

Corona Virus Stress and Anxiety: How to cope and talking about coronavirus with your children

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3/21/20



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Mom sent a picture of how their street is socializing



♡ 162K 1:07 PM - Mar 17, 2020



💬 27.1K people are talking about this



Coronavirus has led to...

- A drop in meaningful activities
- Less social engagement
- Less sensory stimulation
- Financial strain
- Less access to coping activities (gym, religious services)


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Rapid Review

The psychological impact of quarantine and how to reduce it: rapid review of the evidence

Samantha K Brooks PhD ^a  , Rebecca K Webster PhD ^a, Louise E Smith PhD ^a, Lisa Woodland MSc ^a, Prof Simon Wessely FMedSci ^a, Prof Neil Greenberg FRCPsych ^a, Gideon James Rubin PhD ^a

Common impact of quarantines during outbreaks

PTSD Type Symptoms:

- Irritability
- Anger
- Hyper-vigilance
- Exhaustion
- Loss of pleasure in activities
- Sleep disruption
- Detachment
- Feelings of unreality

Confusion (and lack of trust in information from government)

Boredom, Frustration, Sense of Isolation

Financial loss

Stigma for those infected

How to get through this time while reducing psychological consequences

Bring your social support back online:

- Identify people in your social support system before the pandemic (family, friend, colleague, therapist, health care professional)
- What kept you sane before the pandemic?
- Use technology to stay connected and do activities you used to do (Netflix Party, FaceTime, Skype, Texting, virtual tours of museums, etc)
- Let kids use FaceTime, other apps you might not have allowed pre-coronavirus

How to get through this time while reducing psychological consequences

- **Reduce news consumption**
- Stop endless social media scrolls/news feeds
- Get solid news source (national news source, experts [CDC, WHO])
- Limit to checking 2-3 times per day
- Unfollow friends who constantly share alarming news
- Focus on other interest topics

How to get through this time while reducing psychological consequences

Develop your new routine
(old routine was helping you more than you realize)

- Habits, routines, rituals are linked w/ your mood
- Are you still taking your daily behavioral antidepressants (pleasure, mastery, novelty, social, exercise)?



MAR
20

Sitting at Home Staring Out the Window

Public · Hosted by [99.5 The River](#)

✓ Interested ▼

➦ Share ▼

...

“Experts recommend sticking to your daily routine even while working from home”

New Yorkers:

@official.agnew



Source: Unknown, 2020

**How to help your kids
through this time**

Routines

- Structure/consistency calming during stressful times
- Stick to regular schedule (approximate a regular school day, wake up/bedtime same as before)
- Visual schedule, timers, review each morning
- Alternate work with play (Premack principle, or “work before play”)

Novelty and Exercise

- While keeping routine...
- Add new creative activities (family game time, baking, scavenger hunt, walks)
- What did you do for fun pre-internet?

Other things to keep in mind

- Avoid watching news in front of your child
- Avoid discussing worries or concerns in front of child
- Model calmness in face of uncertainty, tolerating uncertainty

Be compassionate with yourself

- Don't expect perfection as parent
- Be flexible with your child and yourself

Talking about coronavirus with your kids

- Video about talking to children about coronavirus, from ChildMind Institute
- Kid-friendly Youtube video: Coronavirus Explained (For Kids), Dr Michelle Dickinson aka Nanogirl



me and my coworkers logging into all of our meetings remotely for the next couple of weeks



Source: Unknown, 2020