



FRIEND, Inc. Miami Dade Long Term Recovery Group
Resilience Resources: Emotional Health
COVID-19

Resilience Resources

Taking Care of your Emotional Health:

It is natural to feel stress, anxiety, grief, and worry during a disaster. Each one of us reacts differently towards the event, and our feelings about the situation will change over time. Noticing about those changes and accepting how we feel about the situation will help us understand the need for a quick break and/or lead us to set time to take care of our emotional health.

By setting aside some time to take care of our emotional health during a crisis and/or emergency will help take time off, will clear our thinking, and will help us react appropriately to any urgent need that might present during the crisis and/or emergency. By taking care of ourselves during the crisis/emergency will help us our own recovery process in the long term.

For more information about self-care: <https://emergency.cdc.gov/coping/selfcare.asp>

Helping Children Cope:

When a once in a lifetime emergency, such as a pandemic; emerges it affects everyone regardless of age – therefore children are just as affected as adults are. Children will feel upset, confused, and have an array of strong emotions during the emergency/crisis – basically their routine is interrupted and their lives come to a halt. Some children react right away, while others may show signs of difficulty much later.

The information provided at this website can help reduce their stress before, during, and after an emergency: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Taking Care of your Family during Coronavirus

Reliable sources of information during an infectious disease outbreak help ensure family members are taking appropriate steps to stay healthy and address uncertainty about where to find accurate information.

Information regarding strategies to take care of your family during this outbreak can be found here: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf



Information regarding News and Updates in your community can be found:

https://www.miamidade.gov/global/initiatives/coronavirus/home.page?utm_source=FriendlyURL&utm_medium=direct&utm_campaign=Coronavirus

Talking to Teens & Tweens about Coronavirus

The current coronavirus pandemic is causing anxiety and significant life changes throughout the world. Information about the virus can be confusing, overwhelming and scary – and easily accessible to any teen or tween out there via their phone (social media). Talking about the virus, what’s being done to combat it and how all the changes around us are affecting our lives is crucial in helping folks to feel calm and empowered.

So, what should parents do to help their teens and tweens, with easy access to information on their phones and laptops, develop anxiety over what they have heard about the coronavirus?

Here are tips from experts on how to help them:

<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

Coronavirus & Mental Health

Taking Care of Ourselves During Infectious Disease Outbreaks Infectious disease outbreaks, such as the novel coronavirus (COVID-19), create significant distress for the public and strain health care systems tasked with caring for affected individuals and containing the disease.

Fear and uncertainty heavily influence public behaviors (i.e. we all run to get toilet paper). Concerns focus on personal and family safety, inability to distinguish the new disease from more established and benign illnesses, potential for isolation and quarantine, effectiveness of treatments being used, and trust in institutions responsible for managing the response.

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-healthtaking-care-of-ourselves-during-infectious-disease-outbreaks>

Just for Kids

A Comic Exploring the New Coronavirus This resource is for your kids. It's based on a radio story that NPR education reporter Cory Turner did. He asked some experts what kids might want to know about the coronavirus. To make this comic, he used his interviews with Tara Powell at the University of Illinois School of Social Work, Joy Osofsky at the LSU Health Sciences Center in New Orleans and Krystal Lewis at the National Institute of Mental Health.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploringthe-new-coronavirus>