

Stress Management for Caregivers and Kids

There are simple things you can do every day, at home, to help regulate your child's stress. Talk about what's going on, keep kids connected to their networks, and try to keep your usual routine. The following tips can also help you and your child manage your stress responses:

1. Maintain Relationships

Double down on supportive relationships within your household and help your kids maintain connections with friends, family, school mates, or faith-based organizations through phone, chat, age-appropriate social media, or letter writing.

Turn off media and devices for high-quality time together making art, dancing, cooking or reading.

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3. Healthy Sleep

Go to sleep and wake up at the same time each day. Turn off electronics at least a half hour before bed. Limit food and beverages containing caffeine, like soda and chocolate.

5. Mindfulness, Meditation, Prayer



Practice mindfulness, such as meditation, yoga, or prayer for 20 minutes, two times a day. Apps like Headspace and Calm are easy, accessible ways to get started. Talk about, write out or draw five or more things we are all grateful for each day.

2. Exercise Daily

Engage in 60 minutes of physical activity every day. Get your bodies moving and heart rates up to burn off stress.



4. Nutrition

Ensure you are getting proper nutrition to help combat stress. Keep regular mealtimes, includes snacks for kids.

Minimize refined carbohydrates, high-fat and high-sugar foods.



6. Mental Health Support

Have open conversations as a family about emotional and mental health. Minimize the amount of exposure/consumption of news or other media content that feels upsetting for both you and your child.

Need to talk with someone? Call or text the San Bernardino County Dept. of Behavioral Health to be connected with specially trained staff who can listen and provide you with support and behavioral health resources. **It's free and confidential. Call (909) 421-9233 or text (909) 420-0560.**



Behavioral Health

