



COVID-19

Finding Your Strength through the Unknown

QUARTERLY NEWSLETTER OF THE APS MENTAL HEALTH COMMITTEE

Mental Health Wellness Tips for Quarantine

1. Stick to a routine.
2. Dress for the social life you want, not the social life you have.
3. Get out at least once a day, for at least 30 minutes.
4. Find some time to move each day, again daily for at least 30 minutes.
5. Reach out to others, you guessed it, at least once daily for 30 minutes.
6. Stay hydrated and eat well.
7. Develop a self-care tool kit.
8. Spend extra time playing with children.
9. Give everyone the benefit of the doubt, and a wide berth.
10. Everyone finds their own retreat space.
11. Expect behavioral issues in children, and respond gently.
12. Focus on safety and attachment.
13. Lower expectations and practice radical self-acceptance.
14. Limit social media and COVID conversations, especially around children.
15. Notice the good in the world, the helpers.
16. Help Others. Find ways, big and small, to give back to others.
17. Find something you can control and control the heck out of it.
18. Find a long-term project to dive into.
19. Engage in repetitive movements and left-right movements.
20. Find an expressive art and go for it.
21. Find lightness and humor in each day.
22. Reach out for help- your team is there for you.
23. "Chunk" your quarantine, take it moment by moment.
24. Remind yourself that this is temporary.
25. Find the lesson...the potential positive outcomes, ...the meanings and the construction that can come out of destruction.

For further information and instruction on each key tip, please click on the following link:

<https://www.facebook.com/groups/209557610105893/permalink/219904672404520/>

Stages of Grief During COVID-19



Denial: COVID-19 is not as bad as the flu, this won't come to the US

Anger: Blaming politicians, why did they let this happen? Where is all the toilet paper?!

Bargaining: Well maybe keeping social distance could help...

Depression: Feelings of hopelessness, loneliness in isolation, concerns over how I will pay my bills

Acceptance: I understand what is in my control, and I know what I need to do to help.

Grief can be felt during COVID through; missing school, loss of employment, lack of visitors, change in routines, no sports or entertainment, loss of travel plans, etc. If we understand what we are feeling, it is easier for us to work through this., so we can reach the stage of acceptance. You can then put your energy into what is in your control. **I can wash my hands, learn to work from home, do my school work online, and so on.**

What is normal behavior for children and teens right now?

With schools suddenly closed, many students feel cut off from social networks and are experiencing confusion, stress, worry, and disappointment. The following reactions are common, but if they continue for 2 weeks or more, or are very significant changes from their normal behavior, it may indicate that your child or teen could use your help to manage what they are feeling.

Grades Pre K - 2

Excessive energy / Hyperactivity
Frequent crying / Tearfulness
Separation anxiety
Increased whining
Developmental regression
(for example, toileting accidents)

Grades 3 - 6

Excessive energy / Hyperactivity
Excessive worry /
Repeated questions
Frequent crying / Tearfulness
Separation anxiety
Increased whining
Boredom

Grades 7 - 12

Excessive worry /
Repeated questions
Poor concentration
Irritability / Anger
Difficulty sleeping
Fatigue
Boredom

TRAILStoWellness.org

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Parent
Resources

Erika's Lighthouse (COVID-19 Resources for teens, educators, & parents):

[https://secure.qgiv.com/event/inthistgether/?utm_campaign=5ea1576e50-](https://secure.qgiv.com/event/inthistgether/?utm_campaign=5ea1576e50-EMAIL_CAMPAIGN_2019_08_14_10_37_COPY_01&utm_medium=email&utm_source=Erika%27s%20Lighthouse%20Subscribers&utm_term=0_36281010ad-5ea1576e50-356104313)

[EMAIL_CAMPAIGN_2019_08_14_10_37_COPY_01&utm_medium=email&utm_source=Erika%27s%20Lighthouse%20Subscribers&utm_term=0_36281010ad-5ea1576e50-356104313](https://secure.qgiv.com/event/inthistgether/?utm_campaign=5ea1576e50-EMAIL_CAMPAIGN_2019_08_14_10_37_COPY_01&utm_medium=email&utm_source=Erika%27s%20Lighthouse%20Subscribers&utm_term=0_36281010ad-5ea1576e50-356104313)

Living with worry and anxiety amidst global uncertainty:

https://4648dcw4pye15w61x1reklps-wpengine.netdna-ssl.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf

How to Talk to your Kids about Coronavirus (elementary):

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

OAISD Parent Resources (COVID-19):

<https://docs.google.com/document/d/1i00tqJqF8of8611W1xyDJEW6FkQmjKq-NnE0oHrQrmY/edit>

Kid's Health: Relaxation Techniques:

<https://kidshealth.org/en/parents/relaxation.html>

Mindfulness for Teens (videos & guided meditations):

<http://mindfulnessforteens.com>



When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos.

L.R. Knost

WIMBERLEY
Dyslexia & Learning Center

Mental Health Crisis Line: 866-588-4357



The APS Mental Health Committee understands that this is a time of the unknown and the uncertain. We ask that if you have any questions or concerns regarding your mental health or the mental health of someone you know, to please contact any one of us through the emails below. We would be happy to help guide you for help or assistance.

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