



# COPING THROUGH COVID 19

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# COVID-19 = STRESS

- These are unusual, unprecedented times.
- Stress: “a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.”
- Affects mind, body, emotions, behavior

Mind: difficulty focusing, concentrating, nightmares

Body: physical tension, headaches, body aches, sleeplessness

Emotions: worry, anxiety, depression

Behavior: irritability, conflicts, isolation





# HOW OUR CHILDREN/WE MAY BE FEELING?

- Stress
- Anger
- Fear
- Frustration
- Anxious
- Depressed
- Overwhelmed
- Helpless
- Confused
- Emotional
- Detached
- Numb
- Alone
- Demoralized
- Uncertainty
- Other feelings

# SUPPORTING CHILDREN DURING COVID-19

- **Let your child talk about their feelings, questions & concerns**
- **Remain calm and reassuring**
- **Remind them of the steps being taken to keep them healthy & safe (*such as staying home, washing hands, wearing face coverings, social distancing*)**
- **Try to limit their exposure to media coverage**
- **Maintain a daily routine/structure**



# SUPPORTING CHILDREN CON'T.

- **Engage in family time activities**
- **Help them maintain good eating & sleeping habits**
- **Try to engage in/encourage physical activity/exercise**
- **Model good self care**

# SELF-CARE/POSITIVE COPING SKILLS FOR PARENTS

- Get Support (talk to family, friends, colleagues)
- Spend quality time with loved ones
- Try to limit screen-time/media coverage
- Eat well
- Get enough sleep
- Exercise
- Know that we are going to get through this together.





# SAMPLE SELF-CARE WEEKLY PLAN

Sunday: Watch a movie

Monday: Listen to favorite songs, music band or group

Tuesday: Cook your favorite meal or have your favorite snack

Wednesday: Read a new book

Thursday: Do a breathing exercise or workout

Friday: Paint your nails, take a bubble bath

Saturday: Learn a new hobby, take an online class/workshop

# MENTAL HEALTH SUPPORTS

- ✓ SAUSD M.H. Line (657-290-9527) Mon.-Fri., 8:00-4:00
- ✓ **Community** Mental Health Agencies or Private Insurance
- ✓ Text HOME to 741741 [CrisisTextLine.org](https://www.crisistextline.org)
- ✓ OC Crisis Hotline: Call 1-877-727-4747 or Text HEARME to 839863



The background is a blue gradient. In the corners, there are decorative white line art elements resembling circuit boards or neural networks, with lines and small circles.

# THANK YOU!

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