

Keep Calm and Manage Stress

#COVID-19 Parenting

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

- Many people have similar fears as you. Find someone who you can talk about how you are feeling. Avoid social media as it makes you feel panicked. We all need a break sometimes. When your children are asleep do something fun and relaxing for yourself. Make a list of healthy activities that you like to do.

Listen to your children

- Be open and listen to your children. Your children look to you for support and reassurance. Listen to your children when they share how they feel. Accept how they feel and give them comfort.

Set limits on how much time you spend reading or watching news about the outbreak.

- You will want to stay up to date on news about the outbreak, particularly if you have loved ones in places where many people have gotten sick. But make sure to take time away from the news to focus on things in your life that are going well and that you can control.

We are here for you! For information about El Centro's behavioral health services or to schedule an appointment, please call (713) 660 - 1880 ext. 1415.

Telehealth appointments are available!



El Centro de Corazón
Quality Health Care

Source: World Health Organization (WHO)

(713) 660-1880

www.elcentrodecorazon.org