

Parent Wellness Support

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Agenda

- Check-in
- Parent Education and Support Survey
- Parent Wellness Challenge
- Questions, Concerns, and Support Seeking
- The “Pandemic Wall”
- Resources



Check-in

- Please introduce yourself and share, briefly, how you are doing?
- Do you take breaks throughout the day? If so, what is the most effective way you have found to reset yourself?
- Is there anything that you or your family need support with this week?



Parent Education and Support Survey

The Mercy Counseling Team would like to know how we can best support YOU this semester. Your feedback will help guide us to provide parent events, programming, and support opportunities that are relevant and helpful. Thank you so much for taking the time to complete [this](#) survey!



Parent Directory is now LIVE

<https://resources.finalsite.net/images/v1613004169/mercy/o8jkxf2rvy4faxvyfxw7/MercyParentDirectory-2021Feb.pdf>



Parent Wellness Challenge

1/28 Challenge: before every meal, take **three** long, slow breaths

- How did it go?

New Challenge: Take one minute stretch/body breaks throughout your day



Questions, Concerns, and Support Seeking

- ?????



The Pandemic Wall

- “Hitting the wall” is a running metaphor, describing the phenomenon of suddenly running out of energy partway through a long race.
- It’s not just pandemic fatigue; it’s a feeling of total exhaustion and overwhelm. We can’t focus, we can’t relax, and we can’t see the end in sight. It’s “collective demoralization.”



Clinical Depression vs. Demoralization

- Negative self talk
 - Worthlessness
 - No energy or motivation
 - Persistent, with few periods of relief
- Existential distress
 - Periods of hopelessness and lack of motivation mixed with periods of hope and energy



Why Now?

- Difficult time of year (and difficult time in the semester)
- Approaching a year with the this pandemic
 - Our fight-or-flight systems are overloaded and we are physically and emotionally burnt out
 - Milestones are passing and the finish line is still far away
- Uncertainty is exhausting



Coping Strategies

- Normalize your feelings and give yourself the space to feel them. Treat yourself with compassion.
- Build hope
 - [Perfect Day Exercise](#)
 - Make a list of long-term goals and begin to work toward them
 - Practice gratitude
- Learn from marathon runners:
 - Distract yourself
 - Try positive self-talk
 - Ask for help and/or reinforcement
 - Put one foot in front of the other



Resources

Articles

- [How to Keep Going When You've Hit the Pandemic Wall](#)
- ['Oh, we're still in this.' The pandemic wall is here.](#)
- [It's not just you. A lot of us are hitting a pandemic wall right now.](#)

- Mercy [Counseling and Wellness Resources](#) link.

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

