

Managing Stress & Building Resilience in Times of Crisis

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Get comfy



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- Grace for yourself and others
- Practice self-care
- Engage as you wish
- Kids and pets welcome!

Our plan today...

- Check in
- Resilience Boosters
- Empathy
- Calming Ideas



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Use the chat to share:

- Name
- Your city/county
- The last self-care you did



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IT'S NORMAL TO HAVE A SMALLER
WINDOW OF TOLERANCE
DURING STRESSFUL TIMES

@LINDSAYBRAMAN



Resilience Boosters

- Daily structure
- Family meals
- Healthy eating
- Limited media
- Exercise
- Reach out
- Help others
- Sleep 'hygiene'
- Positive thoughts

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Resilient kids
are made by stress
and adults who are
able to support
them through it.



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Empathy

- How would you feel?
- How would you want to be treated?

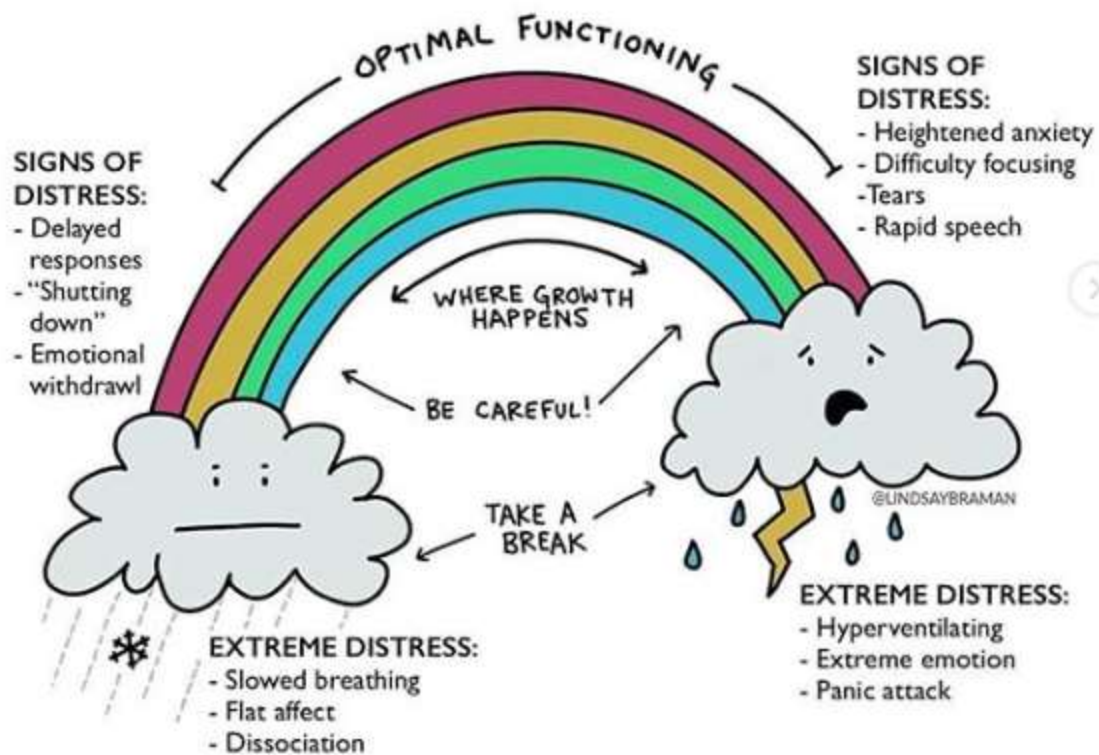
<https://www.lifehack.org/842058/perspective-taking>



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WINDOW OF TOLERANCE

(IN RAINBOW FORM!)



Calming ideas at home

- “Sensory Diet”
- Focused Breathing
- Bodywork
 - Massage
 - Qi-Gong
 - “Tapping”
- Exercise
 - Martial Arts
 - Non-competitive
 - Yoga
- Mindfulness
- Art
- Music
- Drama
- Animal
- Compression Clothing
- Weighted blankets

Breath



PHOTO | ❀ KAYO ❀ | RESHOT

- Bubbles
- Balloons
- Pinwheels
- Focused breathing
 - in for 3 seconds
 - hold 4 seconds
 - out for 6 seconds

Use chat to share your favorites-



PHOTO | JOHNNA LAFAITH | RESHOT

- Dance
- Walks
- Check Ins
- Marco Polo
- Chocolate
-
-
-
-

The Calm Down Tool Box Ideas for Younger kids

Activities:

- Puzzles
- Colouring books
- Favourite books
- Activity books
- Bubbles
- Favourite toy
- Spinning top
- Doodle/drawing book

Sensory audio/visual/oral support:

- Noise cancelling headphones
- Calming space/area for retreat
- Music - audio sounds or books
- Sound machine
- Gum, hard candies
- Chewlery (necklace, bracelets)
- Snacks that vary in texture
- Lava lamp
- Sensory bottles
- Scent bottles/jars
- Scratch and sniff or feel
- Sensory tunnel
- Body sock
- Light up toys (flashlight works)

Items for busy bodies:

- Stress balls
- Wiggle Cushion
- Thera-band on furniture
- Lego/building materials - blocks
- Crafty items to create
- Pipe cleaners to twist
- Fidget toys such as tangles
- Paper or tissue to tear up
- kids scissors and paper to cut up

Promoting calming:

- Visuals for breathing practice
- Visuals for steps to calming
- Visuals with yoga poses
- Favourite stuffy or toy
- Essential oil defuser or rescue remedy spray
- Bubbles
- Soft lighting
- AP - fluidity or bubble popping
- Pinwheels
- Pipe cleaners

Reducing frustration/energy:

- weighted lap toy/cushion
- Warm or weighted blanket
- Body break - any sport or game/ toy enjoyed
- Thera band (on chairs or to pull)
- Stress balls
- Wiggle cushion
- Box to kick around
- Kinetic sand
- Play dough or clay
- Bubble wrap - paper to tear/cut
- Small drum or harmonica
- Toys such as dinosaurs/cars

www.solvingbehaviour.com

Next Steps

- Be kind to yourself
- Practice Self-care
 - Recognize routine
 - Sensory activities
 - You
 - Your child(ren)
 - Get help for yourself if needed



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Resources

Youth Line

Reach Out Oregon

Lines for Life

211info.org

Oregon Coalition

OregonFamilytoFamily.org

Swindells Resource Center

www.FACTOregon.org

www.shaunasignorini.com



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