

Becoming CHAMPS: Tips for Parents in Helping Their Family Manage Anxiety During COVID-19

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Becoming CHAMPS During COVID-19!

CHAMPS!

C = Calm

H = Have a schedule

A = Amount of COVID-19 talk (limited)

M = Maintain connections

P = Pursue Flexibility

S = Strengths identification (what you've done right)!



C = Calm

Parents = overwhelmed, stressed, and anxious!

- Multiple roles (work; children's school schedule at home)
- Information overload during COVID-19

What can you do as parents???

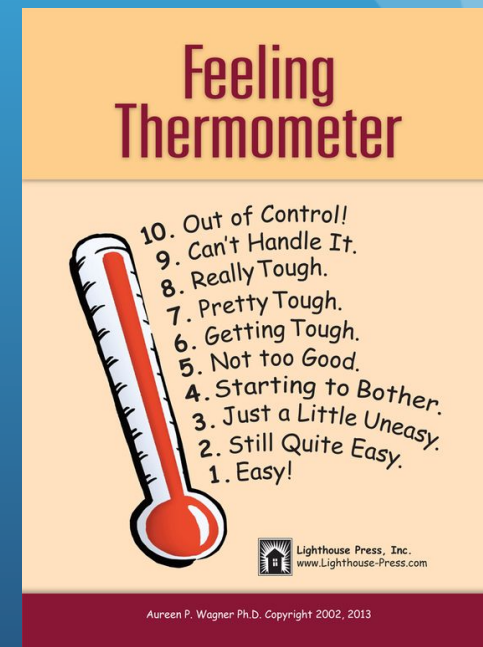
- Hint: STAY CALM!

Feelings Thermometer (Wagner, 2013)

- 7 or higher = Separate yourself temporarily (ex: Take a Walk; Jumping Jacks; Meditate)

The Same logic applies for kids!

- Give them space to calm down
- If needed, reinforce strategies they know
 - Model calm for them



H = Have a Schedule

Consistent Schedule

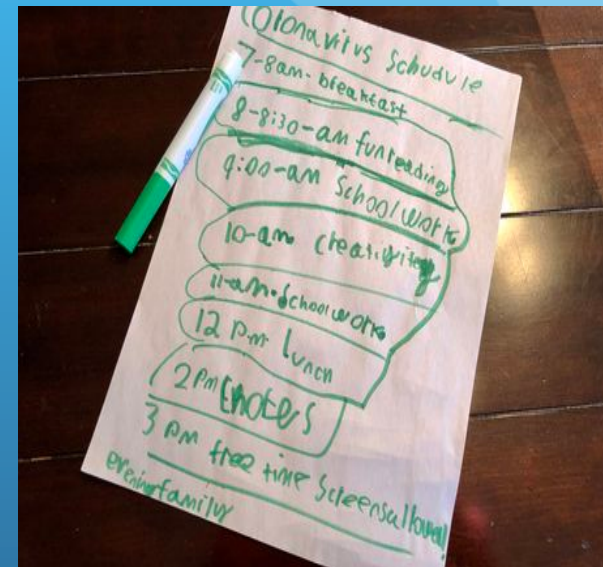
- Wake up at a set time (alarm clock)
- Schedule meal times

Use of work station (for kids too!)

Outdoor activities (backyard/walks)

Screen time at the end of the day

Consistent bedtime



A = Amount of COVID-19 Talk (Limited)

INFORMATION OVERLOAD!

- Social Media + Internet + Conversations = ANXIETY!!!

Limit the amount of COVID-19 talk

- 2-3 times per day (15-20 minutes)
- Only 1-2 news sources

Worry Time (for kids who are anxious)

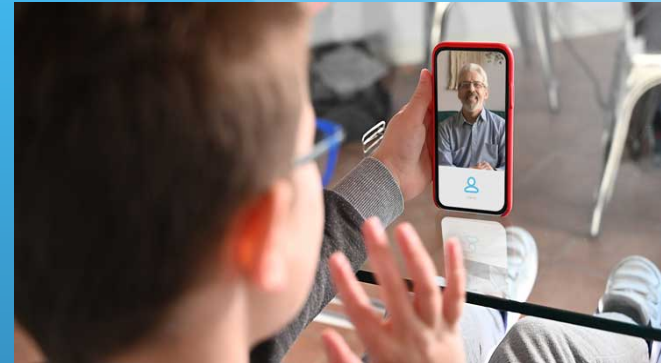
- Ask children open-ended questions:
 - “What’s on your mind?”
 - “Do you have any questions?”
- 15-30 minutes discussion to answer your kids worries



M = Maintain Connections

COVID-19 and Depression

- Increased isolation
- Not engaging in enjoyable activities



Healthy outlets for maintaining social connections

- Facebook Groups; Google Hangouts; video sessions

Engage in enjoyable activities as a family or with peers

- Dress up in silly clothes and have a dance party
- Online games (ex: Connect 4/Chess)
- Bakeoff with friends

P = Pursue Flexibility

Reality of schedule changes

- Ex: “My child is crying and I’ve got to send this report! What do I do?”

Take breaks!

Share responsibilities within the home

- Ex: One parent providing stand-by coverage for kids while the other completes a difficult work assignment

“This is the new normal...YUCK!”

- Hint: This will improve and get better

Flexibility in Activities

S = Strengths Identification

Recognize what YOU did well

Praise your child's successes

- Ex: Helping their younger sister
- Ex: Calling grandparents

Express your appreciation

- Prayer/meditation
- Thank you letter

