

COPING WITH COVID-19 (CORONAVIRUS)

COVID-19, better known as Coronavirus, has caused much anxiety and stress for our students. Below are some tips and tricks to cope with the social disruption of this crisis. Also, click on the link below for a video that explains Coronavirus to kids.

<https://www.youtube.com/watch?v=OPsY-jLqaXM&feature=youtu.be>

Normalize Anxiety

Anxiety serves a purpose in our life to alert us of disruption and move us towards safety. Feeling anxiety is an appropriate reaction to the emerging news and shift in routine. Normalize this anxiety with your student and/or child while also managing your own level of anxiety.

Utilize Coping Skills

Calming Coping Skills (These skills are designed to help you relax):

- Taking deep breaths
- Slowly counting to 10 and/or backwards
- Imagine your favorite place
- Take a time-limited break
- Listen to nature sounds
- Positive self-talk statements

Physical Coping Skills (These skills are designed to help you balance your energy, either to energize you or to help you release your excess energy in your body):

- Jumping on a trampoline
- Riding a bike
- Dancing/singing
- Playing soccer, basketball, etc.
- Doing simple exercises (pushups, sit-ups)
- Going on a walk (while maintaining social distancing)

Processing Coping Skills (These skills are designed to help you work through thoughts and feelings you have about challenging situations):

- Write poetry
- Use a journal
- Make a worry box
- Create a playlist to listen to

Distraction Coping Skills (These skills are designed to distract you and keep your attention when you are focused on something that is making you upset):

- Baking or cooking
- Playing a game
- Drawing/Coloring
- Writing a story

Take photos of nature
Read a joke book
Doing something kind for someone else
Using a stress ball or fidget

Please let me know if you have any questions or need further assistance.

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