

Bear Wellness

Century Community Charter

April issue

10 ways to cope with coronavirus anxiety

1. Limit your social media exposure
2. Do what you can to protect yourself and your family (hygiene/social distancing)
3. Do your part in protecting your community
4. Try to focus on what you are grateful for
5. Seek virtual help from mental-health professionals
6. Just breathe
7. Attempt to maintain a routine
8. Eat healthy, and exercise when possible
9. Use the time to reach out to loved ones and reconnect with old friends
10. Know that feeling anxious about the coronavirus is OK and normal

Check out our Wellness page on the CCCS page.

Check the link on parent square and SchoolMint to complete the wellness survey!

Focusing on the things you can control

We're in a time of massive upheaval. There are so many things outside of our control, including how long the pandemic lasts, how other people behave, and what's going to happen in our communities. That's a tough thing to accept, and so many of us respond by endlessly searching the Internet for answers and thinking over all the different scenarios that might happen. But as long as we're focusing on questions with unknowable answers and circumstances outside of our personal control, this strategy will get us nowhere—aside from feeling drained, anxious, and overwhelmed.

When you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control.

There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.