

Tips of the Week

1

Changes in routine can cause emotion dysregulation issues.

2

Organizing, preparing and teaching coping skills like deep breathing, are ways to help individuals manage emotion dysregulation.

3

It is ok to feel physical or emotional symptoms of stress during this time.

4

As counties begin to reopen, there will still be guidelines we need to follow.

5

Check in with yourself throughout the day to see how you're feeling.

6

Schedule or set aside time every week to do something you enjoy!