Tip of the week:
We’re all in this together

This is a difficult moment in time for us all. The news is scary, our livelihoods are uncertain, the health of our loved ones is in jeopardy, and our very way of being is unrecognizable. As adults this can be debilitating. Our kids are feeling it too and they don’t always have the vocabulary to express it. CAC wants to offer some helpful resources for when you’re feeling stuck and scared.

This week be gentle with yourself and know you are doing the best you can. Homeschooling was not made for work at home parents. Do the best you can! Take care of yourself. When you feel overwhelmed and frazzled (which is inevitable) your child will feel the anxious energy and emotional outbursts will increase. We’ve provided some links to help interrupt this cycle. When parents are in “calm brain” (calm state of mind) a child’s brain will settle and feel safe, decreasing emotional outbursts. So selfcare during Shelter in Place is a necessity not a luxury for staying in a healthy mindset.

Tuning into our brain body connection

There is power in recognizing and naming distressing emotions so you can begin to cope with them. Emotions show up in our body. When we locate a distressing sensation and give it attention, we can start the process of releasing it and making room for a more balanced state of mind.

Here is a gentle body scan to help you notice how stress shows up in your body. It is most helpful to not judge the emotions but recognize them in a compassionate way.

**Body Scan for Young Kids**
**Body Scan for Adults**

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**Kids’ Corner**

COVID - 19 Time Capsule  
Belly Breathing  
Fun Family Workout  
Wash Your Hands  
Garden Yoga  
Meditation App

**Parental Support**

Talking to Kids About COVID - 19  
Meditation App  
21 Day Yoga Meditation Program  
Yoga with Adriene

**Community Help**

Food  
Rental/Financial/Utilities  
Unemployment

Dometic Violence Hotline - 800-799-7233  
Child Abuse Hotline - 800-252-2873  
Sexual Assault Support - 800-856-4673  
Suicide Hotline - 800-273-8255