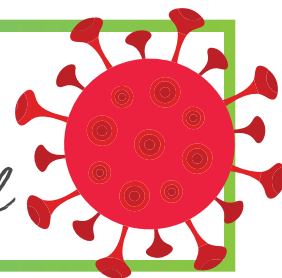




COVID-19 AND YOUR TEEN:

Coping Tips to Help Navigate the New Normal



NEW NORMAL

With the presence of the Coronavirus in society, all of our lives have had to change, including your child's. If they are struggling to accept what is going on or if you are looking for some ways to help them understand, here are some tips on coping with COVID-19.



We recognize that this is a very difficult time for everyone. The psychosocial team, consisting of social workers, child life specialists, and psychologists, is here to help you. Reach out to a psychosocial team member with any questions or concerns you may have.



TIPS FOR YOUR ADOLESCENT (12-18)



✓ Be Consistent

Routine is incredibly important to adolescents. Keeping a routine helps their mind and body know what to expect.

✓ Talk It Out

Have an open and honest discussion about what is going on in the world and how it affects them directly.

✓ Be a Team

Let them know that you are all on the same team! That means doing everything they can do help keep you and others safe.

✓ Listen to Their Emotions

Validate their feelings and let them know it's okay to feel whatever it is they're feeling. Be on their side – acknowledge all the changes they are experiencing.



✓ Empower Them

Help them make good out of a really difficult experience by encouraging and believing in the efforts they are making.

✓ Allow Tech Time

Technology is a great way for them to connect to friends while they can't be together. Allow appropriate use of devices for them to chat with peers.

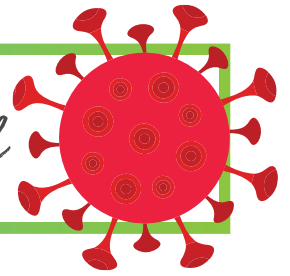
✓ Teach Self Love

Educate them on the importance of self-care and healthy coping mechanisms. Don't forget to help create a space in their busy schedule for them to practice!





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ADDITIONAL TIPS FOR THE WHOLE FAMILY

- ✓ **Practice grounding techniques**
(there are many different ones, a quick google search will help you discover what may work best for you)
- ✓ **Meet your body's physical needs** - eat, drink water, get an adequate amount of sleep, etc.
- ✓ **Take a bath or shower**
- ✓ **Engage in physical exercise**
- ✓ **Listen to music**
- ✓ **Connect with others** who are experiencing similar life situations
- ✓ **Spend time with a pet**
- ✓ **Spend time with a loved one** who helps you feel calm
- ✓ **Practice giving yourself grace**
- ✓ **Identify and validate your own emotions**
- ✓ **Spend time outdoors in nature**
- ✓ **Practice deep breathing**
- ✓ **Create a calming space** in your home to go to take a break and regroup
- ✓ **Engage in a hobby** or activity you love
- ✓ **Spend time playing** with your children and family members
- ✓ **Engage in activities that give back** and help others
- ✓ **Identify a professional who can help** if needed

