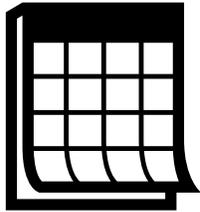


# COVID -19 Resilience Sheet 1

## Stay Informed

Information from respected sources helps us stay in control. Limit time on news sources. Share age appropriate information with children.



## Stay In Touch

Social Distancing (6ft. Apart) is required to stop the spread of the virus. Connect with family & friends via phone and internet.



## Stay Hopeful

Remember this is temporary. Enjoy time with family. Find something every day to be grateful for.



## Keep a Routine

Routine promotes security and stability. Make a daily schedule. Give each family member a role and household responsibilities.



## Manage Stress

Take deep breaths for a minute. Relaxation exercises Mindfulness Meditations Exercise Have fun!



## Access Help if Needed

If you or a loved one is in crisis and needs emotional support: Milwaukee Behavioral Health Crisis Line (414)257-7222 Text Hopeline 741741



If you have a fever or cough please call primary care Dr. If you do not have a Dr. call **Froedtert Helpline at 414-805-2000**

For More Information: [www.swimmke.org](http://www.swimmke.org)

### Other Tips:

Wash hands with soap and water for 20 seconds—sing Happy Birthday Song twice. Take care of yourself first to be able to care for your family.

## How Kids May Express Stress

Become worried



Become afraid



Become clingy



Act out



Trouble focusing



Trouble sleeping



Changes in eating



Avoidance/Trouble with normal activities



## Caregiver Tips

- Use empathy/Show understanding
- Help children organize their feelings by naming them; letting them know it is normal to have those emotions
- Let kids choose something to help with to give them some control and responsibility
- Let children know they are cared for and safe
- Let them know you've got this; they don't have to be the adult
- Don't share everything with them; filter and share facts based on what their ages can handle
- Try to keep regular routines
- Do fun activities they enjoy to promote coping ex. drawing, playing games, breathing, prayer, dancing, reading, taking a bath

NAME IT

to

TAME IT

**SWIM**

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## Covid-19 Resilience Sheet 3



Caregivers help buffer stress by being with kids and normalizing emotions.

1. It makes sense that you are feeling sad, angry, afraid-whatever it may be.
2. You are safe and I am here to help you in any way I can.
3. This feeling is normal and will not last forever.
4. I am sorry that it is hard right now. What can I do to help?

Let's do something together to help you feel better."

1. Breathe with them.  
Breathing in and out 10 times. On inhale, say calm and exhale, say safe.
2. Exercise. Have fun . Go for a walk. Jump rope. jumping jacks. Dance.
3. Relax. Squeeze hands into fists for 10 seconds and then relax. Repeat
4. Distraction (ex. color, draw, call a friend, read, play a game.)



## What Does Being Afraid Do To Our Bodies?

Fear and worry are a normal part of being human. When our bodies stay in a constant state of fear or worry it can be damaging to our bodies.

## Human Stress Response



Imagine you are walking in the woods and you come face to face with a bear. You can either **fight** the bear, run or **flee**, or **freeze** in front of the bear.

**To prepare you to fight or to flee your body responds to take action.**

- Your *eyes get bigger* so you can see better to avoid obstacles.
- You have *butterflies in your stomach* as your blood rushes out and to your muscles to run.
- You *breathe faster* to take in more oxygen for your lungs.
- Your *heart rate increases* so you get more oxygen to your muscles.
- Your *digestion slows down* so you don't have to go to the bathroom while running.

### Positive Stress Response

- Normal and Essential
- Children may experience this type of response when they take a test or spend the day with a new caregiver

### Tolerable Stress Response

- Stronger stress responses are activated
- Children feel this way during a natural disaster or death of a close family member

### Toxic Stress

- Heightened response to stress due to prolonged stressors
- Child experiences this kind of stress when they are exposed to constant stress without buffering adults

# Covid-19 Resilience Sheet 5

## GROUNDING EXERCISES

If you are not in danger but feeling afraid, try these tips to calm your body down.

**Engage your 5 senses.**



### Sight

1. Look around you. Name all things that are blue.
2. Count all things that start with the letter "s."
3. Name everything in your room.



### Sound

1. Listen to music.
2. Sing a song.
3. Call a friend.



### Touch

1. Hold a piece of ice in your hand for 10 seconds switching hands.
2. Splash your face with water.
3. Go outside and breathe air and notice how air feels.



### Taste

1. Taste favorite food slowly
2. Eat sour or sweet food
3. Drink cold water

1. Light a scented candle.
2. Smell a favorite perfume.
3. Cook favorite smelling food.
4. Use essential oils.



### Smell

**SWMM**  
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# COVID-19 RESILIENCE SHEET 6

## Answering Kids Questions



Q: Why are people wearing masks?

A: Sometimes people wear masks when they are sick or worry about getting sick.

Q: Is the mask a costume?

A: No. The mask is not a costume. The mask just means they don't feel well or don't want to get sick.

Q: Is the person wearing a mask bad or scary?

A: No. The mask covers up part of their face, but that does not mean that they are bad or scary.

Q: Why can't I go to school? Why can't I play with friends?

A: We are doing this so that we don't get sick or make others sick. It won't be forever. Want to call one of your friends?

Q: Will I get sick? Will you?

A: Chances are not high, but if you do, we will take care of you. The Dr's and nurses will make you feel better too.



[www.swimmke.org](http://www.swimmke.org)

## Moderate Stress

- Limit Intake of news to 1 or 2 times a day.
- Schedule breaks from social media.

## • Regulation

- Meditation
- Breathing (pretend you are blowing out candles)
- Exercise
- Produce rhythmic patterns and repetition for brain (follow a schedule)

## Shift Perspective Towards Compassion

Examples:

Original thought:

*People are selfish and hoarding supplies*

Shift to:

*People are anxious and scared*

Original Thought:

*This is inconvenient*

Shift to:

*I am willing to do my part to help decrease threat*



## Reason to Be

- As life slows down, reflect on values, priorities and purpose.
- Get outside and experience nature.
- Explore virtual art and history museums

## Care for the Helper

Your own well-being matters most! You can't care for others if you are not well. Self care is necessary.

## Relationship

- Humans are made to be connected to one another.
- Social distancing does not equal isolation.
- Use technology to check in with friends and family using phone, Face Time, Zoom, Skype

Modified from SaintA's and Dr. Bruce Perry's  
*Compassion*  
**CURVE**