

SELF-CARE & WELLNESS FOR FAMILIES

Overlake Student Support



CHECK THE FACTS

Coronavirus 2019 (COVID-19), CDC

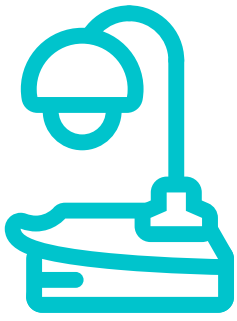
Choose reputable news sources, such as King County Public Health, the Washington State Department of Health or the Centers for Disease Control and Prevention (CDC).



LIMIT EXPOSURE TO COVID-19 NEWS

The News Is Making People Anxious. You'll Never Believe What They're Reading Instead, New York Times

Reduce discussions about COVID-19 to one hour a day and, if possible, in only one location. There is plenty of other news in the world worth reading.



CREATE A WORKSPACE

Home Schooling Simplified, New York Times

Set up a dedicated space for you and your children, which can help compartmentalize the day, even if it's just for minutes at a time.



STICK TO ROUTINES

A Guide for Working (From Home) Parents, Harvard Business Review

Establish a routine with breaks. Predictability is valuable in a time of uncertainty. Keep in mind that we're in a global crisis, so it's okay to be flexible.



TRY NEW THINGS

How Parents Can Keep Kids Busy (and Learning) in Quarantine, The Atlantic

Find structure in your day with new activities. As we all collectively adjust to our new normal, this is an opportunity to try something with your family.

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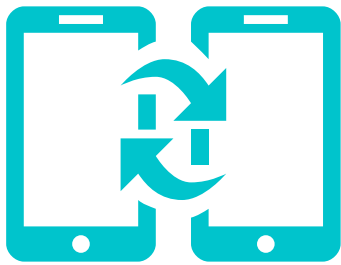
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STAY ACTIVE

Just Keep Moving. And Sometimes, Double Your Distance, NPR

Engage in physical activity, indoors and (safely) outdoors, to decrease stress and anxiety. Some ideas: walks, virtual classes, Just Dance, etc.



REACH OUT TO OTHERS

40 Ways to Maintain Social Ties During the Coronavirus Quarantine, Parade

Get creative in making connections. These acts of kindness will make us feel connected to one another and ultimately less lonely.



DO SOMETHING GOOD

A guide to helping and getting help during the coronavirus crisis, CNN

Boost positive feelings by doing something good for your neighbors, community essential workers or folks who are in need of resources.



MODEL HEALTHY WAYS TO COPE

Care for Your Coronavirus Anxiety, Shine

Mention to your child that it's okay to feel anxious and that they can still participate in routine activities. Show confidence in their ability to face anxiety by recognizing their bravery with praise.



SCHEDULE DOWNTIME

100+ Fun Things to Do at Home Right Now, From Virtual Tours to Animals Cams and More, Travel + Leisure

Set boundaries with your family by carving time for yourself. Space is healthy and important.
