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|  | Remember a period when you had a challenge or difficult time? Think about how you were able to get through it. Tap into your own strength. You are strong. | Think about a challenging or difficult time in your life. How did you get through? Tap into your own strength. You are strong. |
|  | Think about all of the important things you do every day for your family. You are exactly the parent your children need you to be right now. | Think about all of the important things you do every day for your family. You are exactly the parent your children need you to be right now |
|  | You have fears and worries about the unknown. It's okay to have those feelings. It's okay to cry. | You have fears and worries about the unknown. It's okay to have those feelings. It's okay to cry. |
|  | Talk with people you trust about your concerns and how you are feeling. | Talk with people you trust about your concerns and how you are feeling. |
|  | Think about the people you turn to in difficult times. Reach out to them now by phone, text, or computer. Maintaining your connections will get you through. | Who do you turn to in difficult times? Reach out to them by phone, text, or computer. Maintaining your connections will get you through. |
|  | Focus on what you do know and on what you can do now. | Focus on what you do know and on what you can do now. |
|  | Hold onto familiar routines whenever possible to ground you and your family. | Hold onto familiar routines whenever possible to ground you and your family. |
|  | Think about the things that make you feel better, such as songs, family meals, prayers, hugs, or seeing the world through your child's eyes. Do them often. | Think about the things that make you feel better, such as songs, family meals, prayers, and hugs. Do them often. |
|  | Remember that this current situation will not last forever. It is okay to look to the future. This is just a moment in time. | Remember that this current situation will not last forever. It is okay to look to the future. This is just a moment in time. |
|  | Information overload is real. Take breaks from watching, reading, or listening to the news stories, including social media. | Information overload is real. Take breaks from watching, reading, or listening to the news stories, including social media. |
|  | Exercise regularly, eat healthy balanced meals, and get plenty of sleep. Breathe deeply, stretch, or meditate. | Exercise regularly, eat healthy balanced meals, and get plenty of sleep. Breathe deeply, stretch, or meditate. |
|  | If you feel overwhelmed, nervous, or have lingering sadness, it is important to reach out to a trained and experienced mental health professional. It is okay to ask for help. You are not alone. <https://bit.ly/33GRhcu> | Feeling overwhelmed, nervous, or have lingering sadness? Reach out to a trained mental health professional. It is okay to ask for help. <https://bit.ly/33GRhcu> |
|  | It's very hard to hide your feelings from your children. And you don't need to, as long as you don't leave them alone with theirs. Do your best to handle your feelings so you can help them manage theirs. | It's very hard to hide your feelings from your children. Do your best to handle your own feelings so you can help them manage theirs. |
|  | Self-care is not selfish. It is an act of love. Taking care of your health and well-being ensures you are prepared physically and mentally to care for your child. | Taking care of yourself is not selfish. It is an act of love. It ensures you are prepared physically and mentally to care for your child. |
|  | Your child's behavior may challenge you. It's okay. A change in routine can be stressful for a child. Children show they are upset the only way they know how – through their behavior. Don't take it personally when they act out. Pause, breathe, then respond. | Children show their feelings through their behavior. Your child's behavior may challenge you at times. Pause, breathe, then respond.​ |