

Children and adults alike are struggling to cope with the impact of the Coronavirus. Our sense of stability, health, and connections are rattled and feeling depressed, sad, confused, or angry is normal. Below is a list of resources that can help you and your Little start a conversation about yucky or hard feelings. There is also a list of hotlines to address any mental health concerns.

**How to Talk to Your Kids about Coronavirus** by Deborah Farmer Kris

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Key messages:

- Provide age appropriate info
- Reassure them as appropriate
- Give them power over what they can do, especially hygiene

**Cincinnati's Children's has a whole series of short videos that talks about lots of COVID-19 topics like feeling worried to wearing masks.**

<https://www.cincinnatichildrens.org/patients/coronavirus-information/videos-for-kids-parents>

**Supporting Teenagers and Young Adults During the Coronavirus Crisis** by Caroline Miller

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

Key messages:

- Teens feel invincible, so message the impact they have on others, not the impact the virus has on their health. "You may feel OK, but it's hard to know if someone is sick and you could be bringing that back to our house."
- No one really knows how Coronavirus affects people.
- Acknowledge how hard it is to stay away from friends.
- Consider new rules about social media and other ways to maintain physical, but not social, distance.
- Stick to school routines, whether work is in the classroom or at home.
  - Meal and bed times
  - Homework times
  - Breaks during the day and after school
- Validate disappointment
  - Listen without judging
  - Be careful about discredited or offering weak promises ("It will be fine")
- Use mindfulness

**Stress & Coping** article by CDC

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

Links to specific populations like children, teens, veterans, or those experience abuse and links to mental health resources.

Key Messages:

- Take care of your mental health
- You may experience [increased stress](#) during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.
- **Get immediate help in a crisis**
  - Call 911
  - [Disaster Distress Helpline](#): 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
  - [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#).
  - [National Domestic Violence Hotline](#): 1-800-799-7233 or text LOVEIS to 22522
  - [National Child Abuse Hotline](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
  - [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673) or
  - [The Eldercare Locator](#): 1-800-677-1116 [TTY Instructions](#)
  - [Veteran's Crisis Line](#): 1-800-273-TALK (8255) or [Crisis Chat](#) or text: 8388255
- **Find a health care provider or treatment for substance use disorder and mental health**
  - [SAMHSA's National Helpline](#): 1-800-662-HELP (4357) and TTY 1-800-487-4889
  - [Treatment Services Locator Website](#)
  - [Interactive Map of Selected Federally Qualified Health Centers](#)

## **6 Recommendations for Dealing with Stress during the COVID-19 Pandemic** by the CDC

<https://youtu.be/h4tsN7InkPM>

Key messages:

- It's normal to feel stress
- Call and talk to loved ones
- Exercise, eat right, and keep a sleep schedule
- Look up community resources to help you cope
- Limit news and be sure it's from a trusted source
- Do something that worked well when you were stressed about something else

## **Mindfulness Can Help During COVID-19** by Rae Jacobson

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

Key messages:

- Mutli-tasking increases stress
- Mindfulness should be simple
  - Squeeze Muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
  - Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
  - Mindful Meal: Pay attention to the smell, taste and look of your food. No multitasking.
  - Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
  - Blowing Bubbles: Notice their shapes, textures and colors.
  - Coloring: Color something. Focus on the colors and designs.
  - Listening to Music: Focus on the whole song, or listen specifically to the voice or an instrument.