### **DEALING WITH DIFFICULT EMOTIONS** In Adults and Children in the Time of Covid

Thrive Alliance Group

## Our Presenters





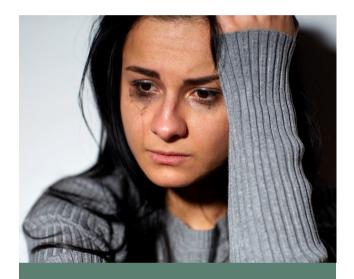
#### PATRICIA HOVEY Executive Director Thrive

#### CHRISTOPHER LEONARD Director of Operations Thrive



### CHRISTINA JELLY Director of Community Outreach Thrive

### What Are The Difficult Emotions Contributing to Stress?



GRIEF



#### DISAPPOINTMENT



ANXIETY



#### ANGER



WORRY/ UNCERTAINTY

# Addressing The Emotional Health of Your Family

ROUTINES

SELF-CARE

COMMUNICATION

INFORMATION FILTERING GOOD/BAD HABITS



## Putting The Oxygen Mask On Yourself First

• SELF AWARENESS (MONITORING FEELINGS) • HEALTHY SELF EXPRESSION • MODELING HEALTHY HABITS (SLEEP) • BALANCING FAMILY TIME, EXTENDED FAMILY

- AND FRIENDS
- ASK FOR HELP

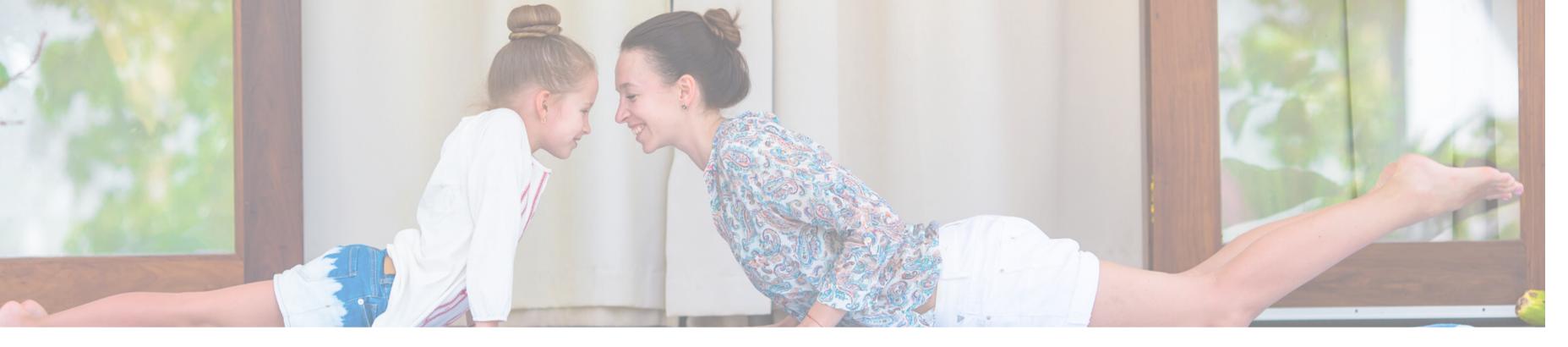


### COULD THIS BE A SIGN OF....

#### **DEPRESSION**

### ANXIETY





### Adolescents and Children TALKING TO KIDS, COPING STRATEGIES

- Breathing
- Exercise
- Perspective
- Staying Connected
- Service to Others
- Keeping Adult Matters in the Adult World

## Moving Forward and Addressing Questions

WHAT TO TELL THEM ABOUT THE NEW SEPTEMBER? WILL THIS EVER HAPPEN AGAIN? WILL THINGS EVER FEEL NORMAL?

### **KEEP EXPLANATIONS**

- Simple
- Honest
- It's ok to say "I don't know but let's figure it out together"

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