



The WHALE Study Family Newsletter

October | 16th | 2020

Coping and Controllability Tips

Now that school has been in session for a couple months, everyone is settled into their routine and feeling relaxed. Right?

Well..... maybe, but most parents are still feeling overwhelmed and wishing there was a guidebook on how to get your family through the pandemic. The truth is, you're doing more than enough by adjusting to this new normal. Giving yourself some grace in this time is one of the most important things you can do. We hope this newsletter serves as a reminder to take a few seconds to take a big picture view.

One way to deal with stress is to identify what is worrying you and separate it into two lists by asking yourself: can I control this? If the answer is "yes," generate a list of solutions, try a solution, and then monitor the progress. If that solution doesn't seem to work, try another one.

On the other hand, the answer to this question is often "no." Some problems cannot be changed or controlled, no matter how much we wish they were within our control. That part may feel especially relevant right now. For these stressors, try not to blame yourself. Take a deep breath, refocus your energy on solving problems that can be controlled, and refocus your mind on the positive things in your life. We often waste time spinning our wheels on problems that we can't do anything about. A small shift in energy and focus can go a long way.

Check out the page below for some back to **virtual school** resources!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588
Find us on Twitter: [@circlelab_unc](https://twitter.com/circlelab_unc), Instagram: [circlelab_unc](https://www.instagram.com/circlelab_unc), and [Facebook!](https://www.facebook.com/circlelab_unc)

BACK TO SCHOOL RESOURCES

- General Tips & Resources:
 - Click [here](#) for Parenting Guide to meeting the challenge during COVID-19
 - Click [here](#) and [here](#) for recommendations from CDC for both in-person and virtual school
 - Click [here](#) and [here](#) for tips from the APA on motivating children
 - Click [here](#) for tips from the APA on fostering self-regulation and creativity
 - Click [here](#), [here](#), and [here](#) for tips from Healthy Children
 - Click [here](#) for tips from Read Brightly on getting kids into the learning mindset
- Creative Movement Breaks:
 - Click [here](#) and [here](#) for kids' exercise ideas
- Click [here](#) and [here](#) for resources for kids with ADHD or other considerations
- Click [here](#) and [here](#) for some validation from NPR on homeschooling
- Click [here](#) for information on stress management during COVID from the CDC
- Click [here](#) for a short video with tips on behavior management

COMMUNITY RESOURCES (CLICK BLUE LINKS)

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- Suicide prevention lifeline: 1-800-272-TALK
- Hope4NC Helpline: 1-855-587-3463

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information
 - 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you