



## MID-WEEK MENTAL BOOST

# WE ARE IN THIS TOGETHER

## PRACTICAL TIPS FOR POSITIVITY

For a boost of positivity from Child and Adolescent Psychologist Dr. Adele Solazzo, here are a few self-care tips for parents and caregivers, plus ways to soothe children during these uncertain times.

For more health and wellness resources, visit [www.jwbpinellas.org/COVID-19](http://www.jwbpinellas.org/COVID-19)

### Taking Care of Yourself

- 1 Avoid catastrophic thinking
- 2 Focus on the “here & now”
- 3 Limit what is consumed via online or TV
- 4 Prioritize healthy choices
- 5 Make short-term basic plans or goals
- 6 Set reasonable expectations
- 7 Schedule down time & do what brings you joy
- 8 Don't compare yourself to others
- 9 Press “snooze” on non-positive relationships

### Responding & Soothing Children

- 1 Remember, being present is the best thing you can do
- 2 Talk regularly about COVID-19 to address concerns
- 3 Stick to honest but age-appropriate responses
- 4 Ask “yes” or “no” questions
- 5 Listen & acknowledge feelings
- 6 Use “green, yellow, red” to identify intensity of feelings
- 7 Teach breathing techniques to help self-regulate
- 8 Empathize with emotions – not challenging behaviors
- 9 Contact a pediatrician for concerning behaviors

