

Parents: Taking Care of Yourself During Unique, Stressful Events

Parents experience stress for many reasons. The Covid-19 Pandemic is a uniquely challenging and stressful traumatic event that has led to many parents and caregivers feeling overwhelmed and exhausted. And, in the midst of juggling everything, it's easy to overlook the importance of taking care of yourself. These small practices can help make a huge difference:

- Stay connected with family and friends through phone calls and virtual get-togethers; these personal connections can provide both support and comfort.
- Manage your expectations – the house doesn't have to be spotless and you don't have to be the perfect teacher.
- Find some quiet time for yourself.
- Keep a routine and include exercise, relaxation activities, and adequate sleep.
- Laugh with your family!

These tips are
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The Blue Ribbon Campaign originated in 1989 as a grandmother's tribute to her grandson, who died as a result of abuse. She wrapped a blue ribbon around her car antenna as a way to remember him and to alert her community to the dangers of child abuse. The campaign has spread across the nation and, each year The National Exchange Club observes National Child Abuse Prevention Month in April with its Believe in the Blue campaign. Helping create strong, healthy families plays an important role in the prevention of child abuse.

For additional information, please contact

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in the
Blue

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