

# Connect to Cope- Strategies for the Challenges of our “New” Norms

Just a few months ago, none of us could have predicted we would be in the situations we are facing today. Life as we know it has completely changed, and we are all in this together fighting a global pandemic for the first time in our lifetime.  
Always remember you are not alone, you are loved, and we can get through this!

## Need help connecting with a friend? Here's some questions to help “check-in”, during COVID-19

1. All this time away from school and my friends has me feeling \_\_\_\_\_, how about you?
2. What are the top 3 things that you are missing most right now and why?
3. What have you been doing at your house all day, I am getting really bored? Any ideas?
4. I have been thinking about doing \_\_\_\_\_ to stay active, what do you think?
5. The remote learning we are doing now is so different, do you find it frustrating at times too?



## Tips for having a Meaningful Conversation

- Listen and stay present during your conversation, you don't always have to plan what you will say next.
- Validate and express that it is okay to not be okay all of the time. You can share a time that you have struggled and what you did to feel better.
- Empathy is the greatest tool you can use to connect to others! This is the ability to share and understand feelings with others around you.
- This video helps explain how empathy fuels connections: Video: <https://youtu.be/1Evvgu369Jw>

## Self Care Check

### Body- Check In

*I'm feeling:*

*tired, no energy, crummy, hungry, lazy.*

When you're not taking care of your body, nothing else feels right, so this is a great place to start when you feel like there's too much going on to handle.

Here's what you can do:

- Drink a big glass of water
- Eat a tasty snack
- Exercise (walk, run, stretch, push-ups)
- Practice your favorite sport/activity
- Take a shower/bubble bath, and get dressed
- Turn on some music and dance
- Take 10 deep breaths
- Go to bed early or take a nap

### Mind- Check In

*I'm feeling:*

*panic, sadness, anxious, hopelessness, negativity, frustration, anger.*

When you're really stressed, it's important to relax your mind, and it's really hard to do in the heat of the moment. Here's what you can do:

- Watch a movie/ listen to music
- Do something creative/artistic
- Write in a journal
- Read a book
- Lose the caffeine
- Take a personal timeout
- Practice Mindfulness/ stay present
- Feel your feelings
- Know it's okay to not feel okay

### Social Life- Check In

*I'm feeling:*

*Isolated, lonely, disconnected, left out, being a loner, anti-social.*

We all feel better when we're around other people. Connect with others or reach out for more help.

Here's what you can do:

- Call a family member or friend to catch up
- Start a Blog and share your ideas/thoughts
- Find what your school is providing for online
- Connect with friends on social media
- Take a neighbor's dog for a walk
- Explore volunteer options
- Play with your pet
- Visit a nearby park

For Support  
Call - (231)722-HELP  
(4357) or  
TEXT 'teen2teen' to  
839863 (ages 11-21)