

Parent Support

Week of June 8th 2020

CREATING SAFETY

How to cope with current events

2020 has been an overwhelming year for everyone. As COVID-19 begins to hit a plateau and things begin to reopen, we are now reeling from the tragic death of George Floyd and a powerful movement for change. There is undeniably a lot happening in our country and it's normal to feel scared, sad, angry, and overwhelmed. Creating a sense of emotional safety is important; in order to support your children you must first care for yourself.

1. It's okay to cry.

Internalizing all your feelings will only cause them to grow. Many parents feel it is their job to keep from being emotional around their children, however, it can be healthy for your kids to see you upset. This teaches them that emotions are okay and can spark a family conversation around why you are experiencing big feelings. By modeling appropriate emotional release (like crying) you are telling your children it's okay for them to feel too.

2. Limit News and Social Media Exposure.

Yes, it is important to be informed and aware. It is also important to give yourself "recharging breaks". These are times where you step away from news outlets (which often cause high emotion) in order to reset yourself with a relaxing activity, such as painting, gardening, or taking a walk outside. Engaging in a calming hobby allows you to feel safety and control.

3. Talk about it.

You're not "complaining" when you vent your emotions to someone else. Talk it out with a friend, family member, or counselor.

Self-care Tip

Indulge in comfort. What's your old favorite movie that you haven't seen in a while? Grab some blankets and fuzzy socks and curl up for a movie night.



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