



# **DEALING WITH DIFFICULT EMOTIONS**

## **In Adults and Children in the Time of Covid**



Thrive Alliance Group



# Our Presenters



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# 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



# Why Can't I...Why Do I?

**SLEEP? EAT? FEEL SAD?**



COULD THIS BE A SIGN  
OF....

**DEPRESSION**

**ANXIETY**

**GRIEF**





# 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?**

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## **KEEP EXPLANATIONS**

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