

HOLLY RIDGE RESOURCES



A Stay at Home Guide for Families



What is Self-Care?

Self-care is the compassion one gives to oneself. Self-care is also called self-compassion because it is the kindness, consideration, and nurturing we provide to ourselves. It is so important to care for ourselves in this manner because over time the stress we build up becomes toxic. Toxicity decreases healing and increases burnout. When we are burned out, we cannot show up for ourselves or others and our growth, creativity, and healing is stunted. This is also called compassion fatigue.

Children and families function best when caregivers are emotionally and mentally healthy. That is why self-compassion is so important! We cannot nurture others when we do not give ourselves the grace to nurture and care for ourselves. We cannot fill other's cups when our pitcher is empty nor when it is full of toxic stuff. Making yourself a priority may take an active effort. You may even need to give yourself permission to receive the kindness you need from yourself.

Times are stressful but you are resilient. Finding ways to support your emotional well-being and practicing self-compassion is key, not only to survive through the COVID-19 pandemic, but to **THRIVE** through it. Here are some ideas to increase your emotional well-being and resiliency.

How to Help When Your Child Feels Anxious, Fearful, and Worried in Troubled Times

When children (and adults) are stressed, they often tell us by changes in their behavior such as:

- Increase in activity level
- Decrease in concentration and attention
- Increase in irritability and anger
- Sadness, grief and/or withdrawal
- An increase or decrease in sleep and/or appetite
- Lack of interest in usual activities

Sound familiar? Here are some things that may help:

- Spend time talking with your children - especially about feelings.
- Help them to feel safe; provide reassurance.
- Limit media exposure. Even our little ones can sense the danger.
- Promote your child's self-care – provide fun things to do! (Help others!)
- Maintain expectations, routines, and rules as much as possible.
- Be patient!
- Take care of yourself (you never know when the world will need you).

FUN & RESOURCEFUL LINKS

Looking for some creative and engaging activities for you and your family to do while at home? Check out the various links below for fun projects, community resources and creative songs!

- [Simple Yoga Routines for Families](#) – Free instructional yoga videos
- [Toddler Milestone: Self-Care](#) – Learn more about how to promote the development of self-care skills
- [What is Self-Care?](#) – Learn more about how your family can make self-care a priority
- [Tips for Sibling Playtime at Home](#) – Make playtime “together” even more fun!
- [Inspire Your Soul Through Music](#) – Watch “Tiny Desk Concerts” for an in-home concert experience
- [Free Guided Meditation](#) – A free online library of meditations to cope with anxiety and stress
- [Social Distancing Care Package](#) – Creative self-care ideas and projects for parents
- [Parent Help](#) – Washington Statewide Resources
- [Zero to Three- Early Learning Parenting Resources](#)
- [Pinterest Page](#) – Check out our HRC Pinterest Page for some fun ideas to do at home!!
- [Fluency & Fitness 21 Day Free Access](#) – Educational movement for the whole family