



COVID-19 Coping Strategies

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Brought to you by your CCPS Licensed Mental Health Professionals

Tips for talking to children about COVID-19

Elementary

- Give young children a lot of emotional and verbal support during this time
- Speak to your child at their eye level in a calm, gentle voice using words they can understand
- Tell them that you will always care for them so they feel safe
- Keep normal routines as much as possible, such as eating dinner and having a consistent bedtime

Secondary

- Talk to your child about what worries them and what might help them cope
- If your child is very distressed, excuse them from chores for a day or two
- Encourage children to have quiet time or to express their feelings through writing or art
- Encourage children to engage in recreational activities and get outdoors whenever possible
- Maintain consistent routines, such as completing homework and playing games

Coping Skills Building



We are learning how to cope with our new normal during this time. When there are a lot of stressful things happening all at once it is easy to get overwhelmed and not know where to begin. We all need to take time to stop and **BREATHE!** When you start getting frustrated or overwhelmed stop what you are doing and take a great big deep breath in through your nose – like you're smelling a flower and then blow out through your mouth – like you're blowing out candles. Repeat at least 3 times. See if you notice a difference.

Things to Remember:

We all may be stuck at home during this time, but it is still important to take care of ourselves and connect with people who make you smile.

- Talk, face time or text a friend or family member
- Send a message to your teacher or another supportive person at school
- Be gentle with yourself and others. Everyone handles things differently
- Go outdoors: the sunshine, fresh air and nature can do wonders to improve our mood
- Remember you are a super hero! By staying home instead of coming to school you are helping to stop the Covid-19 virus from spreading.
- Your mental and emotional health is very important. If you feel overwhelmed or frustrated and need someone to talk to, please reach out to a parent, family member, trusted adult or someone from your school mental health team!