Maintain HOPE in the Face of Uncertainty

- Engage in Joyful Activities
- Take A Self-Compassion Break
- Create a Web of Support
- Access a Warmline
- Prioritize Sleep
- Regulate Overwhelming Emotions

National Parent Helpline: Asking for Help is a Sign of Strength

Visit the SDCOE Virtual Wellness Center to access support, take a break, rest and refocus.