

Managing Anxiety during COVID-19

March 2020

ADULTS

- Avoid excessive exposure to all kinds of media coverage (particularly opinion-based)
- Connect with friends and family through calls, texts and internet; find things you can do with your kids—all focus does not need to be on “what we’re missing out on”
- Practice self-care – engage in activities that are positive distractions and help you relax (games, reading, writing, crafts, exercise, meditation, prayer, baking, etc.)
- If you find yourself getting anxious, take care of your mental health. There are many apps to help with relaxation and meditation.
- For more information please visit:
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

CHILDREN

- Reassure them that they are safe and school is cancelled temporarily to keep everyone safe
- Let them talk about their worries
- Create a routine for school days – keep something “the same” for them, such as having them eat at the same time
- Create fun in new ways:
 - Homemade playdough <https://www.youtube.com/watch?v=oAIAm6BF0fs>
 - Write letters/make cards for grandparents or to send to Senior Living locations
 - Watch a “Sing-a-long”
 - Stay up late one night and watch a movie
 - Tell stories
 - Take pictures outside
 - Take a virtual field trip
 - https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?pru=AAABcQTbmJk*vc7E_bT7F9L6LfdYZhQ0LA
 - <http://tramline.com/vft/index.htm>
 - K-6 Second Step Home Links available. www.secondstep.org
 - Scavengerhunt
https://www.google.com/search?q=scavenger+hunt+ideas&rlz=1C1CHBF_enUS843US843&oq=scavenger+hu&aqs=chrome.2.0j69i57j0l6.7034j0j8&sourceid=chrome&ie=UTF-8

If you are concerned that your child's anxiety level is excessive:

- Contact their therapist if they have one
- During the school day, you can email the school counselor and they can discuss options and potentially talk with you or your child:

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