

Concern regarding COVID-19 can make children and families anxious and worried. There are several steps you can take to reduce the level of worry in your family, including helping children see that their parents do not seem overly worried. The following steps can be used by children and adults to help cope with anxiety and remain calm.

### What To Do When Feeling Worried

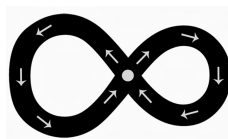


#### Find your Support People

1. Talk about your feelings with trusted adults at home. Ask any questions you may have.
2. Take advantage of technology to stay in touch with loved ones and friends.
3. Even just spending time being close to loved ones is good for your brain!

#### Breathe and Think Happy Thoughts

1. Take some time to practice your breathing. Trace your finger over the figure eight and breathe along with the movement. Do this five more times.
2. Name five things for which you are grateful. You can make a list or do this in your mind.
3. Picture yourself at your favorite place: maybe it is the beach, your bed, or under a tree in a park.



## Always Look for Joyful Activities



1. Have a family game or movie night.
2. Color or draw or make crafts to brighten your home.
3. Move your body through dance or outdoor activities.



## Remember that Your Feelings Are OK!

1. Allow yourself a few moments to complain about or name your worries, but only a few minutes.
2. Dwelling on them or asking for reassurance tends to make you feel worse.
3. Talk about your feelings and what you need. Do not keep your feelings to yourself.



## Make a Schedule or To-Do List

1. Pick some activities like reading, exercise or other fun hobbies.
2. Make a list of what you want to accomplish.
3. Enjoy the pride and excitement you feel when you check off items on the list!



Want More?

Check out these books on YouTube:

[Ruby Finds a Worry by Tom Percival](#)

[Jack's Worry by: Sam Zuppardi](#)

[The Worry Book by Todd Parr](#)

