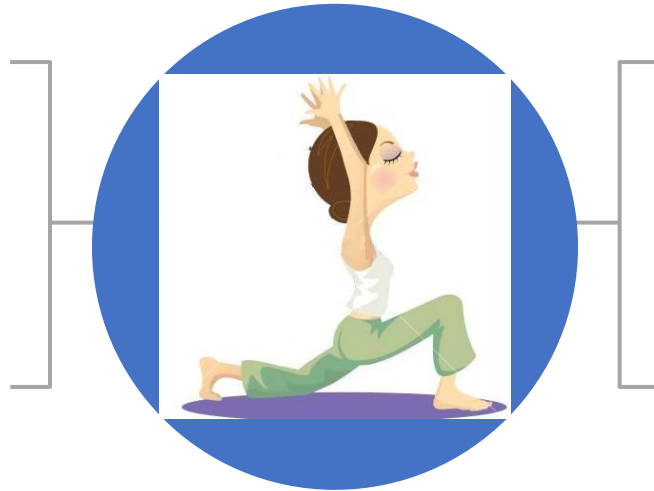
Moving Through Stress

Yoga & Stretching

Great tension buster. Sync breath to movement for maximum benefits

High Intensity Exercise

If you struggle to clear your mind, try something that requires your full attention and effort.



Walking outside

Social or solo, in nature or your neighborhood-- it is all good for you!

Active Chores

Mow the lawn, scrub the bathroom, vacuum-- improve your surroundings AND get the benefits of exercise



Resources

Check out the [Counseling and Wellness Resources](#) link.

Additional resources:

[*Uncertainty Is the Human Brain's 'Least Favorite Experience'—Here's How To Cope With Waiting for 270*](#)

Continue reaching out to counselors, teachers, administrators if you or your student needs support-- we are all here for you!

