


TMS Gators: Supporting your Mental and Emotional Health



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MANAGING CORONA VIRUS (COVID-19) ANXIETY

 **For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

BlessingManifesting

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

IMPORTANT TO NOTE

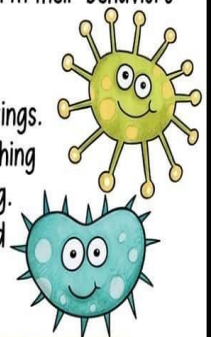
Your child's school counselor and MHP are available for support during the extended school closure. Please reach out to them via email if needed.

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Tips for Supporting Children During the Coronavirus Crisis

- Encourage an open discussion. Explain what is happening in kid-friendly terms.
- Emphasize that Coronavirus is less common in children than adults and often results in only mild cold symptoms.
- Listen to and acknowledge their worries. Remind them that you are doing whatever you can to keep them safe and healthy.
- Remember that they are watching us and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings!
- Maintain a structure and routine at home.
- Support creative and outdoor play in safe settings.
- Teach healthy coping strategies such as breathing techniques, grounding, journaling, and drawing.
- View the extra time at home as a gift to spend quality family time.
- Avoid watching the news in front of them.
- Read with your child and access free educational resources.



HOW TO BEAT THE WORRIES

1. Use **LOGIC** to make the worry less powerful
2. Lock worries away in a strong box in your mind and make them wait for **WORRY TIME**
3. Tell the worry to **GO AWAY** when it pops into your head
4. Re-set your system with **ACTIVITY** and/or **RELAXATION**
5. Stay strong in your mind and your body

Here are some ideas of what you can say to help your children with their worried feelings...

1. I'm here with you, you're safe.
2. Do you want to do some physical activity to get rid of your worried energy?
3. Tell me about it.
4. What would you like to say to your worries? What would they say back?
5. Let's draw how you're feeling.
6. I know how it feels to be scared.
7. Match your breaths to mine. (slow breathing in through your nose out through your mouth)
8. Let's think of some endings for what can happen ...
(anxious, goofy and realistic)
9. Can I worry about this for you?
10. Close your eyes and think of a happy place.



*Our community
and TcheFUNCTE
Family are
Strong!!
We miss you!
Stay Safe!!!*

