**Stress Relievers for Parents**

RJWBarnabas Health offers suggestions on how to handle stress of COVID-19

<https://www.rwjbh.org/blog/2020/march/how-to-manage-stress-and-anxiety-from-coronaviru/>

NJ Mental Health offers a help-line. Feel free to call. Watch the video and read the article.

<https://www.njspotlight.com/news/state-help-line-offers-relief-from-stress-and-anxiety-of-covid-19-crisis/>

Coping with Stess of a Communicable Disease Outbreak-English

<https://www.nj.gov/health/cd/documents/topics/NCOV/Coping_Stress_Disease_Outbreak_SAMHSA_English.pdf>

Coping with Stess During a Communicable Disease Outbreak-Spanish

<https://www.nj.gov/health/cd/documents/topics/NCOV/Coping_Stress_Disease_Outbreak_SAMHSA_Spanish.pdf>

Relaxation Activities to do at home with children

<https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>