**COVID -19**

**Resilience Sheet 1**

<table>
<thead>
<tr>
<th>Stay Informed</th>
<th>Stay In Touch</th>
<th>Stay Hopeful</th>
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<tbody>
<tr>
<td>Information from respected sources helps us stay in control. Limit time on news sources. Share age appropriate information with children.</td>
<td>Social Distancing (6ft. Apart) is required to stop the spread of the virus. Connect with family &amp; friends via phone and internet.</td>
<td>Remember this is temporary. Enjoy time with family. Find something every day to be grateful for.</td>
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<tr>
<th>Keep a Routine</th>
<th>Manage Stress</th>
<th>Access Help if Needed</th>
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<tr>
<td>Routine promotes security and stability. Make a daily schedule. Give each family member a role and household responsibilities.</td>
<td>Take deep breaths for a minute. Relaxation exercises Mindfulness Meditations Exercise Have fun!</td>
<td>If you or a loved one is in crisis and needs emotional support: Milwaukee Behavioral Health Crisis Line (414)257-7222 Text Hopeline 741741</td>
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</table>

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

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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.
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.)

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?
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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<th>Question</th>
<th>Answer</th>
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<td>Q: Why are people wearing masks?</td>
<td>Sometimes people wear masks when they are sick or worry about getting sick.</td>
</tr>
<tr>
<td>Q: Is the mask a costume?</td>
<td>No. The mask is not a costume. The mask just means they don't feel well or don't want to get sick.</td>
</tr>
<tr>
<td>Q: Is the person wearing a mask bad or scary?</td>
<td>No. The mask covers up part of their face, but that does not mean that they are bad or scary.</td>
</tr>
<tr>
<td>Q: Why can't I go to school? Why can't I play with friends?</td>
<td>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?</td>
</tr>
<tr>
<td>Q: Will I get sick? Will you?</td>
<td>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.</td>
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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

Covid-19 Resilience Sheet 7

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