

THE ARCHDIOCESE OF LOS ANGELES
YOUTH MINISTRY DIVISION PRESENTS

COPING STRATEGIES DURING COVID-19



Adam Cross



Vanessa Sandoval



Katie Trejo

WHAT IS MENTAL HEALTH?





FAMILY GAP PLAN

- How do we bridge the gap during tough times?
- Set rules for your family.
 - No harsh words
 - No nice words with harsh faces
 - Say you're sorry
 - Accept apologies with a "thank you"
 - Laugh more

We may
have
come on
different
ships, but
we're in the
same boat
now.

- MARTIN LUTHER KING, JR

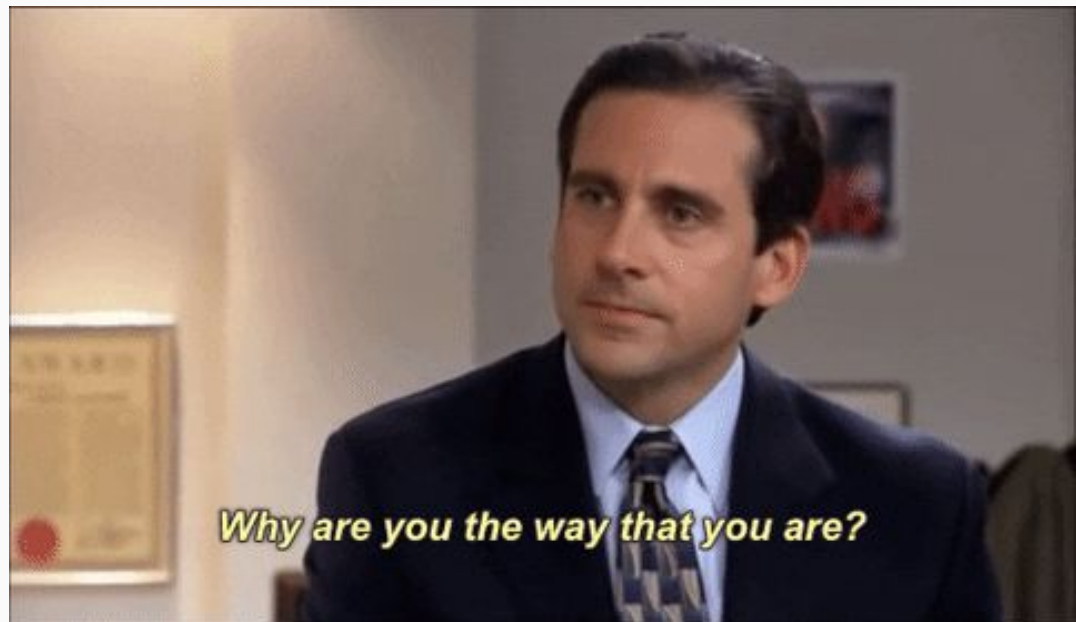
HOW DO WE MOVE AWAY FROM
COMPARATIVE SUFFERING?



- IT'S OK TO NOT BE OK
- TAKE TIME TO FEEL
- EVERYONE IS DIFFERENT
- THIS SUCKS

Building a Relationship with Yourself

- *Why are you the way that you are?*
- A relationship with self
- God as relationship itself
- All called to this relationship



Walking with Teens

- Letting Christ be Christ
- Walking with the teens in understanding what is going on
- Doing our own work as ministers, mentors, evangelists





Tools to Build

- Distinguishing between thoughts and feelings
- Buckets: Sad, Mad, Glad, Afraid
- Journaling and Letters

Trauma

3 E's of Trauma

Event(s)

Experience

Effects

→ Trauma is not the event itself, but how our mind + body interpret the event

Risks of COVID

Domestic Violence

Child Abuse

Parental Separation (Isolation)

Death/Grief (of various losses)

Substance Use/Abuse

Mental Health Concerns

Reactions

Physical symptoms (headaches, rashes, etc.)

Sleep/appetite disturbance

Agitation or decrease in energy

Ignoring health promoting behaviors

Isolating from peers and loved ones

Avoiding/cutting school

→ A significant emotional/behavioral change!

Symptoms of Depression in Children and Adolescents

Acting sad



Frequently crying



Changes in sleep patterns



Changes in appetite



Lack of energy



Diminished attention/concentration



Lack of interest in events/hobbies



Sense of helplessness or hopelessness



Signs of Anxiety

And Managing Anxiety



@CACCOvina - FB - IG
Vanessa Sandoval, LMFT 119109

WHAT IS IT?

Anxiety is the mind and body's reaction to stressful, dangerous or unfamiliar situations.

It's normal to be worried & stressed, but those with anxiety experience more exaggerated feelings of worry and tension



SIGNS

Uncontrollable worry or trouble with concentration, memory or thinking clearly



Stomach and digestive problems

Increased heart rate



Changes in energy and difficulty sleeping

Irritability and/or restlessness

MANAGING

Take 10 deep breaths; Smell the flower & blow the pinwheel

Get moving! Take a walk everyday, dance or exercise



Call, text or video chat as needed to stay connected with others

Limit exposure to media and set phone boundaries

Use a mindfulness or meditation app

Self-Care

It is not a luxury, it is **essential**

“Self-care is something that when you do it, you wake up the next morning feeling better, while numbing is something that when you wake up the next day, you think, ‘Maybe I didn’t need that extra glass of wine or dessert.’”



Communication

Encourage discussion of outbreak
(but do not force)

Patience & reassurance

- How are you feeling today, really?
- How have you been sleeping?
- What did you do today that made you feel good?
- What is something you are looking forward to in the next few days?
- What are you grateful for right now?



MentalHealthFirstAid.org

1

"I'VE NOTICED..."

Focus on behavior changes you have noticed. Do not make assumptions or point out "character flaws."

2

BE GENUINE

Young people are good at recognizing when adults are "faking it." If you're uncomfortable in a discussion with a young person, admit it.

3

CHANGE SCENERY

Where you have a conversation might make you or the young person more comfortable. Try different settings to see what works best.

4

DON'T COMPARE

Avoid comparing the young person's life and yours at that age. The world changes, and new opportunities mean new challenges.

5

AVOID SLANG

Use language you are comfortable with. Using slang you aren't used to will be a red flag for a young person.

Resources

Self-Care

Guided Meditations for Adults & Teens <https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

Meditations For Kids <https://www.headspace.com/meditation/kids>

Headspace: Guided meditation and mindfulness - [download the app!](#)

Residents of Los Angeles County can sign up to access Headspace Plus at no cost until December 31st, 2020.

For Parents/Caregivers

UNICEF COVID-19 Guide for Parents <https://www.unicef.org/parenting/coronavirus-covid-19-guide-parents>

PBS (article): How to Talk To Your Kids About Coronavirus

(English) <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

(Spanish) <https://www.pbs.org/parents/thrive/como-hablar-con-tus-hijos-sobre-el-coronavirus>

Activities

BrainPop: Educational video, games & activities <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Art Resources During COVID-19 <https://culturela.org/programs-and-initiatives/arts-resources-during-covid-19-2/>

Safety Hotlines (Handout)



TRAUMA INFORMED MINISTRY

- Build Relationships
- Stay Connected
- Ask for Help

PANELISTS:



Adam Cross



Vanessa Sandoval



Katie Trejo

(805) 428-3755
amc.cross7@gmail.com
www.adamcrossmft.com

vsandovalmft@gmail.com

katietrejomft@gmail.com