

# 5 Quick Stress Relief Activities for Parents

## 1. Car Line Breathing

While waiting to pick up your child, put the phone down and try this: inhale through your nose for 4 counts, hold for 2, exhale slowly for 6. Repeat a few times to reset before the kids pile in.

## 2. Kitchen Reset

While dinner is cooking, take a step back for two minutes. Stretch your arms overhead, roll your shoulders, and take three deep breaths. Small pauses keep stress from boiling over. You can do this while still keeping an eye on your vittles.

## 3. Hurricane Prep Boundaries

Instead of constantly checking storm updates, limit yourself to scheduled times (morning and evening). Then do one small prep task — like topping off gas or restocking water. This keeps anxiety from spiraling. Checking in with neighbors, nearby family and community supports can also help you feel connected and reduce anxieties.

## 4. Gratitude with Kids

At bedtime, ask your child to share one thing they're thankful for, and share yours too. This lowers stress, builds connection, and models healthy coping skills.

## 5. Parent Time-Out

When overwhelmed, step outside for five minutes. Notice the warm air, the sound of crickets, or the swaying palms. A mini-break gives your nervous system a reset so you can re-engage calmly.

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