



Post Adoption Resource Center Newsletter Oakland & Macomb County

Understand and Take Control of Your Stress

Do you feel like there are too many pressures and demands on you? Are you losing sleep worrying about tests, schoolwork, life in general? Are you eating on the run because your schedule is just too busy?

You're not alone, even more so now, as we continue to navigate through a



global pandemic. Everyone feels stressed out at times, adults, teens, and even kids. But you can avoid getting too stressed out by handling everyday pressures and problems, staying calm, asking for help when you need it, and making time to relax.

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PARC UPDATE: COVID-19

Orchards Children's Services and the Post Adoption Resource Center Program hopes your family continues to be safe and healthy during the Covid-19 pandemic. Orchards continues to keep family safety at the forefront of our services. We continue to practice safety precautions, such as wearing a mask for any face to face contact and social distancing when around others. Our PARC staff have enjoyed seeing families during our past monthly support activities. We feel so connected to you and thank you for allowing PARC the opportunity to get to know your family. While we miss seeing everyone in person, as we move forward in our planning for upcoming training and groups please reach out and let us know what type of support would be most helpful during this time. We know it is not ideal, but we hope you are able to join us in our virtual setting until we can all be together again. PARC will continue to update families via our website, email communications and our Facebook page.

Connect with PARC at:

Website: parc-orchards.org

Facebook: www.facebook.com/OCSPostAdoptionResourceCenter

Email: parcocs@orchards.org

**Orchards
Children's
Services**

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For more information on the Post Adoption Resource Center please contact us at

313-530-9746

Or visit our website at
PARC-orchards.org



Understand and Take Control of Your Stress (continued)

What Is Stress?

Stress is a response to pressure or threat, that prepares us to deal with danger, also referred to as the fight-or-flight-response. Under stress, we may feel tense, nervous, or on edge. The stress response is physical, too, triggering a surge of a hormone called adrenaline, which temporarily affects the nervous system. As a result, when you're nervous or stressed, you might feel your heartbeat or breathing get faster, your palms get sweaty, or your knees get shaky.

A situation doesn't have to be physically dangerous to activate the stress response, everyday pressures can activate it too. For example, you might feel stress before taking a test or giving a presentation, facing an opponent in a sport, grocery shopping, or any other daily stressors.

Even in these situations (which are hardly life-or-death), the stress response activates to help you perform well under pressure. It can help you rise to a challenge and meet it with alertness, focus, and strength. Facing these challenges, rather than backing away from them, is a part of learning and growing and when the challenge is over, the stress response lets up. You can relax and recharge, and be ready for a new challenge.

When Stress Doesn't Ease Up

Stress doesn't always happen in response to things that are immediate and over with quickly. Ongoing or long-term events, like coping with a trauma or loss can cause stress, too and can cause long-term stressful situations. These situations can produce a lasting, low-level stress that can leave a person feeling tired or overwhelmed. Finding ways to cope with the difficult situation can prevent this from happening, and ease stress that's been lasting. Sometimes, people need to seek help in order to better manage difficult situations that lead to intense or lasting stress.

Ideas To Keep Stress Under Control

Take a stand against overscheduling. If you're feeling stretched, consider cutting out an activity or two, choosing just the ones that are most important to you.

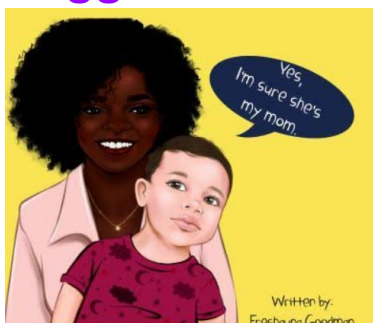
Be realistic. Don't try to be perfect, no one is. Don't put unnecessary pressure on yourself. If you need help with something like schoolwork, parenting, dealing with a loss, etc., ask for it.

Get a good night's sleep. Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors. Because the biological "sleep clock" shifts during adolescence, many teens prefer staying up a little later at night and sleeping a little later in the morning. But if you stay up late and still need to get up early for school, you may not get all the hours of sleep you need.

Learn to relax. The body's natural antidote to stress is called the relaxation response. It's the opposite of stress, and is a feeling of well-being and calm. You can activate the relaxation response simply by relaxing. Learn and practice easy breathing exercises, then use them when you're caught up in stressful situations.

**Information expanded from: Nemours Foundation*

Suggested Read



Yes I'm Sure She's My Mom

Author: Freshauna Goodman

A children's educational book about the beauty in diversity families.

"Wow, look at your skin and look at his." Were the words that greeted Daniel and I as we left a play area from a older woman. That distasteful statement could have made me feel very angry and shameful. Instead it birthed this educational keepsake book, not only for my son, but for diverse families everywhere.

Family Bonding & Communication Activities



Pick a nice day, when the sky is filled with puffy clouds. Go outside with your child and lie on your back together in the grass (bring a blanket if you like) or sit together on a porch, on a balcony, or near a window where you can see the sky. Take turns describing the different cloud shapes and patterns. Point out the “cloud pictures” you see, and ask your child to describe what they think the clouds look like: “Look. There’s an ice cream cone! What do you see in the clouds?” This is a calming and creative way to build communication skills!



Get a plastic bucket of water, some paintbrushes, an old sponge, or anything else you might be able to “paint” with. On a safe paved driveway or wooden fence, paint “disappearing pictures” on the cement or wood, with your child. Watch the pictures disappear as the water evaporates. Talk about what you are painting! You can ask your child why they think the pictures vanished, and talk about what happens when water is met with the heat from the sun, it evaporates into a gas (water vapor).

**Information expanded from: Brookes Publishing*

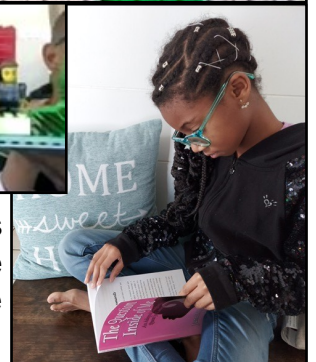
PARC in the Community

As hard as it has been to not be able to see everyone in person, at trainings, support, groups and activities, we love seeing everyone in the zoom meetings and absolutely love the photos you guys send! PARC has working tirelessly to come up with new ideas, trainings and activities to accommodate during these trying times. We are always open to hearing your suggestions!

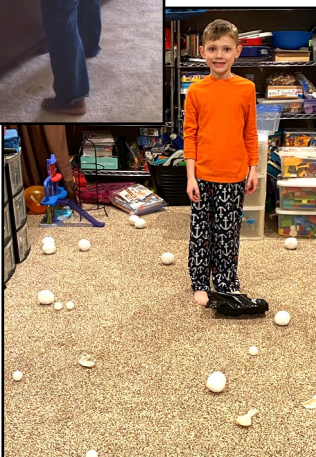


Over the past few months, PARC has been busy putting together family activities and holding trainings. “Family Fun Night” activity baskets were delivered to each family that signed up and they included family games, snacks, and of course, all of the supplies for an indoor snowball fight!

Nicole and Tawny recently hosted a “Building Block Challenge” activity for the kids and had an awesome turn out of creative minds.



We also had a few different trainers join our support groups over the past few months, including June D Hawkins-Purifoy and Oleg Lougheed. We were able to purchase copies of June D Hawkins-Purifoy’s book “The Questions Inside of Me”, which were delivered to all of the families that attended the training.



PARC will continue to keep you updated on upcoming events through email as well as through our website and facebook, so keep an eye out!

Upcoming Virtual Meetings, Trainings & Events

ADOPTIVE FAMILY SUPPORT GROUP

When: Second Tuesday of Every Month from 6:00 – 7:30 PM

Where: Virtual Training – Zoom

Facilitator: Joy Davies from the Attachment Coalition is now running our support groups!

We are so excited to welcome Joy Davies to our monthly support group! Joy provides professional counseling to individuals, families and groups. Her primary focus centers around issues relating to developmental trauma, adoption and attachment disorders. She made the professional transition to counseling as a result of being an adoptive parent herself for the past 20 years. She understands a parent's desire to restore and/or maintain peace in their homes and to create environments that are supportive to healthy parent and child relationships.

Caring for the Crown: Intro for Curls & Coils



When: Thursday, April 8, 2021 from 6pm – 7:30pm

Where: Virtual Training – Zoom Meeting

Facilitator: Ayana Knox-Potts and Markeisha Williams

For many parents, caring for your child's hair can be a daunting experience, but it doesn't have to be. It can be a great time to spend talking with your child and building a lasting bond. Armed with the proper education, the right technique, and, most importantly, the right products – you can master the art of caring for ethnic hair.

During this training you will learn proper techniques when it comes to washing, combing, detangling, moisturizing, drying and styling your child's hair.

Line Dancing with "Jenergy"

When: Friday, April 30, 2021 from 6pm – 7:30pm

Where: Virtual Training – Zoom Meeting

Facilitator: Jenergy (Jena Connell)

"Jenergy" (Jena Connell) has been teaching line dancing and providing DJ services for over a decade with experience ranging from beginner, to intermediate classes.

Jenergy provides high energy step by step dance instruction creating an experience that will get you moving! Lessons for all ages, with students spanning ages 5-85! Learn the basics of line dancing, combine these basic steps to create a dance, put on the music and let it move you!



Finding HOPE & Understanding RESILIENCE

When: 2-day training - **Saturday, May 22, 2021 & Sunday, May 23, 2021** from 10am – 3:30pm

Where: Virtual Training – Zoom Meeting

Facilitator: Kim M. Seidel, MA, LPC, NCC

Please join us for a virtual training and discussion on understanding the power of HOPE and RESILIENCE in both ourselves and our children.