

Do you have a teen or young adult at home? Or do you have middle or high school students you are teaching online? They may be struggling with the COVID-19 crisis and having physical or emotional symptoms. Here is a checklist to consider.

## Does Your Teen Show any of These Signs?

- sleeping all day, staying up all night.
- shutting down, not talking to family members.
- eating unhealthy snacks
- staying closed up in the bedroom.
- taking in too much negative information.
- feeling “keyed up”
- feeling on edge
- irritability
- difficulty concentrating
- restlessness
- unexplained outbursts
- frequent headaches, including migraines
- digestive Problems
- excessive fatigue

These symptoms can be harmful to one’s physical or emotional health.

Here are some approaches you can try and promote shaping the rhythm of the day or restoring physical or emotional health.

# Be Proactive

**Set Clear Expectations—** This helps youth build a routine with rhythm to their day.

1. Time for exercise or movement (high physical energy)
2. Time for reading or studying (low physical energy), but mentally and emotionally taking in information
3. Time for creating, such as, playing an instrument, writing a story, or doing artwork (high inspirational or fun energy).

4) Time for leisure (medium fun energy), spending quality time with family members playing cards or board games,

5) Time to contribute value to the entire household, such as, washing dishes, taking part in making dinner, or mowing the lawn (medium energy).

## **6) Allow Your Teen to Worry- avoid telling your teen to not worry.**

Give your teen time with you each day to vent worries and brainstorm solutions together.

## **7) Practice Reframing**

Set time aside to practice positive reframing to promote and empower your teen to act upon h-her anxious thoughts.

## **8) Empathize Often**

Send the message to the teen h-she is being validated for their emotions and they are not alone.

These are just a few ideas. Think of your own and share your comments and ideas with me and others.