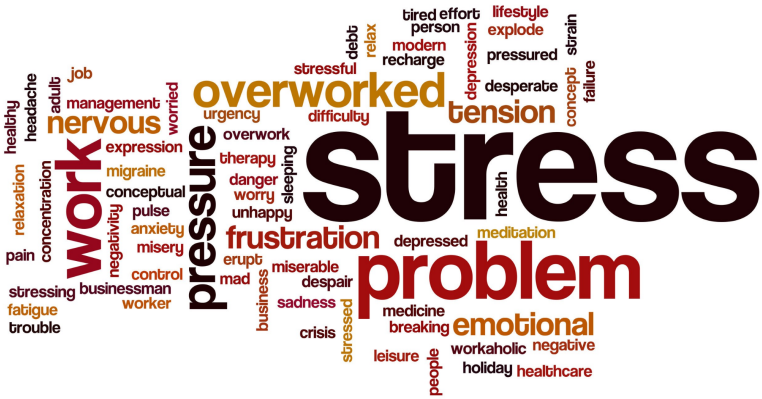


Covid. Delta. Omicron. Lock down. Remote learning. Words that elicit stress in our bodies, even if we don't realize it. Some of us have enough capacity to manage that stress without it impacting us and our relationships too much, and some of us already have so much stress in our lives and this added stress feels overwhelming. So if we feel overwhelmed, what can we do to bring us back to a place of balance and calm (or at least a little closer)?



First of all, we need to focus on what we can control. This week, remote learning is happening again. None of us have control of that, but, there are things we can control inside of that which will make it easier on ourselves and our children such as:

- Prioritize focusing on your own wellness. Your child will feel if you are calm, which creates calm in their own bodies.
- Empower and motivate your child by making a plan for the week WITH them. Include preferred activities, time together, learning

time and breaks.

- Avoid power struggles. When you recognize stress building in yourself (feel frustration or anger, tension in your body) or your child (arguing, whining, crying, refusal, tantruming), consider changing what you are doing, or take a break.
- Listen to your child. Being listened to and heard are key components in reducing stress. Listening to your child does not mean they are the boss. It shows them that you care about their needs, and that you want to help them get what they need. We all need to feel choice and freedom and control. Even the littlest ones.

Be kind to yourself and remember these wise words from Arthur Ashe:



We are happy to help in any way we can. Feel free to email or call either of us.

Katrina Hamilton
khamilton@hsd.ca

Sandy Caners
scaners@hsd.ca