

Zoom Discussion – 3 Ways to Manage Stress

ABCs of Stress Management – Awareness start to notice your body’s signals of stress. As soon as you become aware that you are experiencing stress, **Breathe** for 1 minute to give yourself time to make a **Choice** about how you want to react to the stress.

Focus on what you do control Ask yourself these questions, adapted from [The Inner Game of Work](#). 1. What don’t you control? 2. What have you been trying to control? 3. What do you control? (i.e. intentional breathing, your attitude, how much news you listen to etc.).

Eye Exercise (Adapted from a craniosacral practitioner.) This exercise can be done with your eyes open or closed, sitting up or lying down. 1. Look in all directions (look down, lower left, left, upper left, up, upper right, right, lower right, down). 2. Bring your eyes back to the center and pull the energy of your eyeballs backward. 3. Start noticing the very subtle energy of where your eyes are. Practice pulling the energy of your eyes back into your head. This exercise reduces stress, anxiety, and can help with insomnia.

Working from Home with Kids During the Pandemic

This Yale Medicine article offers, [8 Tips for Working from Home with Kids During COVID-19](#). 1. Create a schedule. 2. Move. 3. Schedule time with kids. 4. Use technology. 5. Get help for kids with special needs. 6. Be mindful how you talk about COVID-19. 7. Be on the lookout for anxiety. 8. Look for silver linings.

In this Atlantic article, [It’s Okay to be a Different Kind of Parent During the Pandemic](#), the author talks about the [5 building blocks of resilient parenting](#) she used during her crisis, which were: 1. Self-care; 2. Strong family bonds; 3. Listening; 4. Rules; and 5. Helping children cope.

A recent Bloomberg article, [Three Hours Longer, the Pandemic Has Obliterated Work-Life Balance](#) notes that the 9-5 workday has been obliterated by the pandemic. US homebound employees are logging 3 more hours a day working than before the shelter in place orders.

The Division of Labor During the Pandemic

This Forbes article, [Women and the Frontlines of COVID-19](#) notes that mothers are more likely to [say their lives have been disrupted by the pandemic](#), in part because most moms are the [COO of their home](#).

[Everyone is Home Right Now, But Who’s Doing all the ‘Home’ Work?](#) offers 9 tips to hit the reset button with your partner. 1. Make the invisible visible. 2. All time is created equal. 3. Focus on your why. 4. Plan. 5. Own tasks from start to finish. 6. Focus on fairness, not 50/50. 7. Modeling matters. 8. Burn guilt and shame. 9. Be a cultural warrior to care about care.

[Parents Share their Best Tips on Working from Home While Parenting During the Coronavirus.](#) 1. Discuss your non-negotiables. 2. Plan meals in advance. 3. Keep an open dialogue. 4. Divide and Conquer. 5. Set clear expectations. 6. Use small windows of time to connect. 7. Create a simple, visible schedule. 8. Establish a work zone. 9. Practice acceptance. 10. Don't hide your parenting from your colleagues. 11. Develop daily rituals. 12. Get outside. 13. Keep routines.

Helping Children Deal with Anxiety

[4 Ways to Help Your Anxious Kid](#), summarizes the best advice of psychologists. 1. Label what's happening and acknowledge the changes in your child's life. 2. Resolve your own anxiety. 3. Teach children mindfulness techniques. 4. Create a schedule with pictures for young children that can't read. The University of Washington has a [Relaxation Script for Younger Children](#).

[How to Talk to Kids About Coronavirus](#) offers these tips. 1. Assess what your child knows. 2. Process your own anxiety. 3. Don't dismiss their fears. 4. Talk at their level. 5. Emphasize good hygiene. 6. Frame the situation.

The American Academy of Pediatrics has offered [10 Tips to Help Keep the Calm at Home](#). Their tips are: 1. Prevent boredom. 2. Address fears. 3. Use time-outs. 4. Redirect bad behavior. 5. Know when not to respond. 6. Praise success. 7. Allow time for attention. 8. Avoid physical punishment. 9. Take care of yourself. 10. Take a breath when you feel overwhelmed and ask yourself these 3 questions: 1. Does this problem represent immediate danger? 2. How will I feel about this problem tomorrow? 3. Is this situation permanent?

Erasing Your Own Anxiety

This NYT article, [10 Ways to Ease Your Coronavirus Anxiety](#) offers tips from experts on managing anxiety. Their suggestions are: 1. Know the facts. 2. Put the pandemic in perspective. 3. Identify the source(s) of your anxiety. 4. Refrain from shaming and blaming. 5. Don't be afraid to ask for help. 6. Don't procrastinate about preparing for the worst. 7. Connect. 8. Practice self-compassion. 9. Don't skip the self-care. 10. Don't let fear and anxiety become pandemics, too. [Single Moms face extra pressure during this time.](#)

The national sleep foundation has created [Sleep Guidelines During the COVID-19 Pandemic](#). Sleep empowers your immune system, increases brain function, enhances your mood and improves your mental health. A Portland sleep expert offers these tips for [How to deal with pandemic-induced insomnia](#).

The Impact of COVID-19 on Women

[The impact of COVID-19 on Gender Equality](#) notes that this recession is going to hit women much harder than men. There is an interview with the article authors in this [NYT article](#). The Atlantic article, [The Coronavirus Is a Disaster For Feminism](#), uses data from other economic and public health crises to show the long-term effects the pandemic could have on women around the world.