



WEEKLY PEP TALK

FOR OUR SUPERHERO PARENTS

Q: How do I cope with my own stress of the idea of returning to the office?

A: Returning to work after several weeks at home due to the COVID-19 crisis is likely to cause a great deal of stress and mixed emotions such as fear, anxiety, anger and confusion. This will require a fair amount of readjustment for one's self and one's family. After putting some new structure and perhaps a new schedule in place, now many people returning to work must rearrange and reorganize once again. As we face this transition and perhaps continued health and safety concerns, having patience with ourselves and our family is important to the success of this transition. In addition to following CDC and your employer's guidelines about returning to work, know that it is normal to feel ambivalent, reluctant, and anxious to name just a few expected emotions. Talk with someone you trust (a spouse, a therapist, a colleague, a friend) as a healthy way to process. Continue to take care of yourself by eating well, getting plenty of sleep, take breaks from work to stretch, exercising, and spending time with those closest to you. If you are concerned about your children when you return to work, talk with them about what is going on to reassure them. The priority at this time is to take care of yourself and use available [healthy supports and resources](#) as you face yet another change.

Q: My child has seen the news about COVID and most recently about the civil unrest in our country over racial inequality and injustice. My child expressed feeling overwhelmed and confused regarding the national protests and unrest in our country today. How do I help my child understand these difficult issues and see that they can be part of the solution?

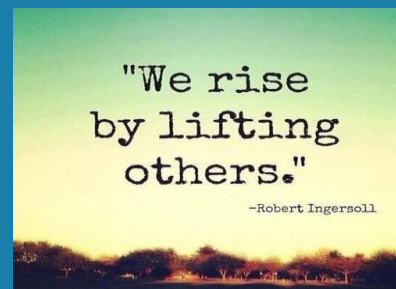
A: As children become knowledgeable about loss of lives and racial injustice in the country, it is understandable that they may feel sad, confused or angry about these events. [Start by checking in with your child](#) about what their thoughts and feelings are regarding the current world events. Make it a priority to talk about what is happening especially when your child raises questions. Issues such as racism, inequality and social injustice are ongoing concerns worth educating your children on. Change can happen when families and communities have open and frank conversations with one another about these important issues. Be clear, direct and factual with your child about history and events. For younger and older children, [encourage questions and seek resources](#) to help answer their questions. If your teen wants to find ways to support their community, help them identify ways to get involved or support a cause by writing to local officials, signing a petition or joining a peaceful protest. Create a reading list of literature to continue to learn more as a family about racial injustice and how to make change.

Q: What's a quick self-care strategy for me as a parent during this time?

A: Engage in a small act of kindness or service. Check in on the people you love and the people around you. Stay connected and show your support. Send a card or box of treats to someone on the front lines as a thank you. The more we give, the happier we feel.

Week of June 15, 2020

Quote of the Week:



Words from GYFS:

The Glastonbury Youth & Family Services team of clinicians and school social workers have been fielding questions from our community. Since it is likely you are having similar questions during this unsettling time, we thought we would share these questions and responses with the entire community.

If you want to submit a question, please e-mail:

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Weekly Pep Talk Organizers:

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