



## Squishy Relief

Squish it Out!

**Goal:** Encourage your family to release frustrations and anxiety using a homemade stress ball.

**[Tip]:** To make a stress ball, fill a sock or a Ziploc bag with pliable materials like rice, lentils or sand. Tie it up with a string or elastic.

**Why is this important?** Caregivers need to acknowledge their emotions before they can effectively care for their children's needs. Stress balls help to release tension and feelings of anxiety.

**References:** Rodriguez, V. J., & Shaffer, A. (2020). Validation of the regulating emotions in parenting scale (reps): factor structure and measurement invariance. *Journal of Family Psychology: Jfp: Journal of the Division of Family Psychology of the American Psychological Association (Division 43)*, 2020 Sep 17. <https://doi.org/10.1037/fam0000808>

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