



COVID-19 STRESS MANAGEMENT

It is normal to feel stressed, scared, sad, or angry during a crisis. Remind yourself that however you are feeling is okay. Children might be more clingy, anxious, upset, or angry during a crisis, and this is also normal. During this time, try to give you and your children opportunities to relax. Here are some ways you can relieve stress.

MENTAL HEALTH RESOURCES:

1. Crisis Lines

- a. Text **HOME** to **741741** for free 24-hour mental health support.
- b. Community Mental Health of Washtenaw County's 24/7 Crisis Line: **734-544-3050**.
- c. Ozone House (Ann Arbor/Ypsi) 24/7 Crisis Line: **734-662-2222**.

2. Email our Family Support Coordinator at amaliab@perrynurseryschool.org to schedule a time to talk about your concerns or ways to reduce your stress.

APPS TO REDUCE STRESS:

1. **Sanvello** (for stress management): <https://www.sanvello.com/>
2. **Calm** (for sleep and relaxation): <https://www.calm.com/>

EXERCISE RESOURCES:

1. The following exercise apps are being offered for free until April 1st. You can access the apps at <https://www.downdogapp.com/>
 - HIIT (High Intensity Interval Training)
 - Barre
 - 7 Minute Workout
 - Yoga
 - Yoga for Beginners
2. Yoga International has a 14 day free trial for online yoga videos and other resources: <https://yogainternational.com/>