

# ASPIRE'S

## Q&A Series on COVID-19

### How To Decrease Stress & Anxiety

- Imagine breathing into your heart center and surround your family with a big energetic hug in all your activities.
- Increase play, creativity, and games
  - Go back to board and card games. Make sure you use eye contact and lots of interaction.
- Find online videos that make your child laugh.
  - Laughter is so healthy for the body. Helps offset anxiety and stress.
- Schedule video playdates for kids and adults
  - Find people who understand you and have good energy
  - Be mindful of whether your kids are in earshot.
- Read together
  - Takes your mind off stress
  - Encourages growth opportunities
- Get outside
  - Take walks together (great for getting vitamin D)
  - Go for a drive
- Sing out loud or hum
  - Humming and the vibration it creates gets the body to settle down and relax
- Storytelling—with a focus on a positive future
  - What would your kids tell their kids
  - Let them be the superhero of their story. It helps you understand how they process their emotions.
  - Everyone in the family could be a character and then act out them out.
- Cook healthy meals together
  - Our bodies function better but we have to nurture them a bit.
  - Teaches kids how to create something for the family
  - It is an act of giving.
- Listen to music and get moving by dancing
  - Be silly! Get some of the boredom and pent up energy out.
- Consistent sleep schedule
  - So important to reboot and rest our system
- Get creative
  - Encourages growth opportunities
- Calming Exercises
  - Breathing – Alternate nostril breathing
  - Mindfulness apps
  - Visualizations and grounding
  - Yoga



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