

Managing Your Stress Response in Crisis

Stressbusters for Parents

- Breathe!** Inhale through your nose, and exhale through your mouth. Let your exhale last longer than your inhale.
- Notice**, acknowledge, and honor your feelings without judgment, and without trying to change them.
- Minimize** triggering news and social media sources. Limit your intake and consider your sources.
- Build** structure and routine where you can. Can you start or end your day with a small, familiar ritual?
- Find joy** – play your favorite song and allow yourself a few minutes of dance, joy, and letting go!
- Be curious** - we may feel some guilt about finding ways to experience joy these days. Be curious about what that feels like!
- Have compassion** for yourself - you are doing the best you can!

If you need additional help or resources, contact **NYC WELL** at <https://nycwell.cityofnewyork.us/en/> or call 1-888-NYC-WELL

Managing Your Stress Response in Crisis

Stressbusters for Youth

- Listen** to your children, they will tell you what they need! Show interest in how they are feeling and experiencing this time.
- Notice** any changes in their emotions, expression, or behavior. This may be an indication of their reaction to stress.
- Share** age-appropriate information about what is happening in the world. Knowledge is empowering!
- Build** structure and routine where you can. Predictability can help to reduce anxiety around the unknown.
- Play** with your children. Set aside time each day to be curious, explore, and encourage the use of imagination.
- Model** healthy coping skills for your children - they will emulate what they see in you!
- Have compassion** for your kids - they are doing the best they can!

If you need additional help or resources, contact **NYC WELL** at <https://nycwell.cityofnewyork.us/en/> or call 1-888-NYC-WELL

Stressbusters for Families

- Explore** together! There are many virtual New York City experiences available online to discover.
- Notice**, acknowledge, and honor what has changed for your family. Take the time to grieve what was lost.
- Check in** with other family members and friends. Build your family's support system despite physical distance.
- Create** new family traditions! Take the opportunity to explore and adopt new routines and rituals as a family.
- Safety plan** as a family. If someone gets sick or needs help, make sure everyone knows who to turn to for help.
- Respect** each other's boundaries. Everyone needs a little alone time, it's okay to ask for space for yourself.
- Have compassion** - everyone is doing the best they can!

For additional resources and information, call **311** or visit nyc.gov