

THE ARCHDIOCESE OF LOS ANGELES  
YOUTH MINISTRY DIVISION PRESENTS

# COPING STRATEGIES DURING COVID-19



**Adam Cross**



**Vanessa Sandoval**



**Katie Trejo**

# WHAT IS MENTAL HEALTH?



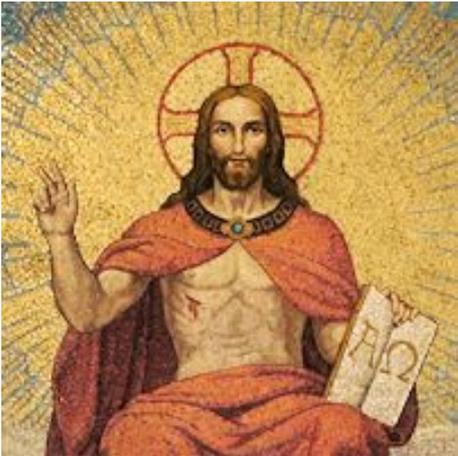
# Building a Relationship with Yourself

- *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



# 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

# 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



the  
children's  
advocacy  
center

@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?

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)**

## PANELISTS:



**Adam Cross**



**Vanessa Sandoval**



**Katie Trejo**

(805) 428-3755  
[amc.cross7@gmail.com](mailto:amc.cross7@gmail.com)  
[www.adamcrossmft.com](http://www.adamcrossmft.com)

[vsandovalmft@gmail.com](mailto:vsandovalmft@gmail.com)

[katietrejomft@gmail.com](mailto:katietrejomft@gmail.com)