



Pandemic Anxiety and Stress

Many individuals with PWS struggle daily with anxiety. With all the concerns and changes to daily routines because of the coronavirus, many individuals with and without PWS are feeling more stress or anxious than normal. Below are Some ways to decrease stress and anxiety include:

1. Limit the time spent watching, reading, or listening to information about the coronavirus. There is a lot of confusing information being presented which can increase stress and anxiety.
2. Coping with stress will make you, the people you care about, and your community stronger.
3. Take deep breaths throughout the day. Take a deep breath in through you nose and blow it out through your mouth. For individuals that struggle with the concept of deep breathing it can be helpful to have them pretend to blow up a balloon, blow a feather across the table, or even just blow bubbles. Taking time to use deep breathing -through out the day will help decrease anxiety.
4. Engage in some sensory calming activities, such as blowing bubbles, shaving cream painting, sand and water play.
5. Take time to exercise. While many gyms across the country are closing you can still take walks, take a bike ride, play a family game of tag or soccer, set up small obstacle courses or other physical challenges for the kids.
6. Maintain your family's routine as much as possible or develop a new routine.
7. Answer your child's questions about the pandemic but reassure them you are following the recommendations to keep everyone healthy.
8. Take time to relax as a family.

Coping with stress and anxiety in a healthy way will make you, and the people you care about healthier and stronger.

FIVE PILLARS OF SUPPORT

