

## Doing the Best You Can

Let's try something. Take a deep breath, unclench your jaw and close your eyes for a moment. Okay, when you open your eyes there will still be kids stuck at home, schoolwork to manage, work to attend to, etc. However, by taking that small action and giving yourself a moment to breathe, you are now a bit more able to show up for those things effectively.

Stress is the body's **natural** reaction to difficulty. When you're stressed, your body increases production of a chemical that leads to a faster heart rate, muscle tension and hypervigilance. These sensations can be helpful in short-term problem solving, but when chronically present they can bring on mental and physical health concerns.

T&R helps us accept and practice new ways to manage our "heavy feelings" including stress. Activities such as meditative breathing, exercise and drawing can help to physically relieve stress. Asking for help, talking with safe people and singing can help to verbally relieve stress. Creating a regular practice of these types of activities will support your wellness in the moment and long-term. Even a 30-second reset can make a difference!

Remember, your kids sense your stress and experience their own. Instead of hiding your feelings, model healthy ways of coping to help your children build trust in you and develop their own skills.

We see you out there, doing the best you can. And we're here to walk with you on this journey that has no perfect solution. Please reach out if there is any way we can support your family.

# CAREGIVER'S CORNER

## Welcome to Beamer's World

We're super excited to announce that the **Beamer's World** app is now available—and it's free!

With this app, you can hang out with Beamer and his friends while reviewing lessons from the Children's Program. Since it's a 360° app, you can look all around the classroom by dragging your finger across your screen. Or, if you have a 3D viewer (like the cardboard viewer shown below), you can adjust the app to 3D mode and you will feel like you're sitting right there in the classroom with Beamer!

The **Beamer's World** app is available in the Apple App Store and the Android Google Play store. With your caregiver's permission, search for **Beamer's World** and download the app that shows Beamer's smiling face.



The app should work well on most mobile devices. Please reach out to **Robby (RBruza@HazeldenBettyFord.org)** if you have questions or are experiencing issues with the app. **Have fun!**



### Please reach out if you ever need us.

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*The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs.*

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News and Activities from Your Friends at the Children's Program

# Beamer's Buddies

SPRING 2021

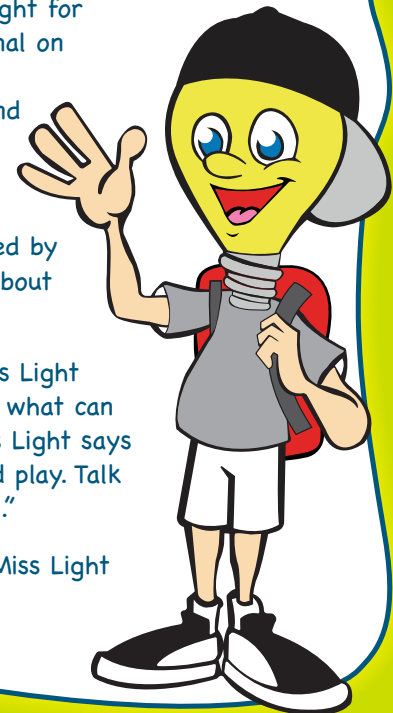
## Sharing Can Help a Lot

The pandemic is still raging. Everyone is sheltering in place. These are tough times. Beamer is very happy MooMoo got her first vaccination yesterday.

Group with Miss Light is a weekly highlight for Beamer. He sees Twinkle, Carlos and Jamal on his laptop. He is thrilled to be with his friends. They all share their thoughts and feelings. Everyone is tired of the virus and wants it to disappear. Everyone is very worried about their family. Twinkle shared that her mom got trapped by addiction again. The others are scared about relapse, too.

"Addiction and the virus are similar," Miss Light shares. "You can't change either one." So what can you do? "You can care for yourself," Miss Light says with a gentle smile. "Be a kid. Laugh and play. Talk to safe people. Read, draw and have fun."

As everyone claps and waves goodbye, Miss Light adds, "See you next week."



# Just for Fun



When Beamer is having a hard day, his friends like to share jokes with him. Now Beamer wants to share those jokes with you! Then you can pass them on when someone you care about is having a hard day.

1. Why do ducks have feathers?
2. What do you call a boomerang that doesn't come back?
3. What do you call a dinosaur that is sleeping?
4. What did the Dalmation dog say after lunch?
5. Why do bananas use sunscreen?
6. When do you go at red and stop at green?
7. Why didn't the lamp sink?
8. What did the baby corn say to the mama corn?
9. What kind of music scares balloons?
10. What falls in winter but never gets hurt?



**Answers:** 1. To cover up their butt quack, 2. A stick, 3. A dino-snore, 4. That hit the spot, 5. Because they peel, 6. When you're eating a watermelon, 7. It was too light, 8. Where is POPcorn? 9. Pop music, 10. Snow

# Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

**I need help with online school, but I don't ask my grown-ups because they seem really stressed out. They're always fighting, and we have money problems. What can I do to help them? I'm worried addiction will come back.**

You're not alone. Between the pandemic, school stuff, home life and everything else, kids everywhere are struggling. It's important to remember a few things.

First, what's happening is not your fault. When it comes to schoolwork, focus on doing the best you can. It's okay to ask for help! Reach out to your teacher, another classmate, a safe adult and your grown-ups at home when they are not busy.

Second, grown-ups are responsible for their own T&R. Even if hard things are going on, a grown-up always has a choice to stay with T&R and stay away from addiction. Addiction is never a kid's fault.

Third, you aren't responsible for the problems that grown-ups experience. Even though it can be hard to hear them talk about problems, it's not your job to fix these things. You also didn't cause the problems and cannot control them. Think instead about what you can do for yourself. You can take care of your mind, body, feelings and spirit—and you can have fun! Your number-one job as a kid is to have fun. If you are feeling stressed, talk to a safe person who can help. Remember, you can always call a counselor at the Children's Program. Our phone numbers are on the back of this newsletter.



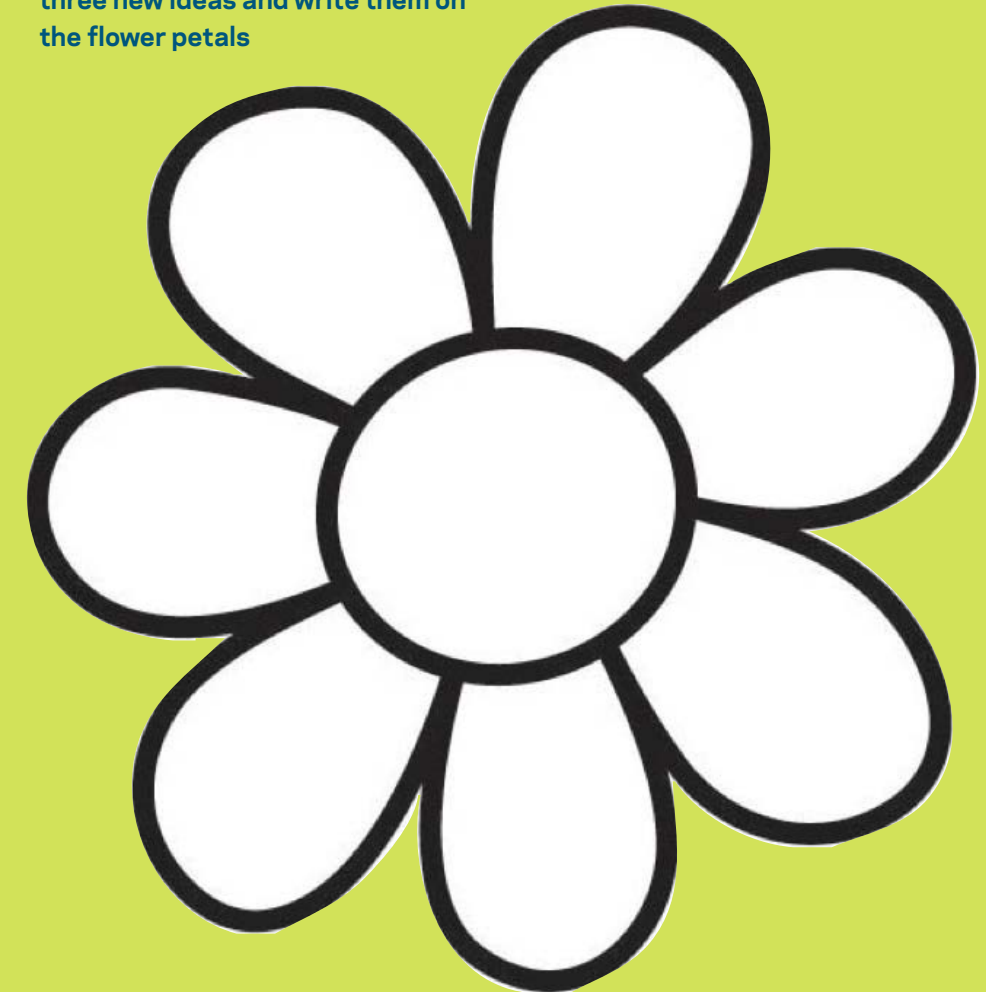
# Express Yourself

## My Self-Care Plan

Spring is right around the corner. It is a great time to think of new ways to take care of yourself and to have fun.



**See if you can come up with at least three new ideas and write them on the flower petals**



Like anything new, don't forget to give your self-care ideas lots of light and plenty of time to grow!

# Get to Know Heather

How she has fun: **Reading books, watching movies and laughing**

Favorite food: **Hot dogs**

Super hero she would like to meet: **Iron Man**

What makes her happy: **Her family and friends**



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