

**L.A. COUNTY EARLY CARE & EDUCATION  
RESPONSE TEAM  
COMMUNITY CALL**

**LLAMADA COMUNITARIA  
DEL EQUIPO DE RESPUESTA DE LA EDUCACIÓN INFANTIL  
TEMPRANA DEL CONDADO DE L.A.**

**[oaece@ph.lacounty.gov](mailto:oaece@ph.lacounty.gov)**

**[Childcare.lacounty.gov/resources/#fire](https://Childcare.lacounty.gov/resources/#fire)**

## FEMA Disaster Recovery Centers

### Centros de recuperación de desastre FEMA

## UCLA Research Park West

10850 West Pico Blvd.

Los Angeles, CA 90064

## Pasadena City College Community Ed. Center

3035 East Foothill Blvd.

Pasadena, CA 91106

## Emergency Resources/Recursos de emergencia:

- [lacounty.gov/relief/](http://lacounty.gov/relief/)
- FEMA helpline at 1-800-621-3362
- [DisasterAssistance.gov](http://DisasterAssistance.gov).
- Small business loans/[Préstamos para pequeñas empresas](#)  
[sba.gov/funding-programs/disaster-assistance](http://sba.gov/funding-programs/disaster-assistance)



## Coming Soon: ECE Support Hub for Eaton Canyon

- Pacific Oaks College (In Partnership with Options for Learning)
- Sector specific space for ECE providers to receive resources
- Supplies will include:
  - Masks
  - Clean up materials for your ECE facility  
(i.e. gloves, trash bags, disinfecting wipes, etc.)
  - Air purifiers

***Additional ECE Support Hubs and pop-up events to be announced next week for the Palisades and Hurst fires***

## Próximamente: Centro de apoyo para ECE en Eaton Canyon

- Pacific Oaks College (en asociación con Options for Learning)
- Espacio específico para que los proveedores de ECE reciban recursos
- Los suministros incluirán:
  - Mascarillas
  - Materiales de limpieza para su instalación de ECE (por ejemplo, guantes, bolsas de basura, toallita desinfectantes, etc.)
  - Purificadores de aire

**La próxima semana se anunciarán centros de apoyo adicionales de ECE y eventos emergentes para los incendios de Palisades y Hurst**



**DREW CDC**

Every Child's Success  
Strengthens Community

# Coping Exercises for Stress Relief

Presenter: Jose Ortiz

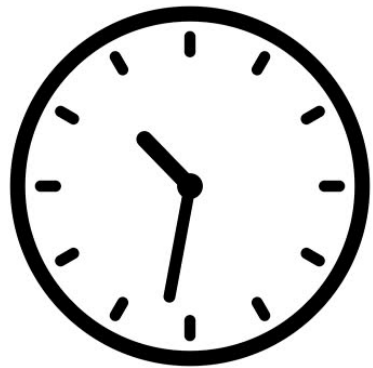
Trauma-Informed Care Training Coordinator

<https://drewcdc.org/resources/trauma-informed-care-disaster-relief-support/>

## Our Mission:

Preparing the children of Watts-Willowbrook, Compton and South Los Angeles to succeed and thereby strengthen our community's.

# Community Agreements & Reminders



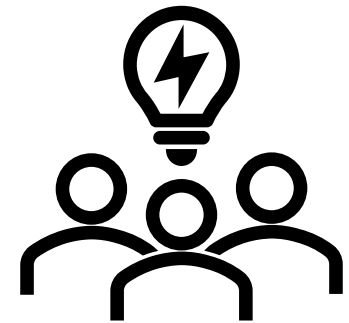
This session will be 20 minutes.



Take care of yourself as needed.



Sensitive topics may be discussed.



Participation is highly encouraged!



# Important Reminder

With the ongoing wildfire situation in LA County, it's important to be mindful of air quality.

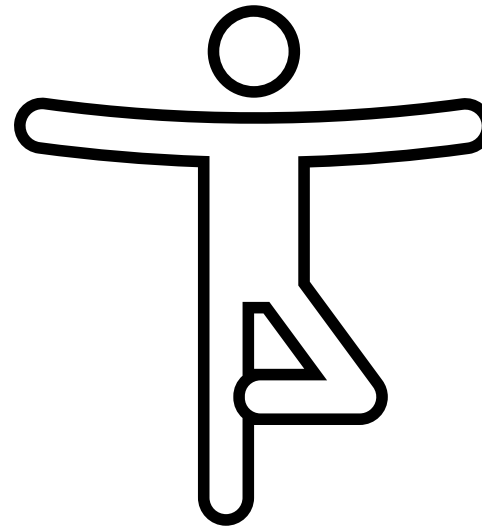
These coping exercises are intended to help manage stress, but in situations with compromised air quality, your health and safety come first. It's best to avoid deep inhalations that could worsen any respiratory discomfort or distress.



# Topics We Will Cover:



Breathing



Body-Based



# How These Coping Skills Help with Stress

When we experience stress, our bodies enter "fight, flight, or freeze" mode with physical symptoms like a racing heartbeat, shallow breathing, and stomach aches.

Using coping exercises, such as mindfulness practices and self-regulation exercises, can help:

- Reconnecting the emotional and logical parts of the brain
- Anchoring us to the present
- Reducing stress and anxiety





# Bumblebee Breathing

Inhale deeply through your nose,  
pretending to smell a flower.

As you exhale, make a buzzing  
sound like a bee.



# Progressive Muscle Relaxation: *Scrunch & Let Go*

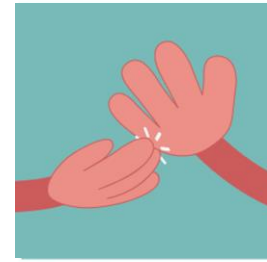


- Scrunch your toes.
- Squeeze the muscles in your legs.
- Tighten your belly.
- Squeeze the muscles in your arms.
- Make fists.
- Scrunch up your face.
- Squeeze your eyes shut.
- Take a deep breath in.
- As you exhale, **let go** of all the tension slowly.

# Tapping

Tapping is a simple technique where you gently tap specific points on your body to reduce stress and emotional discomfort.

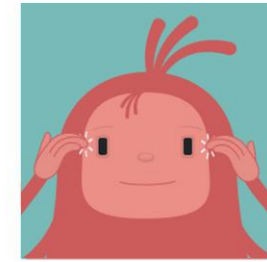
- Use two fingers (or one finger for smaller areas) to tap gently but firmly.
- Follow the step-by-step instructions and refer to the graphics on the screen.
- Focus on your breath and stay present throughout the sequence.



Using two fingers, tap the outer side of the hand.



Tap the inner edges of the eyebrows, closest to the bridge of the nose with two fingers.



Tap the hard area between the eye and the temple with two fingers.



Tap the hard area under the eye, in line with the pupils using two fingers.



With one hand, tap under the nose using two fingers.



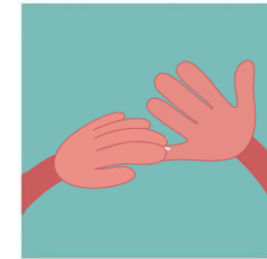
Tap the chin with two fingers.



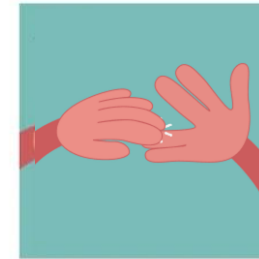
Tap just below the hard ridge of your collarbone with four fingers.



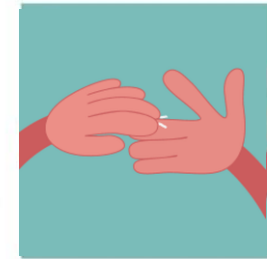
Using four fingers, tap your side, just beneath the armpit.



Tap the inside of your pinky finger, using two fingers.



Tap the inside of the ring finger.



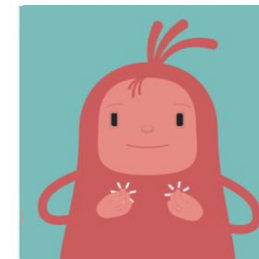
Tap the inside of the middle finger.



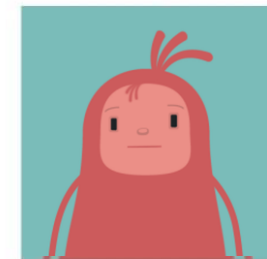
Tap the inside of the index finger.



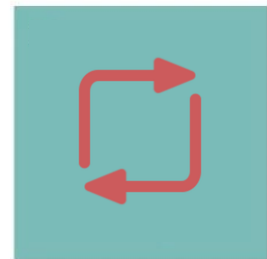
Tap the outside of the thumb.



Tap just below the hard ridge of your collarbone with four fingers.



Take 2 long, deep breaths.



Repeat the whole sequence, on the opposite side.



# How to Use These Exercises

- **Practice Regularly:** Introduce these exercises during calm moments. Practice them daily—such as in the morning, during breaks, or before bed.
- **Use in Stressful Times:** When feeling overwhelmed, gently remind yourself or others to try these exercises or refer to a visual reminder.

Coping isn't about changing emotions. It's a tool to help stay grounded and manage feelings without reacting impulsively.

# Self-Reflection Questions

- Which of these coping exercises was your favorite?
- During which exercise did you notice a physical change in your body?
- What differences did you observe in your body before and after completing the exercises?



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Strengthens Community

Thank you

[jortiz@drewcdc.org](mailto:jortiz@drewcdc.org)

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