

Coping with Covid

I. Acknowledge- Assess and Express

A. Time and Space

What can this look like in your home?

B. Teach and Validate

How would modeling/demonstrating self-assessment, emotional expression and managing emotions feel in your home, to your children?

C. Take-aways:

II. Grief and Loss

A. Healthy versus unhealthy

1. All the feels
2. Unique and yours
3. Seek others

What does grief and loss look like in your home?

B. Acknowledge and validate

How are the children in your world experiencing grief and loss, what do they miss the most?

C. Take-aways:

III. Forward Momentum

A. Gentleness

How are you able to extend gentleness to yourself and the people in your family?

B. Routines and Sleep

What are the routines and time anchors for your home?

C. Support Network

1. Prayer
2. Family and Friends
3. Additional supports

What does your prayer and support network look like or consist of?

D. Take-aways:

Scriptures to write on your heart, surrounding yourselves and children with God's word- RENEWS US!!!!

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4: 6-7

"Be still, and know that I am God;" Psalms46:10

My grace is sufficient you, for my power is made perfect in weakness. 2Corinthians 12:9

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." Joshua 1:9

Teach us to realize the brevity of life, so that we may grow in your wisdom. Psalms 90:12

A time to weep, and a time to laugh; a time to mourn, and a time to dance; Ecclesiastes 3:4

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