

Dealing with Difficult Times

Remember you are resilient. You have adapted to challenging situations and events in the past that were not easy. During difficult times, you may need to make a conscious effort to deal with your stress and trauma.

1 Take first things first.

Taking care of your basic needs such as food, housing, and applying for financial assistance is at the top of your list. Gathering information, like knowing what days and hours food pantries are open in your community and where you can go for rent assistance, empowers you to start taking control of the situation.

2 Solve one problem at a time.

During a crisis, problems can be overwhelming so take one at a time and break it into small tasks. You may want to make a list of challenges and check them off as you make progress on dealing with them. Do what works best for you to build your confidence and take back some control.

3 Ask for help.

Discuss the challenges you are experiencing. Talk to your case manager and call on supportive relationships or community organizations that may have information or resources you need.

4 Pause, and take a moment to be quiet.

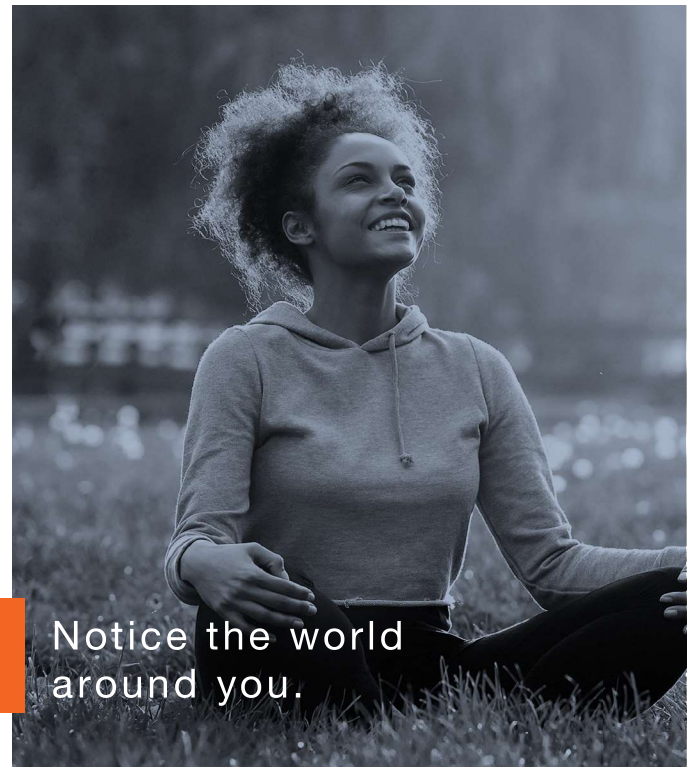
Create a place in your home or outside that is “a safe haven.” This is a place where you can tune out all the noise for a moment. Let everyone know to leave you alone when you are sitting in that special place. Take five slow deep breaths. You can always return to this when things seem confusing and

stressful or when you feel overwhelmed. [Read more](#) about some of the many benefits of deep breathing.

5 Check-in with yourself each morning. Determine your needs and listen to your body. You are in control and you get to decide the pace for the day and what routine makes sense.

6 Enjoy nature.

Look out the window, open the door, or take a walk. Notice the world around you, the clouds, the plants, and the birds. Take an intentional moment as often as you need to and allow yourself to connect with the outside world in some capacity. [Here are 4 Reasons Connecting with Nature Can Be Great for Your Health!](#)



Notice the world around you.

7 Stay connected and use the relationship skills you are learning about.

Maintain contact with friends, families, and colleagues. Check-in with someone daily. Make it a priority to have one focused meaningful conversation every day. Can you facetime with family members or send an email to friends? Review the materials from your relationship or fatherhood program.

8 Help children feel safe.

Children recognize when those around them are distressed. Self-care is important so that our anxieties do not affect our children. At the same time, children need to know why you are feeling distressed so that they understand that it is not their fault. Address children's fears honestly about the pandemic or whatever the crisis is and recognize their feelings. Let children know that you are there for them and that your family will get through this together. Make time to play, read, laugh, and sing with them. Take this opportunity to slow down and make it a special time. [Helping Children Feel Safe in Stressful Times](#) offers some tips on how to reassure children.

9 Don't be so hard on yourself.

There are times when we fail but learning to have self-compassion and self-forgiveness is vital to our mental and physical health. These are extraordinary circumstances and having intense feelings are normal. Be compassionate. This is a time to extend grace to ourselves and others. Ask yourself, "What can I learn from this experience?" You may not know the answer to that question until later, but you are growing and adapting; that question can be your guiding light.

Online Resources

Eat the Frogs First Thing in The Morning (And Other Better Work Habits) <https://medium.com/@alltopstartups/eat-the-frogs-first-thing-in-the-morning-and-other-better-work-habits-7070f9e79822>

Benefits of Deep Breathing: <https://urbanbalance.com/benefits-deep-breathing/>

4 Reasons Connecting with Nature Can Be Great for Your Health! <https://www.onegreenplanet.org/environment/reasons-nature-can-be-great-for-your-health/>

Helping Children Feel Safe: <https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/helping-children-feel-safe-in-stressful-times>



Let children know that you are there for them and that your family will get through this together.



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