

Coping Skills for Dealing with the Coronavirus (COVID-19) *from a Child Therapist*

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Coping with Coronavirus (COVID-19)

What a strange time, huh? Things are changing day-to-day, and there's a lot we don't know and can't control. For me, this means interacting with my clients and their families via email, phone, and video calls.

Coping Skills to Try

- Label Your Feelings
- Acknowledge What You Can and Can't Control
- Do Some Movement
- Practice Gratitude

