



**“Helping Our Teens Thrive In This Uncertain COVID Environment”**  
**New Canaan Cares**  
October 14, 2020

**Part 1: Processing What’s Happened So We Can Move Forward**

Name it to tame it:

Normalize all feelings:

Empathy sounds like:

Understanding Ambiguous loss:

Your surge capacity is depleted:

When something becomes chronic:

When will a sense of normal return:

Deeper connections available now / Say "thank you":

Maybe it's time to move from coping to adapting:

The dilemma of acceptance:

Write a list of all the things you CAN control:

We can do hard things:

## **Part 2: Solidifying the best coping mechanisms and self-care tips**

Adaption is necessary:

Acceptance helps:

Gratitude:

Isn't it funny how **obvious** and **oblivious** are so close:

Best self care:

Build your resilience bank account:

Spiritual, physical and intellectual self-care:

Designate an accountability partner:

Both/And style of thinking:

What helps:

#1 biggest predictor of resilience:

Boundaries and Mantras:

### **Part 3: Integrating what we learned during quarantine to cultivate hope and resilience**

Cultivating hope:

Stop getting distracted by things that have nothing to do with your goals:

A gift to your future, anxious self:

Wait 24 hours:

Family meetings:

Takeaways:

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