

KIDS AND COVID

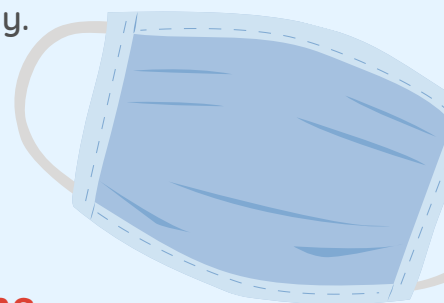
Parenting has a new challenge- COVID-19. The prolonged changes in routine and reduction in social interactions caused by COVID can be difficult, especially for children and teens. It is normal for your child to feel stressed, sad, or worried. Here are some signs that your child could be struggling and ways to provide additional support.

Watch for behavior changes in your child

- Having sadness or worry that lasts long periods without relief
- Trouble separating or being alone
- Displaying behaviors your child has previously outgrown such as bedwetting/ toileting accidents
- Changes in eating or sleeping habits that seem unhealthy
- Frequent tantrums or “acting out” behaviors
- Avoiding schoolwork or required tasks
- Having trouble concentrating
- Avoiding enjoyable activities
- Having more physical complaints such as headaches, stomachaches, or body pain

Ways to support your child

- Talk about what is bothering your child. Listen to concerns, let your child know it is okay to be upset. This is hard!
- Share simple facts about COVID-19 in a way your child can understand & answer questions.
- So much is out of our control. Help your child with reminders of what he/she can do to take care of his/her health (i.e. wash hands, socially distance, wear a mask).
- Teach coping! Share how you deal with your own stress so your child can learn from you.
- Limit watching the news when your child is present.
- Create some type of routine & structure that works for your family.
- Connect with your friends & family members in a way that feels safe. When social distancing, use virtual technology to stay connected.
- Get help! Talk to your pediatrician about your concerns for additional mental health support.
- Try to have fun!



Resources for Young Kids

Books & Videos

- Fighting the Big Virus: Trinka, Sam, and Littletown Work Together
<https://piploproductions.com/trinka-and-sam-virus/>
- #COVIBOOK Supporting and reassuring children around the world:
<https://www.mindheart.co/descargables>
- Sesame Street Handwashing Video:
<https://sesamestreetincommunities.org/topics/health-emergencies/>

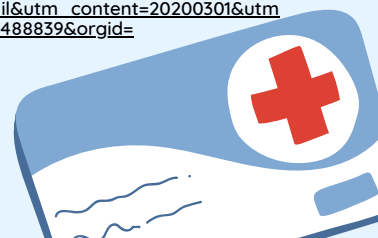
Coping and Relaxation

- Stop Breathe Think (app and website): meditation and breathing exercises for coping and relaxation.
<https://kidsapp.stopbreathethink.com/parent>
- Mindfulness for kids:
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

Resources for Teens

Apps and Websites

- Link to chart comparing several mental health focused apps
<https://onemindpsyberguide.org/wp-content/uploads/2020/06/Free-Mental-Health-Apps-during-COVID-19-One-Mind-PsyberGuide.pdf>
 - Standout apps: Calm, Headspace
- Breathe2Relax: provides information on the effects of stress on the body and instructions/exercises for stress-management skills
- Headspace; “A gym membership for the mind,” Provides a series of guided meditations and mindfulness trainings (student pricing: \$10/year)
- Calm- promotes sleep, meditation, & relaxation (Free 7-day trial)
- Comic from NPR explaining coronavirus:
https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=npr_newsletter&utm_medium=email&utm_content=20200301&utm_term=4433720&utm_campaign=ed&utm_id=40488839&orgid=



PARENTS AND COVID

Fear and anxiety about COVID-19 can be stressful and overwhelming. It is important to care for yourself in addition to your child. When you are in a good place, it helps make the people you care about stronger too!

Warning signs of pandemic-related stress

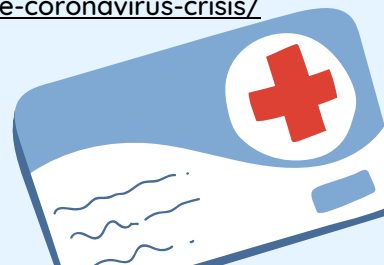
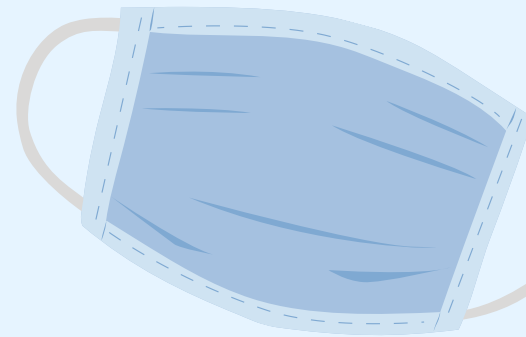
- Excessive fear and worry about your health or the wellbeing of your family
- Changes in sleep or eating patterns
- Difficulty concentrating
- Worsening of existing chronic health problems or mental health conditions
- Becoming easily irritated with loved ones

Healthy ways to cope with stress

- Limit media coverage about COVID and take breaks from social media if needed
- Take care of your body
- Do something small that you feel you can control
- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Exercise regularly or try to be physically active
- Get enough sleep
- Avoid excessive alcohol and drug use
- Try to do activities you enjoy and be open to trying something different
- Stay connected to family and friends virtually

Resources

- Emotional Support: <https://www.virusanxiety.com/>
- Self-Care: <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>
- Physical Activity:
 - <https://www.fitnessblender.com/videos>
 - <https://www.crossfit.com/at-home>
 - <https://www.blogilates.com/workout/>
 - <https://www.popsugar.com/fitness/>
 - <https://www.nike.com/nrc-app>
 - <https://ymca360.org>
- Parenting Resource Hub (good for all age groups): <https://www.covid19parenting.com/>
- Parenting: <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>



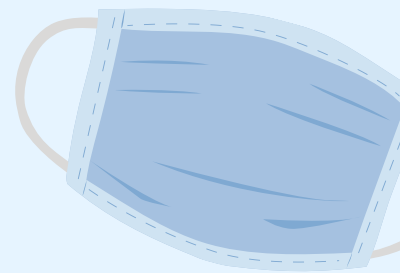
HEALTHCARE PROVIDERS AND COVID

Signs that you might be struggling

- Getting easily irritated with others
- Feeling more stressed, nervous, or sad than usual
- Lacking motivation or dreading going to work
- Changes in sleep or eating patterns that seem unhealthy
- Difficulty concentrating

Ways to care for yourself during a pandemic

- **Take care of your body.** Get plenty of sleep, eat balanced meals, get physical activity and get outside. Limit alcohol or drug use.
- **Manage Stress.** Identify your effective coping skills and use them. Explore yoga, meditation, or mindfulness.
- **Pace Yourself.** Be aware of burnout. This is a marathon, not a sprint. You must take care of yourself to take care of patients.
- **Find a Buddy.** Identify a trusted peer you can debrief about worries/concerns related to your job and provide/receive validation.
- **Identify Control.** You cannot control anything about the outbreak itself. Find what you can control in your life and focus on that.
- **Make a Schedule.** Create a schedule that works for you - including breaks - whether at home or at work.
- **Teamwork.** We are all in this together. Ask for the support and help that you need. This may include talking to leadership.
- **Stay Connected.** Ensure continued contact with friends, family, and team members through text, calls or video.
- **Self Compassion.** This is hard! It is not a reflection of you or your abilities.
- **Take information breaks.** The constant stream of information about COVID-19 can be overwhelming. Know when to take a break from it.



Resources

Coping/Support

- World Health Organization PDF: <https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>
- APA article: <https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19>
- Managing Coronavirus Anxiety article: https://nickwignall.com/coronavirus-anxiety/?ck_subscriber_id=736862797
- HeadSpace (free with NPI #) <https://www.headspace.com/health-covid-19>
- Physician Support Line: Psychiatrists helping physicians navigate their personal and professional lives <https://www.physiciansupportline.com/>
- Website with meditation exercises, articles & helpful resources. <https://www.virusanxiety.com/>
- Healthcare Toolbox <https://healthcaretoolbox.org/tools-and-resources/covid19.html>
- Mindfulness Exercises <https://www.mhs-dbt.com/blog/wp-content/uploads/2017/03/Mindfulness-Exercises.pdf>
- Clinician well-being resources: <https://www.acc.org/features/2019/07/clinician-well-being-portal/covid19>

Physical Activity

- Fitness Blender Workouts <https://www.fitnessblender.com/videos>
- CrossFit Home Workouts <https://www.crossfit.com/at-home>
- Blogilates Workouts <https://www.blogilates.com/workout/>
- Popsugar Fitness Content <https://www.popsugar.com/fitness/>
- Nike RunClub App <https://www.nike.com/nrc-app>
- YMCA 360 Workouts <https://ymca360.org>

Other Resources

- Guides for understanding mental health conditions and resources for mental health focused Apps:
 - <https://onemindpsyberguide.org/resources/#all>
 - <https://onemindpsyberguide.org/wp-content/uploads/2020/06/Free-Mental-Health-Apps-during-COVID-19-One-Mind-PsyberGuide.pdf>

Crisis Management

- Crisis Text Line Text CONNECT to 741.741
- National Suicide Prevention Lifeline
 - 800-784-2433
 - 800-273-8255

