

STRENGTH FOR THE JOURNEY COPING WITH THE CHALLENGES OF COVID-19

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IMPACT

- More than 5 million students are currently enrolled in Texas schools.
- 100% have been impacted by COVID-19.

Current Situation



Impact of Isolation on Children:

- Onset or increase of behavioral problems
- Attachment to caregivers
- Social skills regressions
- Crying spells
- Difficulties falling/ staying sleep
- Changes in eating patterns
- Temper tantrums
- Avoidance
- Increase anxiety/ sadness
- Vulnerability and fear of the unknown
- Rejection towards family members the child has not seen during the isolation
- Difficulties adjusting to new routines
- Suicidal ideations and self-harm thoughts and behaviors



The impact of TRAUMA (PTSD) can mirror the symptoms of ADHD



Hypervigilance

Inattention

Detachment

Irritability

anger outbursts

Distractibility

Restlessness

Impatience

Impulsivity

A limited sense of future

Difficulty concentrating



IMPACT OF ISOLATION ON ADOLESCENTS AND ADULTS

- Anxiety
- Depression
- Changes in sleep patterns
- Changes in eating patterns
- Fatigue
- Fear of the unknown
- Irritability
- Increase vulnerability
- Verbal and physical altercations
- Crying spells
- Withdrawal
- Suicidal ideations
- Financial stressors



FAMILIES:

- Grief: Discuss the losses
- Resolution: *A NEW NORMAL*
- Plan: Our best, “for now...”
- Adjust: Be flexible
- Self-Care: Daily, intentionally, modelled and normalized



“
“I think we’re all handling it in different ways,” she said of life in the wake of the coronavirus outbreak. “I think, collectively, what I see is a growing weariness. I think we’re tired — physically, emotionally and spiritually exhausted.”-Brene Brown, LCSW



PARENTING

- **Stressors can include:**
- Fear and worry about your own health and the health of your children and loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of alcohol, tobacco, or other drugs.

Everyone reacts differently to stressful situations

THEMES OF TRAUMA

- **Terror** - Scared for one's safety/one's life.
- **Powerlessness** - Unable to do or say anything to stop the current situation.
- **Hurt** - Physical and emotional pain
- **Fear** - Never knowing what is going to happen next.
- **Anger** - at self and others for not being able to do anything to change it.
- **Revenge** - Wanting to "get back" at others.
- **Victim Thinking** - I am no good and this is too hard for me.



Coping skills the “m”s

MEDIA

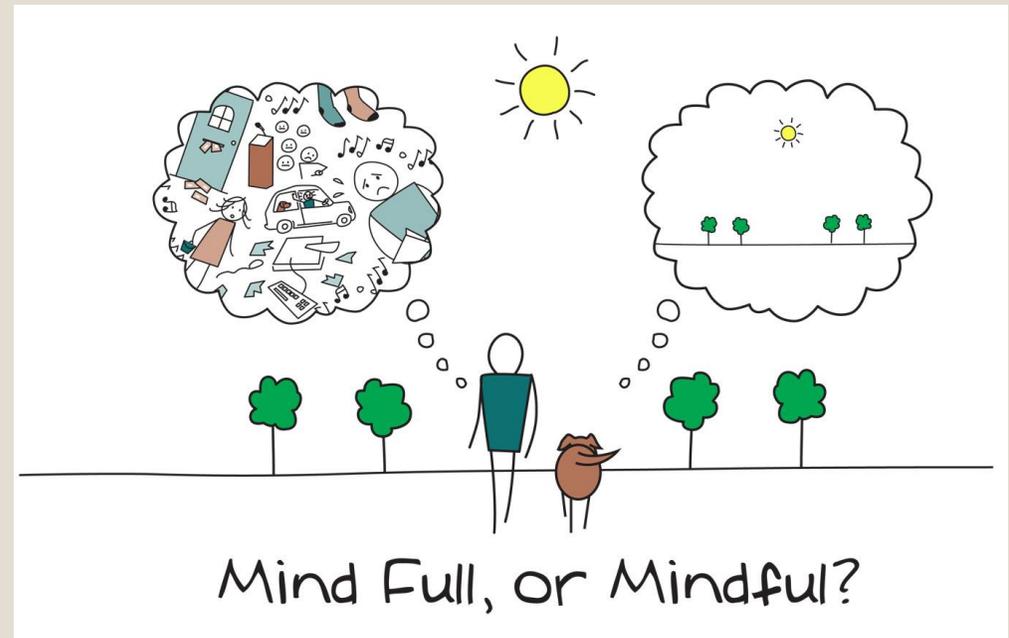
- Limit media exposure
- Recognize confusion, conflicting information
- Talk about it!



Coping skills the “m”s

MINDFULNESS

- **BE AWARE of:**
thoughts > emotions > experience
- **Replacement**
“favorite memory”
- **Practice and Teach**



Coping skills the “m”s

- **MOVE**

- **Get up!**
- **Connect and check your body!**
- **Diffuse the energy!**
- **Release the pressure!**



Coping skills the “m”s

- **MESSAGE**
- **Connect with others!**
- **Ask the questions**
- **Share concerns**
- **Create containers**
- **(write letters, video chat, aps)**



Coping skills the “m”s

- **Meditate and Pray**
- Faith traditions
- Higher Power
- Meditate/Teach timeless truths
- Silver Linings
- Begin new traditions



TRAUMA-INFORMED GUIDELINES



DECREASES Attachment/Safety

Comparisons “You think that is bad, John knows 3 people with Coronavirus.”

Minimizing “What are you complaining about, you got a Coronacation.”

Platitudes “When I was a senior, we really had it bad, we weren’t worried about missing prom, we were worried about being drafted to war.”

Reframing too soon “Don’t worry, soon your mom will find a new job. It will be even better than her old job!”

Business as usual “We are behind because of the days off; we need to stay busy.”

INCREASES Attachment/Safety

Normalize “It is normal to feel...”

Empathize “I am so sorry that happened. It must be very difficult for you.”

Ask questions “What is the worst part about social distancing/Coronavirus for you?”

Sooth senses: Play music, dim lights or use a lamp, diffuse essential oils or use a calming air freshener, display peaceful pictures or photographs, have sweet “treats” available

Create containers Allow free writes, doodles, free draws, role plays, “draw your hurt, fear, pain...”





- Does my child need to see a counselor?
- Trauma Informed Guidelines
- “Dos and Don’ts”
- www.clearhopewellness.com
- COVID RESOURCES TAB



ADDITIONAL RESOURCES & PRESENTATIONS

WWW.CLEARHOPEWELLNESS.COM

COVID-19 RESOURCES & TODAY'S
SLIDES

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- LPC, CSC, CTP-C
- TRAINER FOR STARR/TLC
TRAUMA-INFORMED SCHOOLS
- CEU PROVIDER: LPC, LCSW, LMFT

