



April
2020

Dealing with Change

Counselors' Corner

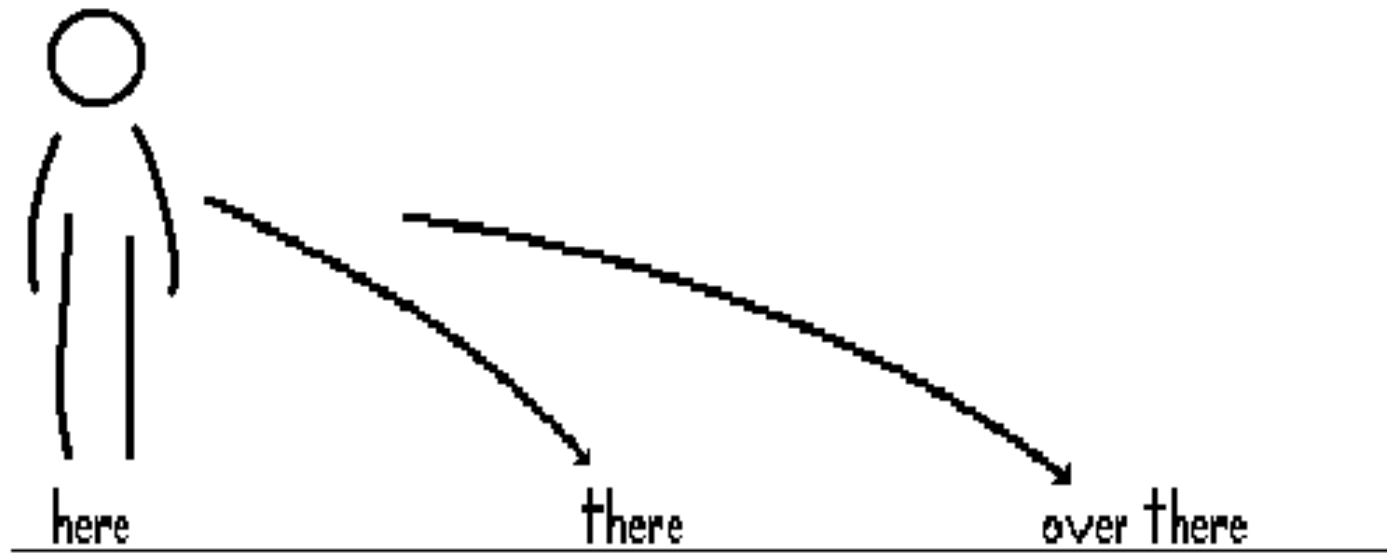
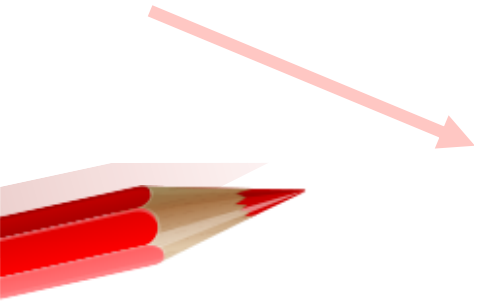


Click for Video Link



Time to Come In, Bear: A Children's Story About Social Distancing

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What is Social Distancing?

Change & Anxiety

It's natural to feel anxiety when we face a crisis, the unknown, or sudden change. It's a normal reaction to feel the need for safety, certainty, predictability, and control.

If you feel stressed about coronavirus, you're not alone. Coronavirus (COVID-19) has had ripple effects into almost every aspect of our lives. With schools and workplaces closed for now, it's affected the way we live every day. So much has changed in such a short time.


Anxiety

What is Anxiety?

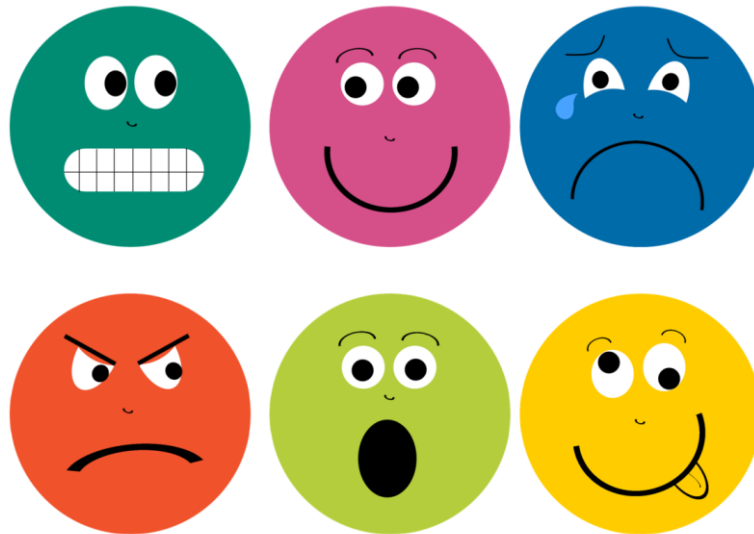
- Anxiety is a normal emotion and serves as a signal to pay attention so we can protect ourselves. Anxiety alerts us. It prompts us to adapt. But when we're overwhelmed by anxiety, it sometimes can do more harm than good.
- When anxiety becomes overwhelming, we're less able to rise to a challenge, and sometimes we can get stuck.



Helpful Tips

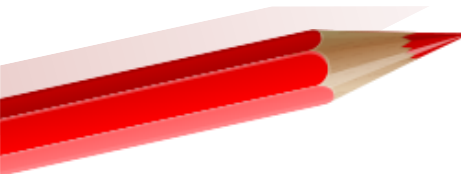


Notice, label, and accept your emotions.
When you feel anxious, quietly say to
yourself, "OK, there's my anxiety again."
Just putting a label on what we feel, helps
reduce stress.





Helpful Tips



Accept anxiety as one of your many emotions.
Don't ignore it, fight it, reject it, or be afraid of it.
Don't judge yourself for feeling it. Be kind.
Give yourself permission to be human.

Mindfulness



When you notice anxious thoughts, know that you don't have to dwell on them. Direct your attention to things that help you feel calm.

You can use techniques such as guided imagery or mindfulness practices that help you focus on being in the moment.



Mindfulness Activity



Mindfulness

Strive to focus on the present



Try This...

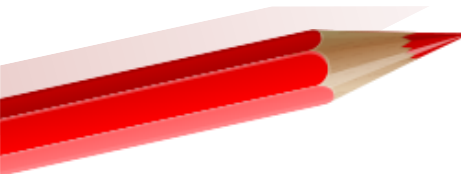


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Keep Your Balance

Calming anxiety doesn't mean ignoring problems. It's about finding our balance so we can cope well; so we can help ourselves and each other through this situation. We can find calm and well-being even when we face great uncertainty.



References



<https://kidshealth.org/en/parents/coronavirus-calm.html>

https://www.youtube.com/watch?fbclid=IwAR0LJtgNRpooptemmU5fCwe_1sXXHINQPSoLUgc_1q6pkuC_raZ1E0MfTuMk&feature=youtu.be&v=DA_SsZFYw0w&app=desktop

<https://www.youtube.com/watch?v=iEEJT9cYsm0>

