

Ways to Cope in Difficult Conditions

(adapted from American Psychological Association)

www.apa.org/practice/programs/dmhi/research-information/social-distancing

Limit news consumption to reliable sources

Obtaining accurate and timely public health information regarding COVID-19 is important but too much exposure to media coverage can lead to increased feelings of fear and anxiety. Balance your time spend on news and social media with other activities such as reading, listening to music, stories, and podcast, going out for walks, and other activities that can be done independently.

Create and follow a daily routine

Maintaining a daily routine can help both adults and children preserve a sense of order and purpose in their lives despite the unfamiliarity of social distancing. Try to include regular daily activities, such as exercise, learning,

Stay virtually connected with others

Your face to face interactions may be limited, but psychologists suggest using phone calls, text messages, video chat and social media to access social support networks.

Maintain a healthy lifestyle

Get enough sleep, eat well and exercise in your home when you are physically capable of doing so. Try to avoid using alcohol or drugs as way to cope with the stresses of social distancing. If needed, consider telehealth options for psychotherapy. If you are already receiving services speak with the provider about options to continue your sessions using phone-based or online delivery.

Possible Home Learning Schedule for Families		Community Resources Available
Before 9 AM	Wake, Breakfast, Dress	<p>Crazy Bowls and Wraps – Free Meals for Kids 10:30 – 1 PM (Monday – Friday) 8181 North Lindbergh Blvd Florissant, MO 63031</p> <p>Cathy’s Kitchen Restaurant and Diner FREE Soup 250 S. Florissant Rd, 63135 11 AM to 9 PM (Monday -Saturday)</p> <p>Operation Food Search – Hunger Hotline 314-726-5355 ext. 1</p> <p>Emergency Childcare (birth to 12 yrs. old) St. Louis Crisis Nursery will remain open 314-768-3201</p> <p>MU ParentLink – TEL-LINK is Missouri’s Maternal and Child Health Line 1-822-835-5464</p> <p>Behavioral Health Response Access Crisis Intervention for individuals experiencing a behavioral health crisis 1-800-811-4760</p>
9-10 AM	Morning Stretch, Walk, Run, Ride	
10-11 AM	Academic Time (utilizing district’s resources to continue learning at home)	
11-12 PM	Creative Time (Drawing, Coloring, Listening to Music, Cook/Bake, Relaxation)	
12 PM	Lunch	
12:30 PM	Chores / How can your child help around the house?	
1-2:30 PM	Quiet Time/ Read to/with/independently/listen online	
2:30-4:00PM	Academic Time	
4:00 – 5:00 PM	Get some fresh air – if the weather permits, sit outside/ take a walk/run/ride	
5:00 – 6:00 PM	Dinner	
6:00-8:00 PM	FREE SCREEN TIME	
8:00 – 9:00 PM	RELAX and prepare for Bed	
Community Resources Available		
<p>DIAL 211 Community Resource Specialist in your area Ameren UE – will reverse recent disconnections if customers call 1-800—552-7583 MO American Water – has discontinued shutoffs and are working to restore services 1-866-430-0820 Crisis Text Line 741741</p>		