

## Practical Tips for Helping Families Reduce Stress – Extra Information and Resource Links

ACT Live Webinar: Dr. Susan Fawcett & Dr. Anthony Bailey

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For parents who need more individualized or intensive supports than this webinar provides, the following clinical psychologists and counsellors are recommended (all are currently providing telehealth sessions):

- Dr. Katherine Martinez of Behavioural Parent Training <https://www.behaviouralparenting.com/>
- North Shore Stress and Anxiety Clinic <http://www.nssac.ca/>
- Cornerstone Child and Family Psychology Clinic <https://cornerstonepsychology.ca/>
- Eli Norman at Sojourn Counselling <https://www.sojourncounselling.com/>
- ABLE clinic <https://www.ableclinic.ca/>

Ideas for self-care activities for parents to choose from (try for 5 or 10 minutes at least once per day – build it up slowly!):

### Exercise:

- Yoga (lots of free online resources)
- Quick walk (time in nature is very healing)
- Quick workout
- 5-minute dance party
- Do your kids' OT or PT exercises with them

### Relaxation:

- Yoga fits here too!
- Deep breathing
- Mindfulness. Apps with free guided mindfulness practices during COVID: [www.headspace.com](http://www.headspace.com) and [www.calm.com](http://www.calm.com)

### Miscellaneous feel-better reward activities:

- Go for a drive with your favourite songs playing
- Adult colouring book (or a kids' colouring page for that matter!)
- Audiobook
- Paper book or kindle (pick a fantasy story – nothing depressing!)
- Make yourself a special drink or snack and then hide somewhere for a few minutes and enjoy
- Sudoku or crossword puzzles
- Writing in a gratitude journal (recognizing there will be days when it is hard to muster a feeling of gratitude!)

### Things that allow you to experience / keep a sense of fun or humour:

- YouTube videos
  - Try Googling "SLOTHS IN BUCKETS" for some ridiculously cute animals

- Comedy sketches. Most of the late night TV hosts also have COVID versions of their shows online!
- Zoom / FaceTime with people who make you laugh (and limit time with people who cause you to feel down or irritable)

One last note – try not to do too much scrolling through social media sites: even in non-COVID times, these activities may suppress mood or elevate anxiety. Now, with all the news and pandemic-related information and posts, these consequences may be even more likely.