

# RESILIENCY IN COVID

FWISD's Prevention & Crisis Response Newsletter

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## You are not alone.

Warm Greetings from FWISD's Prevention and Crisis Response Team and campus counselors, intervention specialists and case managers. We want you to know that we are here for you. We are living through some trying times that further stress students who already have issues with anxiety, depression, and general worry over what is happening in our country at this time. We also know that parents are under a great deal of stress with kids at home, worry about jobs and how to financially navigate these times.

Although we may be physically distancing from each other, we want to encourage all of our FWISD community to stay connected. In difficult times, when our lives feel upside down, we can withdraw and hide ourselves or we can choose to stay close and connected. Connection is a key in overcoming our fear and stress. We hope this newsletter can shine a light on things you and your family may be feeling and be a help for finding your own strength as we all go through this together. During this closure, we will share information and resources through our newsletters. Please also feel welcome to contact us -- our email addresses are on the last page.

## What is Resiliency?

Resiliency means to overcome very stressful and potentially damaging events and circumstances, to 'bounce back'. It is seen in individuals, communities and whole nations.

### Q: How do I become more resilient?

A: By first acknowledging what you are going through, what you are feeling and then step-by-step, finding the strengths in your life, finding what you can do and staying connected.

With the new day comes new strength and new thoughts.

-Eleanor Roosevelt



## We Offer These Resources For You

**US.** We are always available for you, even though we are not in our offices at this time. You will find our email addresses and a flyer that describes some of the services we can provide on the last page. We respond within 24 hours to your emails.

### FWISD Family Resource Centers

Mental & Behavioral health for FWISD families  
<https://www.fwisd.org/Page/5357>, 817-815-2830

### The Parenting Center, Parent Advice Line: 817-332-6399

The Parenting Advice Line is a free, confidential telephone line for concerned parents or caregivers with questions about raising children. Our telephone line is open Monday through Friday from 12 to 3 p.m.

### National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Free and confidential support for people in distress, 24/7.

### The National Domestic Abuse Hotline

The Hotline provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse. We also provide support to friends and family members who are concerned about

a loved one. Resources and help can be found by calling 1-800-799-SAFE (7233).

### Crisis Text Line 24/7

"Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis."  
<https://www.crisistextline.org/>

### CALL 911

IF ANYONE IS IN IMMINENT DANGER OF HARM TO THEMSELVES OR OTHERS.

### Non-Emergency Police Department Phone Numbers:

Benbrook Police Department 817-952-2127  
 Fort Worth Police Department (River Trails) 817-392-4222

### Anonymous Reporting of ANY ISSUE:

**Crime Stoppers, Friends for Life** The tips/reports are entirely anonymous. You can report from your cell phone, computer, or via the telephone. The app for your phone is entirely free. If you learn of someone in trouble with self-harm, abuse, bullying or harm to others, domestic violence, gang activity, you can report by "submitting a tip."  
[www.469tips.com](http://www.469tips.com) or 817-469-TIPS.

## Becoming Resilient

Remember: Brains are under construction until the age of 25. Just like paying attention to what you put into your body, what you put in your brain is important too! Slowing down enough to get your brain online and make good decisions about what to do with stress: *take walks, breathe, reflect*. What do we need most in the world right now? RESILIENT ADULTS.

### Resilient Adults create RESILIENT KIDS who can:

- Manage strong feelings
- Regulate stress levels
- Can see beyond frustration
- Believe their life matters
- Have Hope about their future
- Use Humor
- Use coping strategies
- Seek out relationships and bonding
- Enjoy helping others and giving back
- Balance their health, interests and hobbies

## For Parents

### Keeping a Routine For You & Them

There are few things as important as your reactions to the stress you are currently under. The most important thing you can do for your child is teach and model how to handle hard things. Everyone goes through something difficult in life, but the more positive coping skills a child has, the better outcome you and they can expect. One of the most important pieces of your own coping is to be gentle with yourself. Work to let go of frustration as much as possible and remind yourself that you are all doing the best you can right now. Know that when your child is difficult (whining, crying, talking back, hyper, lethargic) they are expressing a need. Try to figure out what the need is behind the behavior and you will be able to mitigate the stress you feel from their acting out. Often, the need behind the behavior is your attention. Taking care of you is one of the best ways to take care of others.

### Q: I have a senior in my life who has been extremely moody lately. What can I do to help?

**A: Acknowledge the loss.** It's true that disappointments about prom or graduation are small compared to the tragedies that thousands of families are facing currently, but it's also true that the loss of the school year and the important ceremonies that mark the end of it results in real grief. Acknowledging the loss and their feelings about it is a good first step toward healing. Help them **identify and name** what they are feeling. This, also, can help ease the pain. Dan Siegel says, "Name it to tame it," meaning when we label emotions, we can integrate them better. **Teach about grief and help them make meaning of the current situation.** Meaning comes from finding the light in the dark times; the gratitude we feel for others, helping and supporting others. A joyful life comes from resilience--having the tools needed to cope with life's difficult and painful moments. This generation is building those tools that will serve them for the rest of their lives.

### MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

BlessingManifesting

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

### Kids' Sadness About COVID-19 May Look Like:

<p><b>Anger</b></p> <p>"This stupid remote doesn't work!"</p>	<p><b>Resisting the "new order"</b></p> <p>"I'm not doing four math problems! I'm only doing one!"</p>	<p><b>Tiredness</b></p> <p>"I don't want to go for a walk. I'm too tired!"</p>
<p><b>Numbing Out</b></p> <p>("Just 30 more minutes on the iPad!")</p>	<p><b>Displaced frustration</b></p> <p>"I didn't want lasagna for dinner. I wanted tacos!"</p>	<p><b>Boredom</b></p> <p>"I'm bored" = code for "I'm sad"</p>

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## For Teens & Children

Coping Skills

1. Take deep breaths
2. Take a quick walk
3. Get a drink of water
4. Stand up and stretch
5. Take a time out
6. Say something kind to yourself
7. Talk to a friend
8. Say, "I can do this."
9. Think about someone you love
10. Get enough sleep
11. Write in a journal
12. Jog in place
13. Do something kind
14. Draw a picture/color
15. Make a gratitude list

Conversations will not be cancelled.  
 Relationships will not be cancelled.  
 Love will not be cancelled.  
 Songs will not be cancelled.  
 Reading will not be cancelled.  
 Self-care will not be cancelled.  
 Hope will not be cancelled.

May we lean into the good stuff that remains.



**Just because it's online, doesn't mean it isn't hurtful...**

Cyberbullying and harassment are still not okay. Take care of yourself and those around you. Be a helper...

# HELP A FRIEND...

## CRIME STOPPERS

817-469-8477 TARRANT COUNTY

**FRIENDS FOR LIFE** HAVE A FRIEND IN NEED? STAY ANONYMOUS & HELP

- BULLYING
- DATING VIOLENCE
- CYBERBULLYING
- FAMILY VIOLENCE/ABUSE

- GANG ACTIVITY
- SEXTING
- SEXUAL HARASSMENT
- SUICIDAL THOUGHTS

DOWNLOAD OUR APP

SEARCH FOR "CCS FFL" IN THE APPLE APP STORE OR ANDROID MARKET

VISIT ONLINE

[WWW.469TIPS.COM](http://WWW.469TIPS.COM)

CALL

**817-469-TIPS**

LIVE CHAT

ANONYMOUS ONLINE WEB FEATURE ON 469TIPS.COM





## COACHING & SUPPORT FOR PARENTS AND TEACHERS

TELEPHONE SERVICES PROVIDED BY FWISD TRAUMA SPECIALISTS

### STRATEGIES FOR FINDING CALM IN THE STORM

- SELF-CARE AND LOWERING STRESS
- RECOGNIZING EMOTIONS & CORRECTING BEHAVIORS
- MANAGING SCHEDULES & ROUTINES
- BUILDING SUCCESS WITH CHILDREN AT HOME
- MEETING THE NEEDS OF THE FAMILY

Balancing work life, home life, and school life has become increasingly difficult with the current pandemic. During this time, we are all experiencing heightened thoughts and emotions that may be overwhelming us. Our worries can affect the way we communicate with each other and damage our relationships. How adults cope with the stress not only teaches positive coping skills to the children in our lives, but it will improve the connection between the child and caregiver. This releases stress-relieving chemicals that help everyone feel more safe and secure. We are compassionate, licensed professionals and we are here to help. Please reach out—everyone can use support during this unsettled time.

TO SET UP A TELEHEALTH SESSION CONTACT: TRAUMA SPECIALISTS @ 682-233-3710

## CONTACT INFO

682-233-3710

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"KNOWING THAT WE CAN BE LOVED EXACTLY AS WE ARE GIVES US ALL THE BEST OPPORTUNITY FOR GROWING INTO THE HEALTHIEST OF PEOPLE."

— MR. ROGERS