Strategies for Managing Anxiety and Fear for You and Your Children

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“We may have all come on different ships, but we’re in the same boat now.”

— Martin Luther King, Jr.
Our Current State of Affairs

- Newness and Uncertainty
- New expectations from work and home
- Rapid change
- Confusing/inconsistent communication
- Heighten levels of mental and physical overload
- Living in the liminal in the land of uncertainty
• Anxiety = uncertainty x powerlessness
• Fear = Lack of knowledge – hope
• Disappointment = Expectations – Reality
• Happiness = Wanting what you have ÷ Having what you want
• Joy = Love–Fear
• Thriving = Frequency of Positive ÷ Frequency of negative
Brené Brown Says...

FFT or TFT

Normalize it

Put it into Perspective

Reality Check Expectations
Deborah Farmer Kris Says...

Am I overstimulated?

Do I need sleep?

Do I need exercise?

Am I hungry?

Turn down the FireHOSE
Jon Kabat-Zinn Says…

STOP

TAKE A BREATHE

OBSERVE

PROCEED
Jennifer Kolari Says...

C - Connect
A - Affect
L - Listen
M - Mirroring
Justin Coulson Says...

Love

LIMIT

Laugh
Kimmie Fink Says...
“If your compassion does not include yourself, it is incomplete.”

— Jack Kornfield
Control From Within

- Positive self-talk/thought checking
- Growth Mindset
- Self-care
- Quieting your mind, body, and spirit
- Deep Breathing
- Sleeping, Eating, and Hydrating
- Self-soothing/self-regulating
Control Outside of You

- Establishing Routines
- Setting Boundaries
- Developing Communication Standards
- Engaging your Family
- Connecting with your Support Systems
- Creating temporary work expectations/standards
- Cleaning, organizing, and purging
- Learning something new / completing old tasks
“Incredible change happens in your life when you decide to take control of what you do have power over, instead of craving control over what you don’t.”

—Anonymous
Commonalities Within Strategy

• Lean into what is going on (self inventory)
• Explore where it is coming from (it’s alarming you for a reason)
• Start looking for solutions (ask questions and take action)
• Try something and try something new if needed (be determined)
• Try to communicate what you need (without shame)
**Exploring Your Toolbox**

- Deep Breathing
- Soaking/Bathing/Showering
- Baking/cooking
- DIY/Arts and Crafts (be kidlike)
- Draw/Color/Write/Journal
- Listen to Podcasts/Audiobooks
- Binge Watch your favorite movie/show
- Exercise (move your body)
- Meditate (quite your mind/soul)
- Practice Spirituality/Religion
- Nap

- Connect with family/friends
- Clean/Purge/Organize
- Be in Nature (barefooted)
- Play Games (with kids and adults)
- Laugh at Memes, yourself, and your family
- Allow yourself screen time
- Dance/Sing/Make Skits
- Give yourself permission to say no
- Demand your alone time
- Drink that coffee, eat that chocolate
Takeaways

• Be patient
• Practice Gratitude
• Focus on quality time
• Use all Resources/Coping Tools
• Ask for help (inside your home and virtually)
• Be ok with “just ok”
• Focus on what you can control
• This is temporary (reframe—its like summer with limited resources)
Resources

For You

- Action for Healthy Kids (blog)
- Mental Health Resources (text NAMI to 741741) or info@nami.org or call 911
- SAMHSA (SB and MH Services)
- suicidepreventionlifeline.org
- Audible free books
- Podcasts on Spotify
- Teachers Pay Teachers
- Wholehearted School Counseling
  - Mindfulness Brain Breaks
  - Self Regulating Coping Strategies
  - Mindfulness Breathing exercise
  - Calm Down Corners

For Your Children

- PBS kids
- ABC mouse
- Cosmic Yoga or Alo Yoga
- Scholastic
- Khan Academy
- Action for Healthy Kids (blog)
- Kidlit411
- Reading rockets (kids who blog)
- YouTube/Google
We’re going to get to “the OK”