

Coping With the COVID-19 Crisis



How are you doing? This is a bit of a scary time, isn't it? Are you feeling anxious? That would be understandable. This virus has turned our lives upside down. The world feels out of control. It's easy to get stressed out. Even for adults.

And yet ... we can learn from this. It's an opportunity to discover how to get through tough times. Each one of us will face challenges in life. This is one of those times.

Chris Hadfield is someone who knows a thing or two about danger. He's a former Canadian astronaut. He has blasted into space. He commanded the International Space Station.

He's also really good at self-isolating. He spent months in a spaceship!

Mr. Hadfield has produced a short video. In it, he describes how he copes with dangerous situations. He knows how to

thrive and be productive even in stressful times.

First, he says, you need to understand the actual danger. "Don't just be afraid of things."

Then he suggests setting goals. What is your task for the morning? What do you want to accomplish that day?

"Then take action!" he says.

Watch his video and see what you think of his advice. Does it sound like something you could do?

You're stuck inside anyhow. If there's something you've been wanting to do for a long time, maybe now is the perfect time!

Clara Hughes is another famous Canadian. She has won six medals in both summer and winter Olympic Games, in cycling and speed skating.

But she's more proud of her work around mental health. She has shared her own stories of mental illness. And she has encouraged others to reach out and talk. She hears from hundreds of kids.

Like many people, Ms. Hughes finds the COVID-19 crisis stressful. She is currently self-isolating at home. She says it's a way to protect others.

"I'm doing my best to keep everybody around me safe."

She pays attention to her mental health. She gets exercise, which she knows is important for her mental well-being. She is careful not to watch too much news.

"Too much can lead to anxiety. That can lead to stress."

Clara Hughes is a great role model. So while you are cooped up, pay attention to your mental health. Do things you enjoy. Connect online with family and friends. Find ways to laugh. Be silly sometimes.

Reach out and talk honestly to people who get you and will understand. Tell them how you are feeling.

As Chris Hadfield says, "This is not the end of the world. It's just a thing that we're all going to have to deal with."

How are you feeling about the COVID-19 crisis?

Who can you talk to about your feelings?



After-Reading Activities

Directions:

Choose one of the following activities to complete after reading the article. Use the information in the article to help you be successful.

Note: All URLs are posted as links at www.lesplan.com/en/links

Create a Video

Watch Chris Hadfield's video at

https://www.youtube.com/watch?v=4uL5sqe5Uk8&fbclid=IwAR20TWVAHBy0B0CWubLQlm8RzlyfOF_g40Ktp5Vu_imTopIeT42lXVf5FGA and listen to CBC's interview with Chris Hadfield and Clara Hughes at <https://www.cbc.ca/radio/thecurrent/the-current-for-march-20-2020-1.5504386/three-of-canada-s-brightest-on-why-they-re-proud-of-the-country-s-response-to-covid-19-1.5504752>

After hearing what these two Canadians have to say about coping with COVID-19, create your own motivational video (30 seconds) on the 5 best ways to cope with the challenges of self-isolation.

Alternatively, you may wish to create your own infographic using one of the templates from Canva, found at <http://www.canva.com>

Share your creation with friends or family via social media.

Criteria: A motivational video *catches the viewer's attention, shares an important message, and uses images, narration, transitions, and a soundtrack to keep the viewer engaged.*

Design a Daily Wellness Journal

If possible, make 5-10 copies of the **My Day Journal** organizer (p. 16). (Or create your own template, using the same headings as the ones on the My Day Journal organizer, to document your plans for and reflections on your days).

Aim to fill out one page each day to show how you will take care of your physical and mental well-being during the COVID-19 crisis.

If you are creative, you may wish to make your own daily journal. Check out this video for step-by-step instructions on How to Make a 'Creative Ideas' Journal:

https://www.youtube.com/watch?v=AJ_Pa9EqBD0 [6:56]

Criteria: An effective journal *is complete (all boxes/headings are answered each day), includes thoughtful, honest responses, and is personal (reflects your personality & experiences).*

Name: _____ Date: _____

My Day Journal

My Goals: Today, I will:



How I'll move my body or exercise



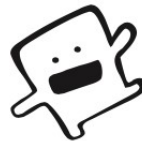
Who I'll connect with and how:



Something I'm looking forward to trying



Something I'm do for fun:



Something I'll do for someone else



Reflect – at the end of the day

Today I felt...



I was grateful for...



The best/most important part of my day was...



Tomorrow, I...

