Are You Forgetting to Care for Yourself? A Webinar Workshop on Managing Parental Stress

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Stress Management Expert

FACING FALL:
FFF ANSWERS YOUR QUESTIONS ABOUT VIRTUAL LEARNING AND SPECIAL NEEDS
Who we are…

► Formed Families Forward, a family-led resource center in No Va
► Provide training and direct support to foster, adoptive and kinship families who are raising children and youth with special educational needs, and professionals who work with our families.
► We offer free training, Stronger Together peer support groups, consultations to families, events, resources, classes, and systems navigation. **New Respite program! Oct 17 family event!**
► Family partner to Virginia Tiered Systems of Supports (VTSS)

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Choosing Self-care

Learning the art of self-awareness
Nearly half of parents state that their stress level through the coronavirus epidemic is high, rating it an 8, 9, or 10 on a 10-point scale. (American Psychological Association)
5 Things you should Know about Stress

(National Institute of Mental Health)
Stress affects everyone

There are different types of stress—all of which carry physical and mental health risks.
Not all stress is bad.

In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety.
Long-term stress can harm your health.

Coping with the impact of chronic stress can be challenging.
There are ways to manage stress.

- Be observant
- Get regular exercise
- Try a relaxing activity
- Set attainable goals
If you’re overwhelmed by stress, ask for help from a health professional.
Practicing Self-Care
Good Self-care

Taking care of yourself will help maintain your physical, emotional, and mental reserves to prevent and manage stress. This includes regular sleep, exercise, relaxation, and eating well.
Why is practicing self-care so hard to do?
It takes effort!
Practicing Self-Care
Breathing Techniques

Slow, diaphragmatic breathing techniques strengthen the respiratory and circulatory systems.

Stretching

Gentle stretching, strengthening, and balancing movements that can be done almost anywhere.
Relaxing and Meditating

Step-by-step procedures that release tension throughout the body, improve concentration, increase circulation to the hear, and brighten ones's mood.
Let's begin!
Remember...
“The most beautiful things you can wear are your self-confidence and your self-love.”

— Leticia Rae
Thank You
Discussion Time!

► Chat your question or comment in.
► Kelly will ask question or call on you and unmute you if possible.
► Brief and succinct questions and comments allow us to get to more questions!

► Remember to Like us on Facebook- https://www.facebook.com/FormedFamiliesForward and follow us on Insta and Twitter.

► Please complete the BRIEF evaluation at end. Join us for the next session on October 21, 2020, on special education during COVID/virtual learning!