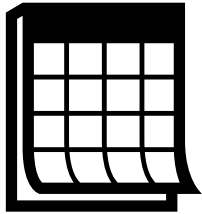


COVID -19 Resilience Sheet 1

Stay Informed

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



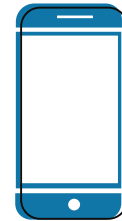
Stay In Touch

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

Other Tips:

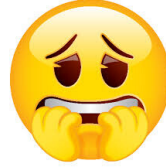
Wash hands with soap and water for 20 seconds-sing Happy Birthday Song twice.
Take care of yourself first to be able to care for your family.

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



SCALING WELLNESS IN MILWAUKEE

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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.)



Covid-19 Resilience Sheet 4

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



Smell

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

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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.



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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