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

Thrive Alliance Group

Our Presenters





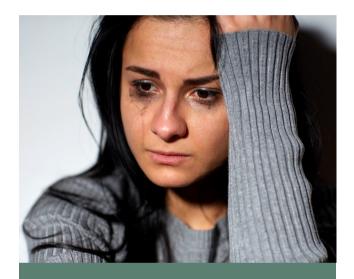
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What Are The Difficult Emotions Contributing to Stress?



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

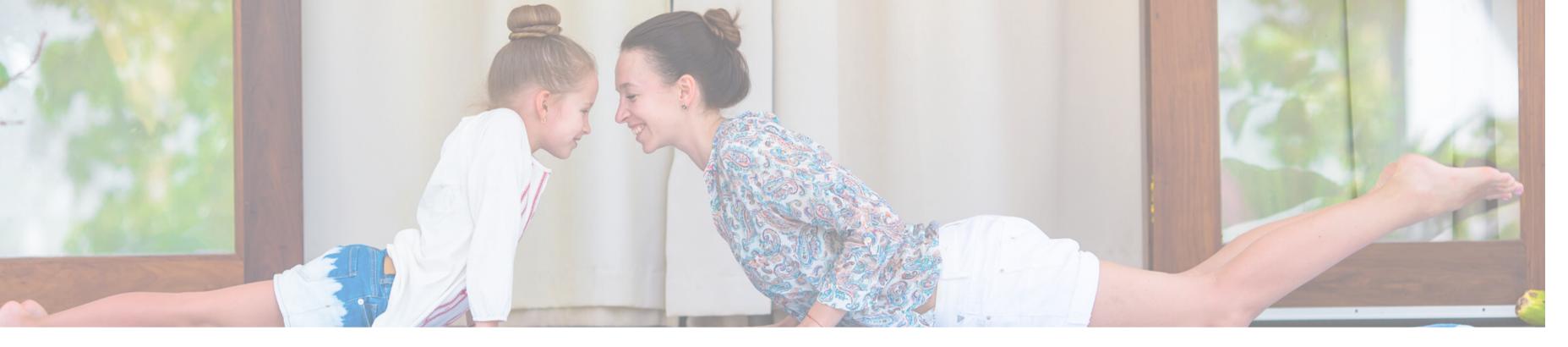


COULD THIS BE A SIGN OF....

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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