



Remote working, unemployment, child care, elderly support, stress-related adjustment to the new way of work, new way of family interactions, as well as changing family rules and routines may cause hardship, confusion, marital/family conflicts or even violence. Acknowledging that these potential issues may impact family functioning during challenging times, the UHM's Human Development and Family Studies faculty offer tips and coping strategies based on their area of specialties.

FAMILY ECONOMICS

Reach out, and ask around for help (information, services, finances, emotional support, etc.) sooner rather than later. The more you make things happen versus letting life happen to you, the more successful you will likely be.

Frame the pandemic from a sense of control perspective: Take charge of the things you have control over (your feelings, decisions, actions, time, relationships) versus trying to fight the things you have no or little control over (e.g., the current economy).

Dr. Michael Cheang, Family Resource Management

Reach out to others to stay connected and informed of a variety of assistance offered during the pandemic. Apply for unemployment insurance for yourself and children. Request postponement of bills (rent, mortgage, utility bills, property tax). Participate in food distribution and meal delivery programs.

Dr. Diane Masuo, Family Economic Sustainability

Resourcing! Budget and spend wisely. Save for an emergency fund if you can. Self-care is important, and it's not easy as saying, and everyone agrees. Perhaps when you set a schedule and space for different activities at home and in your neighborhood, you might find yourself more time and this is conducive to self-care including the ability to keep balanced diet and regular exercise!

Dr. Hua Zan, Health and Family Economics

Reassure relatives that you are there for them and give them pandemic facts based on developmentally appropriate cognitive-social-financial resources to help them cope with this situation!

By storytelling, find family traditions/cultural ways of coping and adaptation as possible pathways in overcoming pandemic stress and development of resiliency, like other pandemics... this will pass!

Provide trips, information seeking, and engage in other collaborative social networking help, solutions, and strategies to address food, supplies, and other worries for vulnerable relatives!

Dr. Bobbie Yee, Cross-Cultural Elderly Health

Resilient Families are able to "bounce back" from challenges! Here are a few ways to foster resiliency:

- ◆ Being flexible about roles and responsibilities in challenging times
- ◆ Sharing a commitment to family goals
- ◆ Maintaining close ties to their communities and extended family
- ◆ Having strong family bonds by celebrating and supporting all members
- ◆ Spending time together and communicating with each other
- ◆ Using challenging circumstances to become stronger

Dr. Lori Yancura, Intergenerational and Family Resilience

FAMILY CAREGIVING

PARENTING

Reaction: Children of any age may not understand why daily life has changed for them, and may be reacting to the signs of stress and worry that the adults around them are exhibiting.

Take the discussions on frustrations, turning them to creative solutions. Young children might be upset that they cannot play with friends. Create fun ways to make a kids parade and drive to friends' homes to wave and sing songs while maintaining a safe distance. Your teen is frustrated that they cannot celebrate their prom. Create a "green" prom event. Decorate a hallway or the yard, using things that are found around your house. Your grandfather is frustrated that he can't go to McD's to read the paper and drink coffee with his pals. Create a Zoom ritual with his buddies' families to help set-up a virtual coffee time for them. Use the time to document grandpa's childhood stories.

Rheta Kuwahara-Fujita, Parenting

B.R.E.A.T.H.!

Rest in the moment! Practicing self-distancing (lessening the grip of attachment/identification with one's thoughts, beliefs, emotions) by taking a BREATH.

B - Breathe. Taking 3 slow breaths, centering one's attention in the belly
R - Relax. Releasing any tension in the body.
E - Enjoy. Noticing how enjoyable it is to simply breathe, to be able to breathe.
A - Accept. Acknowledging however this moment is, whatever feelings are arising is ok because they will pass.
T - Tender. Tenderizing the mind by inviting thoughts of kindness to come up.
H - Heartfulness. Resting in a heart full of aloha.

Dr. Thao Le, Mindfulness & Resiliency

SOCIAL SUPPORT

Research shows that due to individualistic pride and the pressure of reciprocity, low-income new parents are less likely to ask for help from kin even though they think favorably of kin support. Here are some ways to activate social support for all:

- ◆ Revisit your existing network or contacts, listing all individuals you have or not been in contact with.
- ◆ Reach out to them, as it opens a room for others to reach out back to you, therefore activating reciprocity!
- ◆ Be open to sharing: information, tips, tools, home-grown produce, foods, or even memories!
- ◆ Connect people across networks!
- ◆ It is the connection and sharing that create and perpetuate social support!

Dr. Sothy Eng, Social Network