



JOHNS HOPKINS
CHILDREN'S CENTER

COVID-19 CAREGIVER STRESS REDUCTION WORKBOOK



A QUICK TIPS FOR PARENTS AND CAREGIVERS EXPERIENCING STRESS

- **TRY TO EAT THREE BALANCED MEALS EVERY DAY AND HEALTHY SNACKS**
- **MAINTAIN A SLEEP SCHEDULE WITH 7-9 HOURS OF SLEEP AT NIGHT AND A SET BEDTIME/RISE TIMES**
- **EXERCISE FOR AT LEAST 3X A WEEK FOR 30 MINUTES AT A TIME (EX. WALKS, RUNS, YOGA, ETC)**
- **CONNECT WITH FRIENDS AND FAMILY MEMBER OVER THE PHONE, VIDEO PLATFORM OR EMAIL**
- **STAY INFORMED, BUT AVOID OVER-WHELMING YOURSELF WITH COVERAGE OF THE VIRUS**
- **TAKE BREAKS BY UNPLUGGING FROM YOUR PHONE/TV**
- **SPEND AT LEAST 5 MINUTES A DAY DOING SOMETHING YOU ENJOY**
- **ENGAGE IN RELAXING ACTIVITIES LIKE TAKING DEEP BREATHS, MEDITATION, EXERCISE, ETC**
- **PRACTICE SELF-LOVE AND RESPECT AND REMEMBER YOUR STRESS DOES NOT DEFINE YOU**
- **IF YOUR STRESS GETS TOO OVERWHELMING, REACH OUT TO A MEDICAL PROFESSIONAL OR CALL 911 FOR EMERGENCY SERVICES IMMEDIATLY**

4-7-8 BREATHING EXERCISE

INHALE

4

SECONDS



HOLD FOR

7

SECONDS



EXHALE

8

SECONDS



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A MINDFULNESS EXERCISE: LABYRINTH

QUIET YOUR MIND BY FOCUSING ON THIS LABYRINTH. START AT THE CENTER OF THE LABYRINTH AND FOLLOW THE PATH USING YOUR FINGER FROM START TO END.





FIVE SENSE COPING DURING COVID-19

SIGHT:

- READ A BOOK
- LOOK AT OLD PICTURES
- WATCH A MOVIE/TV

TOUCH:

- SQUEEZE A STRESS BALL
- TAKE A BATH
- PET YOUR ANIMAL COMPANION
- STRETCH YOUR MUSCLES

SMELL:

- FRESH FLOWERS
- ESSENTIAL OILS
- CANDLES
- PERFUME/COLOGNE

HEAR:

- MUSIC
- PODCAST
- MEDITATION
- NATURE SOUNDS

TASTE:

- HERBAL TEA
- MINT CANDY
- FAVORITE FOOD/DRINK

TIP: MAKE YOUR OWN LIST OF ENJOYABLE SENSORY EXERCISES THAT ARE NOT LISTED HERE.



FIVE SENSE GROUNDING EXPERIENCE

TAKE A DEEP BREATH AND IDENTIFY:

- 5 THINGS THAT YOU CAN SEE**
- 4 THINGS THAT YOU CAN TOUCH**
- 3 THINGS THAT YOU CAN HEAR**
- 2 THINGS THAT YOU CAN SMELL**
- 1 THING THAT YOU CAN TASTE**



A COPING EXERCISE: PROGRESSIVE MUSCULAR RELAXATION

BEGIN

1

GET INTO A
COMFORTABLE
POSITION

2

TAKE A LONG,
DEEP BREATH.
REPEAT 4X

3

SCRUNCH YOUR
FACE/HEAD,
HOLD, AND
RELEASE.

4

SCRUNCH YOUR
SHOULDER
AREA, HOLD,
AND RELEASE.

5

SCRUNCH YOUR
ARMS, HOLD,
AND RELEASE.

6

SCRUNCH YOUR
STOMACH
AREA, HOLD,
AND RELEASE.

7

SCRUNCH YOUR
LEGS/FEET,
HOLD, AND
RELEASE.

8

SCRUNCH YOUR
ENTIRE BODY,
HOLD, AND
RELEASE.

9

TAKE A LONG,
DEEP BREATH.
REPEAT 4X

END



POSITIVE AFFIRMATION EXERCISE

A POSITIVE AFFIRMATION IS SOMETHING THAT IS SPOKEN OUT LOUD THAT YOU WANT TO BELIEVE OR TO COME TRUE. THIS CAN HELP SHIFT YOUR INNER DIALOGUE FROM NEGATIVE TO POSITIVE IF PRACTICED DAILY. LIST YOUR OWN POSITIVE AFFIRMATIONS!

1 *I am strong and will get through this.*

2 *I am doing a great job parenting.*

3

4

5

6

7

8

9

10



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WEEKLY POSITIVE PARENTING LOG

TODAY IS...	MY PROUD PARENTING MOMENT FOR TODAY...	SOMETHING + I DID FOR MYSELF TODAY...	SOMETHING THAT I AM GRATEFUL FOR TODAY...
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			



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DAILY FAMILY CALENDAR

Name:

8-9

9-10

10-11

11-12

12-1

1-2

2-3

3-4

4-5

5-6



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COMBATING BOREDOM

Chat with an
old friend

Family game night

Indoor/backyard
camping

Journal

Exercise/yoga

Knit/crochet

Indoor scavenger hunt

Take a walk

Try a new recipe

Start a new
instrument

Watch a movie/TV
show

A fun bath: glow
stick bubble bath

Meditate

Build a fort for movie night

Take a drive

Try a new social media
platform

Learn to
braid hair

Read a book

Write letters/get a
pen pal

Remake
old photos

Learn origami

Organize your email

Plant a garden or
indoor plants

Try making your own memes

Do a science experiment:
make...
slime, a volcano, etc

Have each family member make a power
point. Each person presents a different
power point.