

Coping Strategies




Best practices for coping during these unique times.



Date: 04/07/2020

*Presenter: Roberta Grace Scott, PhD
Director, Social & Emotional Learning*





Are
You
Coping?

- ✓ Numbness
- ✓ Dissociative behavior
- ✓ Confusion
- ✓ Difficulty making decisions
- ✓ Feelings of detachment
- ✓ Depression
- ✓ Difficulty concentrating
- ✓ Anxiety
- ✓ Eating disturbance
- ✓ Irritability
- ✓ Difficulty sleeping
- ✓ Loss of interest in activities/hobbies
- ✓ Emotional and Mental fatigue

Unhealthy Coping Skills to Avoid

- Drinking alcohol or using drugs
- Overeating
- Sleeping too much
- Overspending
- Avoidance



How Can You Help



- Pay Attention
 - Listening
 - Shared Activities
 - Being Aware
- Minimize the Impact
 - Turn off the Technology
 - Maintain routines
 - Be careful about what is shared
- Show the Way
 - Model Healthy Coping Skills
- Empower



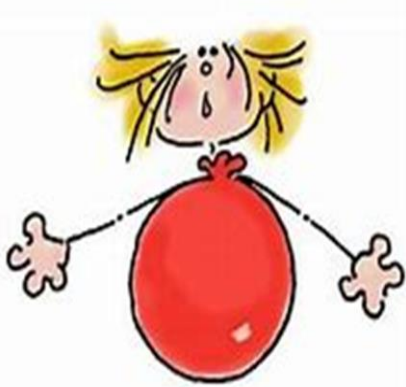
Mindful Walk



Mindfulness with Music



Breathing and Visualization



Breathe in



Breathe out



Seek Professional Help If...

- ✓ Your child continues to be very upset (anxious, fearful, sad, angry) for more than 2 to 4 weeks.
- ✓ Your child's problems get worse instead of improving over time.
- ✓ Your child's reactions affect their work or relationships with friends or family for a prolonged period.



HISD
@H.O.M.E.
HOME-BASED ONGOING
MOBILE EDUCATION

Wraparound Services Contact:

Dr. Kenneth Davis
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Jarad Davis
Jarad.davis@houstonisd.org


District Supports



- Virtual SEL counseling services for students in grades 3-12 and
 - PreK-2nd resources & consultation services will be available as needed to help you support your child.
- Sandy Hook “Say Something” App or Hotline (844)572-9669
- Submit Online Tip: www.saysomething.net 
- Wraparound Questions & Supports
 - Email:** Dr. Kenneth Davis kdavis17@houstonisd.org or Jarad Davis jarad.davis@houstonisd.org
- Social and Emotional Learning Questions & Supports
 - Email:** Dr. Roberta Scott hisdssel@houstonisd.org

Additional Resources



- Coping Apps An illustration of a smartphone with various colorful app icons floating around it, including social media, productivity, and health-related apps.
- The Crisis text line (741741) is offering free telehealth by typing HOME to the text line.
- City of Houston has a crisis teletherapy line
- NAMI <https://namigreaterhouston.org>
- SEA Center Warm Line 713-970-4483
- Disaster Distress Line 1-800-985-5990

Thank you

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