



WE stay at home... WE stay **connected**

Responding to COVID-19 (Coronavirus):
Useful tips for the psychological support of families,
children, and youth during this stay-at-home period.

Together



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We are facing a crisis
and that every crisis has a
beginning, a middle, and an end.

WE understand

The concept of **psychological resilience**; that is,
we, as individuals, can overcome challenging
situations and thrive.

WE communicate and share the negative emotions and feelings we may experience (e.g., distress, worry, anger, anxiety) during this period and we remember that such reactions are considered typical responses to the intense and distressful situations that impact our everyday life. We seek professional help if we believe that our feelings are greatly interfering with our ability to cope with everyday activities and are negatively impacting our physical health (e.g., symptoms of insomnia, persistent headaches, etc.).

WE adjust our daily lives and we are flexible.
We identify our own strengths (e.g., organizational skills, humor, creativity, stability, warmth) and the strengths of those around us (significant others and loved ones) that have helped us in the past.

If we feel that we are not coping well, we take into consideration that **we may need more time to effectively respond** to this new situation; we reconsider our goals to make them more attainable and realistic, just like we would do in every other challenging situation.

WE redefine our priorities -By adopting a positive attitude-and make the most of the moments we get to stay at home by engaging in activities and nurturing habits that we have neglected in the past due to our fast-paced lifestyle or we discover new ones [e.g., reading, listening to music, spending family quality time, (re-)discovering (old) hobbies or playing board games].

WE react as calmly as possible if we, a family member, or a loved one gets sick.

WE follow the guidelines prescribed for each case.

WE support and receive support by staying connected and supporting each other (e.g., calling elderly family members more frequently, who may feel more isolated; donate or give to charity); however, we take a social distancing approach and use long-distance communication methods when possible (e.g., voice or video calling, online communication modalities).

WE recognize the significant contribution of the individuals that need to work these days (e.g., doctors, nurses, hospital employees, pharmacists, people who work at food supply and sanitation agencies) and **WE respond** with empathy to the potential worry of such individuals and their loved ones.

WE take care of:

- ✓ Ourselves by staying safe and healthy
- ✓ Our loved ones by addressing their needs
- ✓ All others by taking precautions and limiting our travel

WE continue

making plans for the future, as our future-oriented goals can motivate us and pre-exist this crisis.



WE are taking care of our physical and mental health, so we can support and help our children.

We become role models for remaining calm and responsible following the official guidance provided by the public health institutes. We stay up to date by using reliable and valid sources and we avoid spending too much time on mass media or the Internet.

WE are listening respectfully and compassionately to the negative emotions and feelings our children are experiencing, and we provide them with factual information without exaggerating.

It can be a relief for children to recognize that it is normal to experience various and negative emotions due to the special circumstances and to understand that gradually we will return to our previous lifestyle.

WE are collaboratively deciding with our children their daily schedule and their alternating activities (e.g., educational activities, home-based physical exercise, chatting with friends, leisure time, etc.).

We provide our children the opportunity to express themselves and decide how to structure their day, so they feel empowered; a feeling that is necessary when they are experiencing uncertainty.

WE are enduring difficult moments and situations within our family.

Our children may not be always productively kept busy or we may have yet to figure out how to organize our daily lives or we may not always have the mental and emotional strength needed. We are experiencing challenging times and we test or/and learn our limits. We think that a crisis can be a steppingstone and we can come out of this stronger.

WE are using positive reinforcement and address behaviors and situations where "WE made it."

Without making comparisons, we recognize family members' behaviors and attitudes we want to reinforce (e.g., being responsible, following rules about personal hygiene, taking the initiative to make the most of their leisure time, working together on a project, being polite, etc.).

WE are participating in an alternative way of getting an education that may cause uncertainty for students.

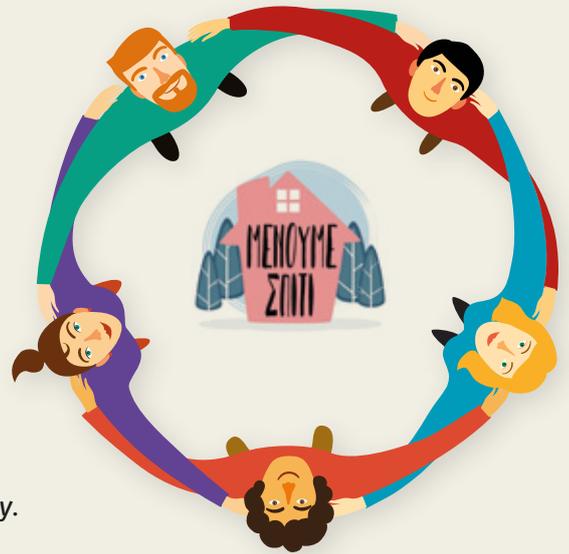
It is important to inspire children to incorporate education as a resource in their daily lives by being flexible and adaptive; Explain to them that when they will return to their regular schooling these exceptional circumstances will be considered and adjustments will be provided (e.g., national testing, curricula).

WE are refraining from having conversations that their content stigmatizes individuals, cultures, and circumstances; We refrain from overgeneralizations.

We tell our children that nobody is responsible for his / her / their life challenges, such as being sick or having a disease; Nonetheless, each of us needs to stay strong to overcome adversity.

WE accept that for the time being our lives have drastically changed; During challenging times, **WE** have each other and **We stay connected**, responsible and ready to act in **solidarity**.

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Selected Resources

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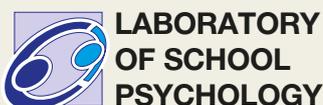
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