

## Stress (cont')

- with some fun and positive activities.
- ✓ Maintain a regular sleep and meal schedule. You'll feel better physically.
- ✓ Keep communicating with others through phone, video, internet, email, snail mail or socially safe-distance visits. You won't feel so alone.
- ✓ Try deep breathing, meditation, or other calming activities for anxiety reduction. Don't worry if you don't get it exactly right! Even a little bit helps reduce overall stress.
- ✓ Limit exposure to COVID-19 related news to 10 minutes twice a day.
- ✓ Try to engage in physical movement every day-even if it's just a short walk. (See below for other options.)
- ✓ Limit alcohol intake-it's a central nervous system depressant.
- ✓ Stress hormones make us feel psychologically, emotionally, and physically bad. Anything that calms us down or helps makes us laugh will help reduce them.
- ✓ Maintaining *emotional connection* to others is the single most powerful thing we can do for our mental health in times of uncertainty and isolation.

## Check out these no cost, on-line activities

- *Curves classes* in Wytheville
- *Wytheville Rec Center Classes*
- *Wytheville Public Libraryswatoday.com* (Includes articles from the Wythe, Smyth, and Bland newspapers).

## Do You Have A Mental Health Emergency?

Call any of these numbers

During business hours:

Children: 276-223-3291

Adults: 276-223-3202

For anyone, anytime:

1-866-589-0265

## We Are In This Together!



## Have a Question?

If you have a question about your child's coping during the pandemic, email

[parentquestions@wythek12.org](mailto:parentquestions@wythek12.org)

Check back under the Covid-19 tab at

<https://wythe.k12.va.us/>

We'll answer questions and keep sender information confidential.



## Parent Support Information During COVID-19



Wythe County  
Public Schools



## Making Ends Meet

No matter the reason, if you're having a hard time making ends meet, check out the HOPE, Inc. Resource Sheet. It has a list of all Wythe County community resources-from food pantries to transportation to animal welfare. To access

By web:

<http://www.wythehope.org/PDFs/STREET%20SHEET%20Wythe-Bland-Wytheville.pdf>

Or by email: [hope@wythehope.org](mailto:hope@wythehope.org)

Or by phone: 276-228-6280

## WCPS Meals

Don't forget WCPS provides 2 meals to all children in Wythe County every M, W, F.



## Helping Kids Feel Safer

- Maintain a regular schedule. Have your kids get up, do school work, eat, and go to bed at the same time every day. Routine and schedules really help them feel safer!
- Limit the amount of time they are exposed to the news and media surrounding the COVID-19 virus. Assure them you are there to help them stay safe. If they are worried about others, allow them to make phone calls, use social media, draw pictures, or send cards to those they care about.
- Limit time spent on electronics. Help kids get moving! Physical activity helps reduce feelings of anxiety and depression-for both kids and adults.
- Let their creativity drive activity. Encourage "pretend play"-it's the foundation for problem-solving, as well as a healthy short-term escape from stress!

**“Maintaining a regular schedule helps make life a little more predictable and manageable.”**

## Parent Stress

It's almost impossible not to feel considerable stress during this time! We are worried about health, finances, and meeting the needs of our families. We want to get out and connect with our loved ones. We want our children back in school. We want to know when things will get back to "normal"!

The COVID-19 pandemic has changed what daily life looks like for everyone, at least for the time being. It can be very frustrating to try to sift through the constantly changing information we get from sources we listen to and read. What are some of the things adults can do to deal with the stress?

- ✓ Engage in enjoyable activities on a regular basis, whether it's reading, binge-watching your favorite series, listening to music or something else. You want to try to balance the stress