

COPING WITH COVID-19: CRISIS RESPONSE RESOURCES

The links and resources provided are intended to assist educators, families and students. FASP is not responsible for the content of the individual sites and is not endorsing products or services that may be included for a fee within the linked sites.

COPING WITH COVID-19

With school buildings closed and all events such as graduations, sports and birthday parties canceled and/or postponed, many children are faced with intense disappointment and may experience feelings of loss of these everyday events.

How can educators and parents help?

- Validate the child’s disappointments.
- Help the child label his/her emotion(s).
- Help the child find ways to cope by brainstorming ways to help them feel better.
- Reassure the child that these times will not last forever.

Things to avoid:

- Avoid minimizing the child’s emotions.
- Avoid punishing or criticizing the emotions or the child’s response.

Source: “Helping Kids Deal with Disappointment” by Eleanor Mackey

THE FOLLOWING VIDEOS MAY BE HELPFUL FOR THE CHILD TO WATCH:

[Children’s Message on COVID-19](#)

Message: Facts about the virus

- How to stay safe
- What does quarantine mean
- How to connect with others
- Activities to do at home

[Coronavirus Information for Kids](#)

Message: Facts about the virus

- Staying safe
- What to do if you are worried

[Helping Children Cope with Grief & Fear](#)

Message: Introduction to Grief

- What is grief
- The experience of grief for children at different ages
- How adults can help

[Grief for School Aged Kids](#)

Message: Helping kids understand grief

- Understanding feelings
- Talking about feelings
- Dealing with grief

THE FOLLOWING VIDEOS MAY BE HELPFUL FOR EDUCATORS AND/OR PARENTS TO WATCH:

[Grief During COVID-19](#)

Message: Facts about Grief during COVID-19

- Grief takes many forms right now
- Feelings of grief are normal
- The loss of activities and routines can lead to feelings of sadness and grief

Helping Children Cope with Stress during the Coronavirus COVID-19

Message: Coping with emotional stress

- Ways children respond to stress
- How to respond to children's reactions
- Listen and give reassurance
- Avoid separation
- Keep a regular routine
- Provide facts and information

Helping Kids Deal with COVID 19

Message: Modeling reactions to kids

- Kids model parent's reactions
- Talk to your kids in an age appropriate fashion
- Get back to normalcy
- Cleanliness Rules
- Family Discussions
- Talk about other things

6 Ways to Cope with Coronavirus Stress and Anxiety

Message: Strategies to manage distress

- Focus on what you can control
- Avoid Information overload
- Remember ways you've stayed calm in the past
- Create new routines
- Embrace stress and talk about it
- Be present and take life one day at a time

Coping with Uncertainty

Message: Learning to be comfortable with uncertainty

- Face the fear
- Focus on what you can control
- Mitigate risks
- Be agile and alert
- Look after yourself
- Manage your expectations



COVID 19: Your Mental Health

Message: Weathering COVID – 19

- Practice good self-care
- Practice kindness
- Be patient
- Eat healthy
- Avoid addictive substances
- Exercise

COVID-19 Tips for Working from Home

Message: Transitioning to work at home

- Set a start and end time to work
- Establish a work routine
- Stay in touch with co-workers
- Make time for mental, emotional and physical health
- Practice patience

5 Tips to Protect Your Mental Health During Corona Virus Outbreak

Message: Steps to take during Corona Virus outbreak

- Put down the smart phone
- Take care of yourself
- Enjoy your hobbies
- Check in with family and friends

Tips for reducing stress during the COVID-19

Message: Feelings of fear, anxiety, sadness and doubt are normal during a pandemic. To reduce the resulting stress

- Stay connected
- Cultivate ways to be more calm
- Improve your sense of control
- Remain hopeful

COPING WITH ANXIETY

Message: [Be Aware of Anxiety Signs](#) (Dr. Jamie Howard at CMI)

- Irritability
- Physical symptoms (tummy aches, headaches)
- Fear of separation
- Poor sleep
- Reassurance seeking

Message: [Keep Calm, Stay Mindful](#)

- Take Deep Breaths
- Say positive statements
- Mindfully exercise
- Make a Plan
- Accept what you feel

COPING WITH DEPRESSION

Message: [Guidelines for Grief](#)

- Lead with listening
- Encourage expression
- Avoid fuzzy language
- Rally for routines
- Heal with memories

ADDRESSING SUICIDAL THINKING AND THREATS

Preventing Teen Suicide - video

Message: [Reach out](#)

- Reach out to somebody
- Reach out day or night

Message: [Be Proactive, Prevent Suicidal Thinking](#)

- Promote mental wellness at home
- Maintain positive family bonds
- Model healthy coping
- Support peer connections
- Know who to call

Source: Brock, S. E., & Reeves, M. A. (2018). School suicide risk assessment. *Contemporary School Psychology*, 22, 174–185. doi:10.1007/s40688-017-0157-7

Message: [Suicide Prevention](#)

5 Action Steps for Helping Someone in Emotional Pain

 <p>ASK</p> <p>“Are you thinking about killing yourself?”</p>	 <p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p>	 <p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p>	 <p>HELP THEM CONNECT</p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	 <p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p>
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For more information on suicide prevention: www.nimh.nih.gov/suicideprevention



LIFE LESSONS FOR CHILDREN

Message: [Workbook that children can use to cope with feelings during the Coronavirus Pandemic](#)

- Changes in daily routines
- Identifying feelings
- Actions to take
- Looking forward

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

