

COVID-19 coping tips *for teens*

The coronavirus is upending many aspects of our lives, including our routines, our experiences and even our opportunities. It can be hard to deal with so much change while practicing social distancing, yet social distancing, along with good hand washing, is the best way to help keep COVID-19 from spreading. It's OK to have feelings of frustration, sadness, worry, confusion and even happiness. You may experience many different feelings at the same time and your feelings may change day-to-day. Below are some ways to cope with different areas of your life that may be impacted.

HOME

You may find yourself spending a lot more time at home than usual. It can be hard to spend so much more time in a small space with your parents and/or siblings. Make time for yourself to decompress and recharge. Do things to relax your mind, whether that be diving into a new book, listening to music, journaling (you're taking part in a historical world event!), drawing or getting outside and being active. You can also use this time as an opportunity to engage in games and activities with your family. Have a movie night or cook-off. Tackle an at-home or do-it-yourself project and be creative. The opportunities are endless!



SCHOOL

COVID-19 drastically changed how many of us experience school. Some of you may have online classes or assignments to work on at home. It can be helpful to create and maintain a routine, just as you follow a schedule at school. Designate a quiet area in your home that allows you to focus and limits interruptions. Within your routine, allow yourself time to take a step back and breathe. Include time for lunch and snacks, a walk, or a call to a friend.





FRIENDS

Social distancing is important, but we know it's not easy. Not being able to see your friends can be challenging and leave you feeling disconnected. Social media can be a great resource to stay in contact with friends and family members. Consider having a daily or weekly video chat, create a virtual book club or play video games or games on social platforms with one another. Keep in mind – this is temporary. Utilize this time as an opportunity to create new ways to have fun and connect with your friends!

SPECIAL EVENTS AND EXTRACURRICULAR ACTIVITIES

This time of year is usually packed with exciting events, some that you may have been looking forward to for a long time. Sports, vacations, celebrations and momentous events like graduation, may have been postponed or even canceled. The change of plans may make you feel sad, frustrated or disappointed because it doesn't seem fair. While at home, you can still get outdoors and practice your sports alone or with family. Missing out on a trip or vacation? Use your electronic devices to visit places around the world online. Search the internet for virtual tours of zoos, national parks and museums. If you're a graduating senior, spend time recognizing your important accomplishments over the past year and plan a celebration for the future. Dream about what you're most looking forward to once the pandemic subsides. Connect with teammates to have a virtual "practice" or put on your formal wear and join friends online for a virtual prom.



NEWS

While it's important to stay informed with the latest updates regarding COVID-19, too much information can actually create more stress and anxiety. Consider limiting the amount of time that you spend watching the news on TV, listening to the radio or browsing through social media.



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