Coping Strategies for Youth During COVID19 Crisis

Condensed from the Top 10 List of COVID19 Anxiety Reduction Strategies (ADAA-Anxiety and Depression Association of America)

- Focus on Being Productive and New Ways of Enjoying Life---Organize a messy room, edit the photos in your phone, play a game or learn a new skill. Creating and accomplishing puts your attention on what is satisfying.
- Engage in Stress Reduction Activities---Yoga, guided meditation, exercise and a gratitude journal are all practices that lower stress.
- Media Distancing---The more anxious you feel, the more you should distance from the media.
- Be Kind to Yourself and Others and Have Faith----It’s normal to feel anxious and worried during a national crisis. Reaching out to relatives and friends who are isolated or in need will boost their spirits and yours.

Condensed from the Article Coping with CoronaVirus Anxiety by John Sharp, MD

- Try to Do These Things More---Connect with friends and loved ones through video chats, phone calls, texting and email.
- How to Relax Despite Coronavirus Worries? Yoga, meditation and controlled breathing are among techniques calming methods to reduce stress. Many apps teach simple forms of meditation and controlled breathing


Just for Kids: A Comic Exploration of the New Coronavirus

- Disaster Distress Hotline 1-800-985-5990
  Text TalkWithUs to 66746 to connect with a trained counselor

Condensed from Article Supporting Teenagers and Young Adults during the Coronavirus Crisis by Caroline Miller (ChildMind.org)

- Emphasize Social Distancing---Although this age group may not be high risk, they can be carriers of the virus, therefore placing their grandparents and parents at risk for contracting the disease.
- Understand their frustrations over not seeing friends--Listen to them and validate their feelings and be direct about how you can work together to make the situation bearable. Loosening time limits on social media is one of the things that will help.
- Support Remote Schooling---Creating a schedule will help and sticking to it as closely as possible will provide some structure.
- Encourage Healthy Habits---Adequate sleep, eating healthy, and regular exercise.
- Validate their disappointment--They are missing sports and other school activities like prom and possibly graduation. Give them room to share their feelings and listen without judgement.
- Help them Practice Mindfulness--This helps them acknowledge what is happening in order to help themselves move on.