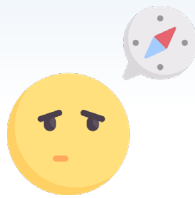


Gentle Reminders:

for when the World Feels Frightening



Set Boundaries with what + how much media you consume.



Be mindful of when it's becoming more than just "being informed."



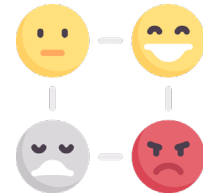
Allow extra time for daily stress relief.



Practice self care.



Try to respond to the fears of others with understanding + respect.



You are allowed to opt out of overwhelming discussions.



Breathe, Connect + Take Gentle Care of Yourself + Others.

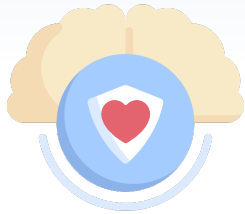


Focus on the many things you can control.



Gentle Reminders:

for when the World Feels Frightening
FOR YOUR KIDS!



Reassure them that they are safe.



Let them talk about their worries.



Share your own coping skills.



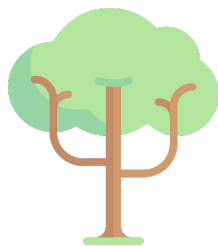
Limit their news exposure.



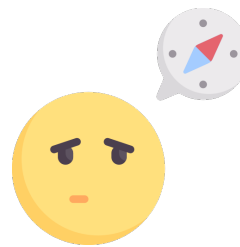
Create a routine and structure.



Practice self care together.



Focus on some new relaxation techniques.



Guide them to some daily self care routine.