



### Know When to Take a Break

When you start feeling frustration, irritation, or anger toward a family member, step away from the situation and take a few moments to calm down.



### Don't Discipline While Angry

Especially avoid corporal punishment if you are emotionally overwhelmed. Take some deep breaths and return to the situation when you feel more calm and patient.



### Know When You Need Space

Do not feel guilty about sending your kids outside to play in the backyard for a few minutes or for letting them watch television while you reset.

# Sheltering in Place with Children



## Frustration Management Tips from Dr. April Miller, Ph.D., LSSP, LP Student Support Advocate, Wylie High School



### Manage your fears and stressors in healthy ways.

Take time to practice self-care, exercise, deep breathing, prayer, and meditation.



### Worried About Finances?

For a list of resources, visit <https://www.wylieisd.net/Page/13110>



### Need Immediate Help?

If you think that you or someone you care about is facing a life-threatening emergency, including a threat of injury to him/herself or someone else, **call 911 immediately.**

If it is not a life threatening emergency, but a mental health or substance abuse crisis requiring immediate professional intervention, call LifePath Crisis Hotline at **1.877.422.5939.**