



LA REINA HIGH SCHOOL & MIDDLE SCHOOL

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With the continual updates about the Coronavirus, it is natural that people of all ages are concerned about what is going on and many may be experiencing some heightened levels of anxiety. In order to help your daughter, below are some tips about how to manage anxiety during this stressful time:

- Recognize that it is normal to feel anxious, sad, scared, confused or angry. Talk about what your daughter is feeling and experiencing. Accept these emotions, rather than avoiding them, as it is normal to feel this way when there is a crisis.
- Go for a walk or exercise. Practice a healthy lifestyle.
- Encourage social engagement. If she is unable to connect with friends or other family members in person, contact them via email, phone, Skype, Facetime etc.
- Make sure the information she hears is accurate, factual and from credible sources.
- Limit time watching or listening to the media coverage, if the information is causing worry or agitation.
- Find distractions from the barrage of updates/information about COVID-19. Encourage working on schoolwork, hobbies, listen to music, play games or even watch a favorite movie or show.
- Manage your own anxiety. Our children look to us for signals about how anxious or relaxed they should be during these kinds of events. Our daughters are very intuitive and can tell when we are feeling one way but saying something else. Reassuring words won't be as effective if your daughter is worried about your anxiety as well.

Please feel free to reach out at any time if I can be of help in any way.

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