

Taking care of yourself to take care of your kids
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together and kids get anxious and, you know, maybe not understanding why things are the way they are, why they can't go out to whatever venue to go bowler or whatever kids want to go D, they can't go to the mall. So and sometimes that frustration is going to come at the parent, really important to remain calm to find other activities for the for you and your children to do and also to really understand your own emotion, your own self. One of the things I'm hearing nationally, is increased rates of severe physical abuse from various places. Babies with the head trauma and broken bones, just the frustration that's going on. Remember that and know yourself and remember that it's always okay to step away. And it's harder to step away. Now that, you know maybe you're in an apartment, it's really hard even just to go outside, but to

of the things that are going on, that doesn't mean you're a bad parent, it means that you're a normal person just trying to deal with extraordinary circumstances.

Getting out while being isolated

8:32

The concept on social isolation is to stay away from other people. And that doesn't mean you have to stay locked in your room, it means that you stay away from people so it's okay to go to the park. Avoid touching stuff. avoid being around other people. If you want to go for a walk, that's great, but it's not just staying in the room all the time, which, of course it's gonna become depressing. The weather was fantastic yesterday. Get out and walk, go out in the backyard, play with the dog. All those things are great things and mentally, just good for you.

9:12

Sunshine can be very helpful.