



Counselor's Corner

Jowanna Bellow, M.Ed.

April 2020

15 ways parents could help students who are worried about Coronavirus

Prevention Strategies

1. Be available to talk.
2. Limit news exposure.
3. Stick to routines and boundaries.
4. Set and track daily goals.
5. Start or continue mindfulness practices.

Responsive Strategies

6. Practice controlled breathing.
7. Try muscle progression relaxation.
8. Use grounding strategies.
9. Set a timer for worries (no longer than 5 minutes!)
10. Exercise creativity.
11. Use a journal or feelings tracker.

Other Strategies

12. Acknowledge the worries.
13. Avoid participating in worry rituals.
14. Avoid excessive reassurance.
15. Be mindful of your own worries.

For detailed information on these steps, visit:

<https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/>



GO ZEN!

A great resource for kids is gozen.com. They have great resources available for students on how to manage stress and worry. A lot of their resources are FREE!

<https://gozen.com/>

Coronavirus and the permanent impact on Gen Z (excerpt from YPulse)

The COVID-19 crisis is upending everyone's lives, and impacting all generations. But Gen Z is experiencing the pandemic at a more formative time of life. The youngest generation experiencing the crisis has grown up in the shadow of 9/11 and in the midst of the Recession. Now they are facing a challenge that no generation before them has known. Some are about to enter their adult years, and some are at ages that make this experience an indelible part of the way they view the world. They are likely to be permanently changed by it.

PTSD for an Already Anxious Generation Z?

While they're already concerned about mass shootings and climate change—living through a pandemic is just another thing to add onto their already crowded plate of woes and worries. News has started to emerge that young adults make up a big percentage of who's hospitalized.

But fears surrounding contracting or spread of the virus and giving it to friends or family are just the beginning of the mental health repercussions of this pandemic. Our survey shows that half of Gen Z is afraid of getting Coronavirus themselves, but they're even more afraid of loved ones getting sick (71%), being stuck at home for a long time (62%), and running out of supplies (54%). PTSD around isolation and financial strains—as many families struggle in the wake of the crisis—seems likely. As they age up, Gen Z will likely be looking for escapes from their innate and now amplified stress, and their focus on mental health will probably intensify.

For more information visit:

<https://www.ypulse.com/article/2020/03/26/heres-how-coronavirus-could-permanently-impact-gen-z/>