



Get **S.A.F.E** and be **S.O.U.N.D**

A Resource for Parents Experiencing Stress During
the (Coronavirus) COVID-19 Crisis

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Are you finding that your family is experiencing more stress than usual due to heightened emotions and social distancing during the Covid-19 crisis? Do you need a guide to help you respond and process these situations? Remember, an escalated parent cannot de-escalate a child while in a heightened state, themselves. Use this resource as a tool to practice S.A.F.E and S.O.U.N.D!

The first part of this action plan, S.A.F.E, leads a parent to creating a safe environment and taking steps that will help to calm the situation. The second part of the action plan, S.O.U.N.D, guides a parent to reflect, utilize self-care, and consider strategies that work.

S

Safety check!

Ask yourself: Is safety a concern right now? Is someone injured or in danger? If there is a stressor or trigger present that you feel could make for an unsafe environment, remove it or move away from this space.

A

Address my needs!

Ask yourself: What are my needs right now due to my stress level? Am I in control of myself? It is okay to take a moment to gather yourself. Take five big, deep breaths. Remember, in order to make a positive change, you need to have control of your emotions in this situation.

F

Focus on a positive outcome!

Ask yourself: What is something that I can learn from this situation? What is something that worked? Keep in mind that you are working toward positive change within your family and within yourself. Remember that in every situation, growth is happening.

E

Engage in my action plan!

Ask yourself: What action will I take right now to meet my needs? Who can I reach out to for support? What self-care needs do I have at this time? Recognize if a family member is in need of extra support and make a plan on how to help that family member appropriately get their needs met. For example: Does someone need a hug?



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S

Self-care coping skill

Utilize a de-escalation coping skill for yourself. Try one of these things coping skills: Take a bath, go for a walk, take a nap, deep breathes, read a book, watch a television show, engage in yoga or mediation, take a drive, drink water, or eat something nutritious.

O

Opt IN for a TIME OUT

Find a moment to cool down. Sometimes, recovering from stressful situation can just take time. Use your next free moment in your day as a moment to reflect on yourself and your needs.

U

Understand your body's cues

Am I overly tired and need a moment to rest? When is the last time I ate or drank something to refuel my body? Am I feeling physically healthy? Do I need to see a doctor?

N

Nourish your mind

Practice a mindfulness technique to refuel and refresh your mind: Live in the moment, accept things the way they are, use the power of visualization, body scans, mindful eating, take small steps, start your day without any gadgets, free yourself from distracting thoughts, end your day on a positive note, and accept your weak points.

D

Decide for next time

Evaluate your response to this situation and how you handled yourself. Would you do something differently next time? Was the way that you responded more helpful than the time prior?

