## HOW TO HELP CHILDREN AND TEENS COPE WITH THE **PSYCHOLOGICAL PHASES OF COVID19**

by Jennifer Johnston-Jones, Ph.D. (Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.)

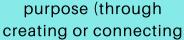
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## 2 3 4 Pre-Disillusionment Impact Honeymoon Disaster (Current phase) We were in this phase Depending on one's history of trauma, Community bonding occurs Stress starts to settle in and emotional responses can vary from before the WHO and there is increased take a toll. Optimism may turn to discouragement. Children declared it a Pandemic. denial to shock to intense optimism. This phase is short emotional reactions such as and may last just a few and teens (and parents) • Denial weeks. Some will find a may show signs of panic attacks, loss of • Some anxiety sleep/insomnia. sense of altruism increased Wondering who increased anxiety, and engage in anxiety & • Have your to believe feelings helping depression. children reach Limit news media of dread, others. out to someone Create structured etc.) who may be lonely routines M-F once a day Maintain sleep and • Brainstorm ways to WHAT WE play schedules help. Incorporate Family • Look for ways to feel CAN DO Meetings purpose (through

Connect



## Creating a New Life

Once people begin to attempt to go about their lives and leave their homes again, they may experience shock and grief as they adjust to a "new normal."

 Continue structured days, play, finding purpose & connecting Make sure to talk about eelings and gratitude during family meetings • Learn how to cope with big emotions (free lessons on how to: www.goodlifeacademy.me)

• Allow all feelings to come and go • Encourage optimism and gratitude Model asking for help and admitting to overwhelm Continue all recommendations listed.