

# E-BULLETIN

## 3 JUNE 2020



## Chairman Chat

### Phil Reay

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*Phil joined the club in 2010 and from 2016-18 was the Men's Team captain. Outside of running he works in Marketing, Sales and Business development roles. Phil enjoys long distance running and has completed over 59 marathons, including the ultramarathon Marathon des Sables in 2016.*

*[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)*

It's written into our Club Constitution that the purpose of the Club is: To provide members of all abilities with the opportunity to participate in, promote, develop, and enjoy running and associated activities within an inclusive, safe and supportive environment. It's a purpose we all need to know and continue to represent.

The highlight of my week in running was undoubtedly the unveiling of the Strava Art as featured on the cover of this ebulletin. The excitement grew as the project neared completion while Ian was spending a significant amount of time putting together the final overall piece. Thank you to **Ian Giggs** and everyone who took part. It's another fine addition to what is already a wonderful highlight reel of virtual activity.

This week we have our Summer Relays with a Twist organised by **Kerri French**. Originally Kerri had plans to celebrate the 30<sup>th</sup> Anniversary of the event, which changed due to the restrictions, so it's pleasing we can still proceed albeit in a different way.

As well as organising our own events and activities we also recognise that we are a part of a much broader running community. Supporting other clubs and organisations in a meaningful way is important to us. It's a difficult time for Race and Event organisers including the team behind Endure24. It's an event that is close to the heart of many of our members, with Reading Roadrunners entering teams on an annual basis. This year Endure24 will be virtual and once again Ian Giggs will be organising and entering teams on behalf of the club. To be a part of it please email the Team Captains who will pass the message to Ian. [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org). We've a long association with The Ridgeway Relays. It's an event deeply rooted in the history of Reading Roadrunners and this year our friends at Marlborough Running Club are organising a virtual event. Once again please contact our Team Captains at the above address if you're interested in taking part.

This is the 11<sup>th</sup> edition of the weekly ebulletin. In February when **Ben Fasham** showed interest in the role, few could have predicted what was about to happen and the impact on all of our lives. The ebulletin has been and will continue to be a valuable communication for us to stay connected. As restrictions begin to ease and we're now allowed to meet friends and family albeit it in a limited capacity as set by the Government, we've taken the decision to move the ebulletin to fortnightly. The next edition will therefore be 18 June. Ben – thank you for all the hard work you've done with the ebulletin and will continue to do with the new schedule.

I'm looking forward the upcoming virtual activities and to seeing many of you participate. **EVERYONE IS WELCOME.**

Phil

[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

## Editor's Note

**Ben Fasham**

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Hello everyone,

As Phil notes, this is the last of the weekly eBulletins as the easing of Lockdown continues to take place. There will be a couple of fortnightly editions and then in July we'll be back on the monthly schedule. Who knows, we may even be back at the track by then.

Huge thanks go to everyone who's contributed to the newsletter over the last three months; the aim in going weekly was to provide some kind of continuity and focal point for the club, which I think it's achieved in its small way. Thanks especially to Phil, Sam, Jamie, Alexa, Mark and Kathy who've all provided exhaustingly regular content.

This edition sees our first go at Face-to-Face interviews – in this case familiar face **Katherine Sergeant** 'meets' club newbie **Charlotte Gleadhill**. I hope to turn this into a regular feature, and hopefully you'll all enjoy it. If there's anyone that would like to take part then please let me know. I'd especially like to hear from anyone male, new to the club and if possible, new to running. But if that doesn't apply to you then don't worry, you're still welcome to take part.

This week's cover is Ian Giggs's Strava Art, and for those of you not on Facebook, Webmaster **Paul Monaghan** has paid this little tribute to Ian below.

All the best,

Ben

[newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org)

## Giggsey's Strava Art

**Paul Monaghan**

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Mr Ian Giggs has been a member of Reading Roadrunners since he was a young lad. Most of you will have met Ian as he's a keen runner plus usually organises out Endure 24 events. He's also now known as the International Parkrun Legend (IPL) as we've lost count of the countries and places he's run parkrun.

Ian had an amazing idea for us all during lockdown - we each run a letter of the alphabet using our watches and then upload our Strava (Some of us used Garmin Connect) map to Ian's Facebook event.

As you can see the result was amazing as it spelt out the name of our 2020 Charity '**Reading Roadrunners Supporting Parenting Special Children 2020 Charity**'. This was different to anything I've ever tried. The hard part was getting the letters as close as possible to something readable without bumping into a tree and avoiding rabbit holes in the process.

Since lockdown our Captains and members have been busy keeping us active by arranging everything from Bingo runs to relays and all manner of virtual runs.

It really is a pleasure to be a member of this friendly active club. Thanks to all involved.

Coming up next: Kerri's **Summer Relays** (see below), Ian's **Virtual Endure 24**, and Jamie's **Ridgeway Relays...**


## Strava Art

### Ian Giggs

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I want to say a big thank you to everyone who contributed a letter to the message without knowing what the message was beforehand, with a mixture of road and parkland. It seemed a lot of people enjoyed creating their letter and a couple of people even started to create each letter of the alphabet.

From all of the screenshots that were posted, I had to crop and rotate many of the letters but this was not a problem as I really enjoyed putting it all together piece by piece. It was great team-work by all.

I feel touched by the number of kind comments that were written and not 1 or 2 but 47  reactions to the message that I have received so far

Sometimes a simple idea with a bit creativity can go a long way. Not just this message but to the passing of the club vest and the rainbow week too. There seems to be something going on every week which is really good to see.

#### Contributors:

Alice Carpenter	Diane Hodder	Nicole Rickett
Andrew Butler	Donald Scott-Collett	Nigel Hoult
Angela Burley	Emma Caswell	Paul Monaghan
Angharad Ross	Gary Clarke	Pete Morris
Annette Russell	Gemma Higgs	Peter Cave
Beth Rudd	Gill Manton	Peter Higgs
Bill Watson	Ian Giggs	Peter Reilly
Brian Grieves	Jeanette Allcock	Sian James
Brian Kirsopp	Joanne Kent	Sam Whalley
Caroline Hargreaves	Julie Sugden	Sarah Bate
Caroline Jackson	Katherine Sargeant	Shweta Saikumar
Cathrin Westerwelle	Kerri French	Sophie Higgs
Charlotte Gleadhill	Laura Lou	Stuart Hyslop
Claire Seymour	Liz Ganpatsingh	Tony Streams
David Caswell	Liz Johnson	Tracy Jenkins
David Fiddes	Lorraine Bailey	Vroni Royle
David Walkley	Melanie Mel	Zoe Browne
Dean Allaway	Nicola Gillard	

## Club Charity of the Year

### Tess Eagles, Business Development Manager, Parenting Special Children

Parenting Special Children would like to say 'thank you' to the Reading Roadrunners. We continue to be amazed by your generosity and love seeing the creative ways in which you have come together to run and raise much needed vital funds for our charity.

Every pound raised will go towards helping vulnerable families through our sleep service, the children and their parents are extremely appreciative, thank you.

Kind regards, Tess

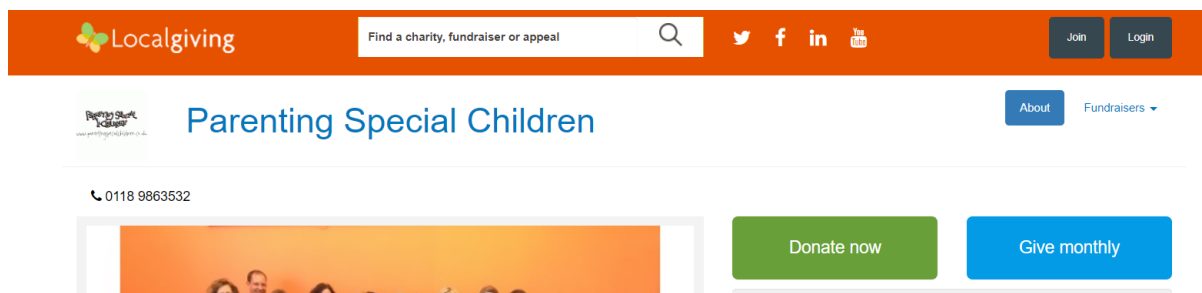
#### Donating Monthly for Parenting Special Children

Please see below for full instructions on how you can do this. This is a **different** link to the one we use for fundraising at our events, and it is important that if, you give regularly via this link, you do mention Reading Roadrunners in the reference, as we can then add this to our grand total at the end of the year!

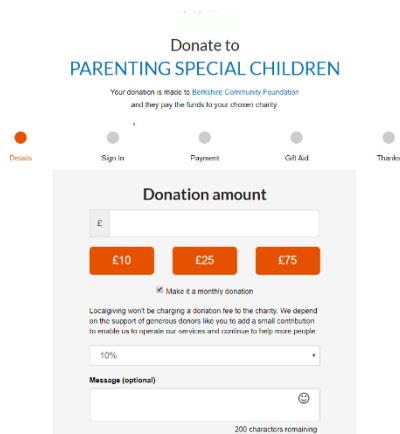
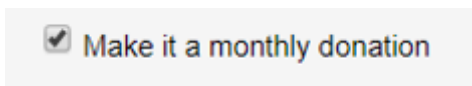


#### How to give monthly via LocalGiving

Click on the link <https://localgiving.org/charity/psc>



Click on the blue 'Give Monthly' box and it should take you into the donations screen where you can set up your donation. Note if it is a monthly donation you will need to ensure the box is ticked.



**Please write reference 'Reading Roadrunners' in the message box.**

## Summer Relays

Kerri French

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Take part in this year's relays with a twist – either solo or a virtual team of 2 or 3.

Please follow current guidance before and during the virtual event and consider donating a nominal £5 entry fee to our Club Charity.

We're also relying on you to be honest and not fudge the results! So let your conscience be your guide.

What to do now:

- Between now and **Thurs 4th June**, find a route 2½ miles long before your relay attempt to walk or run.
- Put yourselves into teams of up to 3, or run 3 laps solo – your choice.
- Guess how long it'll take you to complete your 2½ mile course.
- Guess your team's combined time.

Then:

- On the day of your attempt, start your watch and tuck it away in a pocket/running pouch and don't look at it again until you've completed the 2½ miles. This is where we're relying on you to be honest!
- If you're doing it solo, you can opt to run on one day or across the days of the event.
- Once you've completed your relay, report back to me with your times. The winners will be those closest to their team/solo estimated times.



Please see our Facebook event page for more details and email me to enter.

<https://www.facebook.com/events/s/summer-relays-with-a-twist/266934764507092/?ti=icl>  
mrskerrifrench@aol.com

Thanks,

*Kerri*

*Summer Relays Race Director*



## Face-to-Face (Virtually)

Charlotte Gleadhill & Katherine Sergeant

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**KS: How long have you been running, and what enticed you to start? Did you run at school or have you been involved in any other sports before or alongside your running?**



**CG:** I actually haven't been running very long: I started in January 2017. At the time, a lot of people I knew were taking up running and both my partner, **Markus Orgill** and my cousin, Lucy were very avid runners. I had never been a big fan of running but decided that maybe it was just because I hadn't given it enough time so I bit the bullet and signed up to a half marathon! Funnily enough, during primary school, I was a really good runner but I hated it. I remember coincidentally getting a really bad headache every time I was due to run a cross country event and during secondary school I used my asthma as an opportunity to get out of any running! I played netball and lacrosse a little bit but I was not hugely interested in any sport at the time!

**Have you had any spells off running, for injury or any other reason, such as work or other commitments? If so, why and for how long, and how did you approach coming back? And what kind of injured runner are you?**

I stopped running after I completed my first half as I had hated the entire training process and spent most of the actual run alternating between crying and stopping to throw up! It took me a full year, and a fantastic team of work friends who all decided to start running to get going again. I also have regularly spells 'off' running when an ongoing back injury flairs up: I slipped a disk at the bottom of my back about 5 years ago now in the gym. At the time, neither I nor any

doctor took it particularly seriously and allowed it just to heal in its own time. Unfortunately, it has a tendency to flare up to varying degrees which often results in me taking different lengths of time off running, and just doing very gently speed walks to stop it ceasing up too badly. I have not had much luck when I've seen a physio as I regularly do the stretches suggested but there is not really a pattern when the problem flares up again so it's quite difficult to 'solve'. I am a terrible injured runner, I look longingly out of the window at all the runners with a terrible feeling of guilt and lace up my trainers as soon as I possibly can. I do ilates to strengthen the muscles around my back, and I try and walk a lot but it never feels quite the same! I find my approach to coming back varies depending on how much I am missing it but I try hard to listen to my body, ignore timing and speeds and just enjoy being able to run again!

**How does running fit alongside your job? What sacrifices do you make to incorporate it into your life?**

I am a primary school teacher so running generally fits around my job quite well. I either run early early before going to work (which I find particularly difficult as I don't run well on an empty stomach!) or at the end of the day. The long holidays also give me a chance to do some serious training if I am not as focused or too busy during the term time!

**What's your favourite distance to run, and why?**

My favourite distance for a race is probably 10km as I find it's not too long but long enough to get into the swing of it. In terms of training, I actually enjoy the longer, slower runs as I tend to put a podcast on my headphones and completely lose myself in that instead of thinking about running. It does tend to mean by 'long, steady' runs are really rather steady though! I also adore parkrun. Anywhere in the world. I just love the Saturday morning fix and I've driven friends up the wall by dragging them along bright and early before we head off to other friends' weddings or after a night celebrating on a hen party!

**How did you hear about Reading Roadrunners and has the experience of being a member met your expectations?**

A friend of mine from work, **Candy Cox**, has been a Roadrunner for a while and she's always spoken very highly about it. I wanted to join but was really scared that I wasn't a 'good' runner! However, my decision to join was cemented at the Royal Berkshire 10k last year when I was aiming for a PB and introduced

myself to the 60-minute pacer. Incidentally, a couple of Roadrunners were also aiming for that time. It was a horribly hot day and at about 8.5km I was really struggling and had got quite defeated that I'd lost the pacer. The two Roadrunners noticed me struggling and scooped me up and we all ran the last part of the race together! Being a member has actually exceeded my expectations, I love it. The people are all so kind and friendly, the coaching team so helpful and it has made me feel both like a part of a running community and like an actual runner!

***What are your goals for 2021, both running and life in general, and why? (I'm not sure we'll see much in terms of races this year ...)***

In running, I am hoping to make my 3rd attempt at a half marathon which is a distance that always defeats me on race day! I also just want to do as many of the local 10km races as I can as I love these, and I was hoping to get my parkrun 50 t-shirt this year. I am due to start a new job in September, stepping quite far out my comfort zone, so 2021 is going to be a year of settling into that and trying to maintain my work/life/running balance still!

***What's your favourite season for running? And why? I love autumn runs.***

I love autumn runs, mostly because I think the world looks rather beautiful when the leaves turn various shades of orange and red! This year, I fell in love with Cross Country too. But I also love spring and summer as I spend my runs peering into people's gardens to see what flowers they have and whether their flowers or plants are growing better than mine! I am not a cold weather person at all so winter is the season where I find getting out and running truly miserable!

***Do you have any sporting idols, running or otherwise?***

Paula Radcliffe, Kelly Holmes and Denise Lewis were the athletes that I grew up watching and admiring. More recently, Jessica Ennis-Hill. I love Geraint Thomas as well and seeing him win the Tour De France the other year was wonderful.

***What have you hated about lockdown, and what have you loved? If you had to approach it all over again, what would you change, or introduce?***

I have hated being so isolated away from friends. We have kept in touch regularly through Zoom and such but I miss just being able to go for a drink or a coffee. Equally, the feeling of turning up to track on Wednesday or parkrun on Saturday and being around people! I think, if I had to approach lockdown over again, I would probably be a bit better about running early in the morning. It took me ages to realise how much quieter the roads were in the morning and running when I spend so long moving out the way or worrying about people has really put me off!

***What are your top 3 "can't wait to do" things once we have more scope? For example, I've had toothache since the start and never been more excited about booking a dental appointment!***

- 1) Host a BBQ with ALL my friends and family... I know we can now see 6 people but it's just not enough!
- 2) Fly to Dubai to see my sister. She was due to come back to England for the summer but she is not unable so I may not be able to see her until Christmas which will have been a whole year!
- 3) Go to a pub and sit in the beer garden (I'm not a big drinker, I just really want a G&T in a pub garden!)

***What has been your proudest moment in life so far? If you don't mind divulging!***

Wow! That's a big question. Firstly, my partner and I rescued a dog last January. We were very over-prepared for dog ownership especially with a dog who is as naughty as ours but 18 months later, he is still living with us and we even get complimented on his good behaviour sometimes. (This is a dog who has managed to jump our 6-foot fence on numerous occasions!) Secondly, being brave enough to walk away from a job that was making me very miserable without having another job lined up. Finally, buying and doing up our own house... I've even put in a vegetable patch!





*And now, Charlotte's turn to ask the questions...*

***CG: How long have you been running for? What got you into running, and what has kept you running?***

**KS:** I've been running for just over nine years. For some that will seem like nothing, and maybe for others, a long time. I started running just after my dad passed away on 31 March 2011. He had a brain tumour and had been bed-bound for six months and was not expected to survive 2010. When we had the diagnosis on 1 December he was given weeks to live. Over those four months I made the journey to my parents in



Little Chalfont around four times a week, to see him and support my mum who was looking after him at home. I saw loads of runners pounding the A4 from Woodley and it seemed like an infinitely sensible way to be active but alone with your thoughts. Also, I had two friends who had recently started running HMs and Marathons and were doing Reading Half. So, before Reading Half 2011, and in the final days of dad's life, I committed to run the Reading Half in 2012 for the "hospice at home" which had supported my mum and my dad. On my first run (a 4.6k route round Woodley) I felt alive. I hadn't heard of Couch25k then but I ran / walked the route three times a week. I used to have roughly 30-second walk breaks in a couple of spots, and built from there. I realised pretty quickly it's in my soul!

***Why did you decide to join Reading Road Runners? What would be your biggest selling point to someone thinking of joining?***

I decided to join RR 6 months ahead of my first marathon which was Paris in April 2013. I had "coached" myself to run quite a few HMs but realised that I needed some help to double the distance. My induction session was Halloween 2012, not long after the Olympics and I'd had a great summer / autumn of HMs, including the GNR, and was the eager beaver, desperate to find likeminded devotees! As for a USP, the diversity. So many folks, all of differing abilities and goals. As a coach, I like to see runners discover their niche and thrive.

***What's your favourite race to participate in?***

London!! I was fortunate enough to get in through the ballot on the second time of applying. It fell on my mum's birthday in 2014 and she brought my son to support. Fortunately I have secured GFA and then championship places since then. It was a dream, as a child, to run it. My older brother ran it when he was around 20 or 21. I knock spots off his 3:44 time - he doesn't like to talk about that!!

***What's your biggest achievement (running or not running)?***

My relationship with my son who is now 20, almost 21. He was only 7 months old when my relationship with his dad broke down. Juggling and sharing life with him has been immense. He's just graduated from Exeter Uni in English and is in a good place to fulfil his dream of a career in Sports Journalism, which he's held since he was around 8 or 9 years old. He has run three HMs and was due to run NYCM (his first marathon) with us on 1 November this year. I am totally in love with the fact that he loves running too! My dream is for him to bob out for a morning training run in Oz then spend the day reporting on the Ashes!

***Do you do any other sports or types of training to complement your running?***

Gym stuff mainly, the cross-trainer, occasionally the ergo, and the bike, plus weights. Swimming too, but more for active recovery than cardio.

***What motivates you to get outside or get out of bed when you are having an 'off' day?***

I only have "off" days when I can't run or train! So knowing that I don't want to inflict my bad mood on myself, and everyone else, is enough to make me move!

***What do you have planned for your training/racing in the future? Or just in life in general?***

I think I have a bit of unfinished business with London as I think I could have got a decent time there this year. At the moment, I'm just ticking over with running and trying to keep niggles at bay. My partner **Tony (Streams)** and I had talked quite a bit about doing some far-flung races around the world – more for pleasure than worrying about the pace. When the world settles down, they will be even more enticing. We have other plans too, for when life can move on ...

***What has been your biggest revelation in lockdown (running or otherwise)?***

How much three active people can eat! I'm afraid that if I went to the supermarket just once a week we would have starved!

***How did you start coaching? Do you coach yourself or have someone who helps you with this?***

Never in a million years did I think I would be capable of coaching! I was always in awe of the RR coaches (I still am!). But a seriously pressurised job in London made me realise I needed to get closer to my passion. I started with the Coaching Assistant qualification. I don't have a coach, I like testing out sessions personally, knowing how they feel, appreciating the purpose and benefits and inflicting them on others!

***What do you see as your biggest victories with the people that you coach?******What characteristics do you find most frustrating in a coaches athlete?***

Enthusiasm. Camaraderie. Surprising themselves. Goal setting. I don't find anything frustrating about our runners. I think they all put a shift in, according to their aims and running purpose.

***What would be your top 3 pieces of advice for any runner?***

- Complementary training – it's not all about the running. Don't overdo the pounding.
- Be clear on your goals – they will evolve and change over time.
- Comparison is the thief of joy!

***Random summary questions - Tell me 1 thing your excited about in life and******why? Tell me 1 thing you used to do but have stopped and why? Tell me your greatest life hack.***

Our postponed wedding! Roll on July 2021! We had planned to do a tour of parts of Italy as our honeymoon this July. It will be even more special next year. Clearly, like all of us, I've stopped having my hair done now but in terms of a life hack, clipping it up is great and I'll be keeping it a bit longer for a while!

*If YOU would like to take part in Face-to-Face then please let me know on the newsletter email address [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org)*

## Poems in the Time of Corona

Kathy Tytler

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### **Ain't Misbehavin'**

*(inspired by Fats Waller – but without the fancy piano playing)*

No one to talk with  
All by myself  
No one to walk with  
But I'm happy on the shelf  
Ain't misbehavin'  
Keeping my social distance from you.

I'm through with hugging  
And kissing too  
Won't even shake hands  
If I ever meet with you  
Ain't misbehavin'  
Keeping my social distance from you.

Like Jack Horner  
We're in a corner  
Don't go nowhere  
And we won't share  
This Covid 19 Bug  
Oh Oh Oh!

Can't go to Running Club  
Or to the gym  
Can't drink down the pub  
Will I still be keeping slim?  
Ain't misbehavin'  
Keeping my social distance from you.

I get up early  
Rise with the lark  
I run alone  
Up to my local park  
Ain't misbehavin'  
Keeping my social distance from you.



## Mental Health Wellness Tips for Quarantine

Alexa Duckworth-Briggs

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*The below tips have been posted to Facebook by a New York doctoral level psychologist. Although the Lockdown is currently easing, many people will have to quarantine over the next few months, and I hope this will be useful for anyone in that position.*

1. Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
2. Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.
3. Get out at least once a day, for at least thirty minutes. If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.
4. Find some time to move each day, again daily for at least thirty minutes. If you don't feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!
5. Reach out to others, you guessed it, at least once daily for thirty minutes. Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!
6. Stay hydrated and eat well. This one may seem obvious, but stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!
7. Develop a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure)). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.
8. Spend extra time playing with children. Children will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don't be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there's a lot they are seeing and experiencing in the now.
9. Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold



grudges and continue disagreements. Everyone is doing the best they can to make it through this.

10. Everyone find their own retreat space. Space is at a premium, particularly with city living. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, pillows, cushions, scarves, beanbags, tents, and "forts". It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

11. Expect behavioral issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioral plans or consequences at this time—hold stable and focus on emotional connection.

12. Focus on safety and attachment. We are going to be living for a bit with the unprecedented demand of meeting all work deadlines, homeschooling children, running a sterile household, and making a whole lot of entertainment in confinement. We can get wrapped up in meeting expectations in all domains, but we must remember that these are scary and unpredictable times for children. Focus on strengthening the connection through time spent following their lead, through physical touch, through play, through therapeutic books, and via verbal reassurances that you will be there for them in this time.

13. Lower expectations and practice radical self-acceptance. This idea is connected with #12. We are doing too many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call "radical self acceptance": accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

14. Limit social media and COVID conversation, especially around children. One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed, and alarmist. Find a few trusted sources that you can check in with consistently, limit it to a few times a day, and set a time limit for yourself on how much you consume (again 30 minutes tops, 2-3 times daily). Keep news and alarming conversations out of earshot from children—they see and hear everything, and can become very frightened by what they hear.

15. Notice the good in the world, the helpers. There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.

16. Help others. Find ways, big and small, to give back to others. Support restaurants, offer to grocery shop, check in with elderly neighbors, write psychological wellness tips for others—helping others gives us a sense of agency when things seem out of control.

17. Find something you can control, and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.

18. Find a long-term project to dive into. Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge



watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.

19. Engage in repetitive movements and left-right movements. Research has shown that repetitive movement (knitting, coloring, painting, clay sculpting, jump roping etc) especially left-right movement (running, drumming, skating, hopping) can be effective at self-soothing and maintaining self-regulation in moments of distress.

20. Find an expressive art and go for it. Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emote and communicate as well!

21. Find lightness and humor in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie—we all need a little comedic relief in our day, every day.

22. Reach out for help—your team is there for you. If you have a therapist or psychiatrist, they are available to you, even at a distance. Keep up your medications and your therapy sessions the best you can. If you are having difficulty coping, seek out help for the first time. There are mental health people on the ready to help you through this crisis. Your children's teachers and related service providers will do anything within their power to help, especially for those parents tasked with the difficult task of being a whole treatment team to their child with special challenges. Seek support groups of fellow home-schoolers, parents, and neighbors to feel connected. There is help and support out there, any time of the day—although we are physically distant, we can always connect virtually.

23. "Chunk" your quarantine, take it moment by moment. We have no road map for this. We don't know what this will look like in 1 day, 1 week, or 1 month from now. Often, when I work with patients who have anxiety around overwhelming issues, I suggest that they engage in a strategy called "chunking"—focusing on whatever bite-sized piece of a challenge that feels manageable. Whether that be 5 minutes, a day, or a week at a time—find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself worry. Take each chunk one at a time, and move through stress in pieces.

24. Remind yourself daily that this is temporary. It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.

25. Find the lesson. This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?