Coping With Pandemic Anxiety As Kids Return To School

Overview/Description
The start of the school year during the COVID-19 pandemic is filled with uncertainties and concerns that are causing understandable stress for many parents and caretakers. This workshop is designed to help people cope with emotions and anxiety in response to returning to school during the pandemic. We’ll provide an understanding of the types of reactions people may experience during this time, and offer practical tips for coping.

Many people undoubtedly also have anxiety about their specific school system’s plans or concerns about disease prevention should children interact with each other. While this webinar won’t provide guidance around how to navigate those issues specifically, the coping strategies we discuss will be beneficial no matter what you’re facing as you begin the school year.

Target Audience
Parents and caretakers coping with the stressors surrounding the start of the school year during the pandemic

Duration
45-60 minutes

Objectives
In this workshop, we will present techniques to find ways of coping with anxiety such as:

- Articulating emotional issues, to help parents and their teens feel more in control
- Reviewing individual stress responses and their impact on coping, to limit our reliance on unhealthy responses
- Exploring coping strategies for parents and their teens who are experiencing uncertainty, to help them remain as effective as possible during schooling
- Reviewing tips for parents of younger children to help them provide their children with emotional support