

COVID Fatigue and Parenting: Coming out of the Fog

PTA meeting March 2022
Drs. Singer, Abbott and Francis

Parenting in the Pandemic

What was?

- Multiples roles and responsibilities
- Challenges we faced
- Precaution we had to take

THE TRANSITION

Our new normal

- Decisions about existing precautions
- Have our roles changed? Is there less on our plate?
- Navigating new challenges as moving back into normalcy



A large, horizontal, teal-colored brushstroke with a rough, textured edge serves as a background for the text. A thick, horizontal yellow brushstroke is positioned directly beneath the word "Mindfulness".

Mindfulness

Worst Day Ever?

by Chanie Gorkin

Today was the absolute worst day ever

And don't try to convince me that

There's something good in every day

Because, when you take a closer look,

This world is a pretty evil place.

Even if

Some goodness does shine through once in a while

Satisfaction and happiness don't last.

And it's not true that

It's all in the mind and heart

Because

True happiness can be attained

Only if one's surroundings are good

It's not true that good exists

I'm sure you can agree that

The reality

Creates

My attitude

It's all beyond my control

And you'll never in a million years hear me say

Today was a very good day

The Stress Response

Impact of prolonged stress

- Physical health compromised
- Feeling tired
- Emotionally drained, which can impact relationships

Stress Related Growth

- Promotes cognitive flexibility
- Increased patience and distress tolerance
- Sense of belonging and connection



Addressing the stress response in ourselves.....

First.....



Then.....



HOW can we manage our response intentionally??

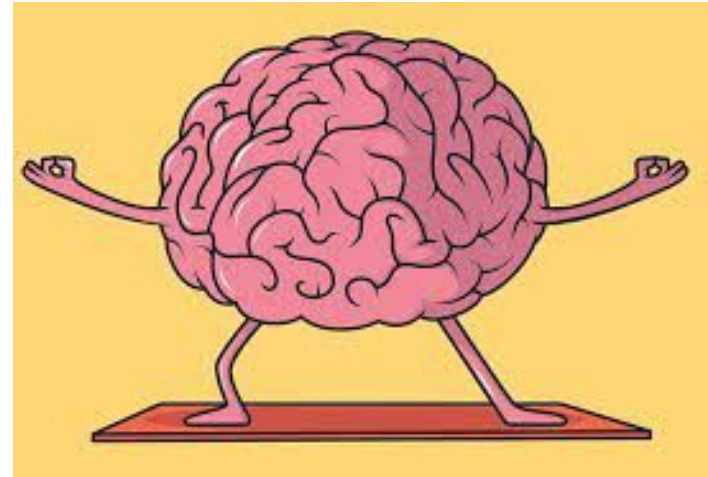
- Psychological Flexibility
- Committed and Valued Action
- Self-Compassion



Psychological Flexibility

paying purposeful attention to the present moment and meeting situational demands

- *Present moment awareness*
- *Acceptance*
- *Defusing from painful thoughts*
- *Perspective-taking*



So how do we do this with
our teens?





Committed and Valued Action

Making a promise to oneself about something that really matters

- *Valued Action*
- *Committed Action*

So how do we do this with our teens?



Self-Compassion

- *Self-Kindness*
- *Common Humanity vs. Isolation*
- *Accept emotions without attachment*



So how do we do this with
our teens?





Discussion & Questions

References

Allen, K. A., Waters, L., Arslan, G., & Prentice, M. (2022). Strength-based parenting and stress-related growth in adolescents: Exploring the role of positive reappraisal, school belonging, and emotional processing during the pandemic. *Journal of Adolescence*.

Coyne, L. W., Gould, E. R., Grimaldi, M., Wilson, K. G., Baffuto, G., & Biglan, A. (2021). First things first: Parent psychological flexibility and self-compassion during COVID-19. *Behavior analysis in practice*, 14(4), 1092-1098.