

## Managing Stress During a Pandemic

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Written By: Christina Cueto, LMFT

The COVID19 pandemic has caused a disruption in our daily lives, as well as the lives of our children. Some of the common causes of stress during this time are uncertainty, reduced social support, and lack of structured schedules. The unknown can be frightening, so here are some important resources to help keep you and your child(ren) grounded through this pandemic:

- **Focus on what is within your control** – While we cannot control the presence of uncertainty, there are a few things we can do to ensure we stay safe and healthy. This means, following the guidelines provided by the [Center for Disease Control \(CDC\)](#) & [Miami-Dade County Public Schools \(M-DCPS\)](#). Make sure to wash your hands often (use hand sanitizer if unable to wash hands), practice social distancing, wear a mask or face covering when around others, and monitor your health daily. Additionally, try to create a routine that you and your child(ren) can maintain. A structured schedule during this time may only include sleep and wake times, meal times, and play time. This helps to establish a sense of normalcy, which helps us to face other challenges that come our way.



- **Managing stress** – There are many ways to manage and reduce stress. Maintaining a lifestyle that includes eating nutritious foods and [exercise](#), aids in maintaining both physical and emotional health. Other strategies such as [connecting with your support system](#), [practicing mindfulness](#), and engaging in leisure activities (i.e. coloring, writing, reading, even dancing around your house) can help to ease worries and fears.
- **Know when to ask for help** – If you notice that you or your child's mood and/or behavior has made a significant change, it may be time to ask for support. Contact your school site or The Department of Mental Health Services hotline at (305) 995-7100 for assistance. Mental Health Coordinators work collaboratively with school counselors, administrators, and parents to best address the emotional needs of students.

