

DrV

Not just surviving- but **THRIVING** - in
these exceptional times

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Your brain during crisis...

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The negativity bias



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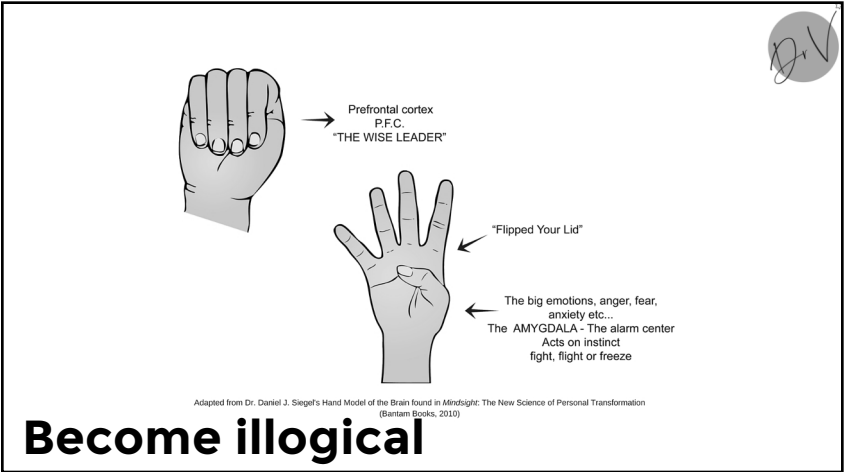
Become hypervigilant



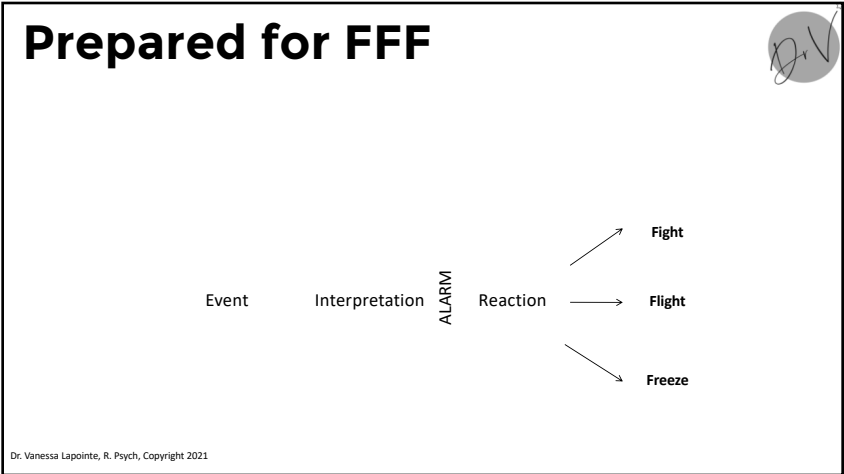
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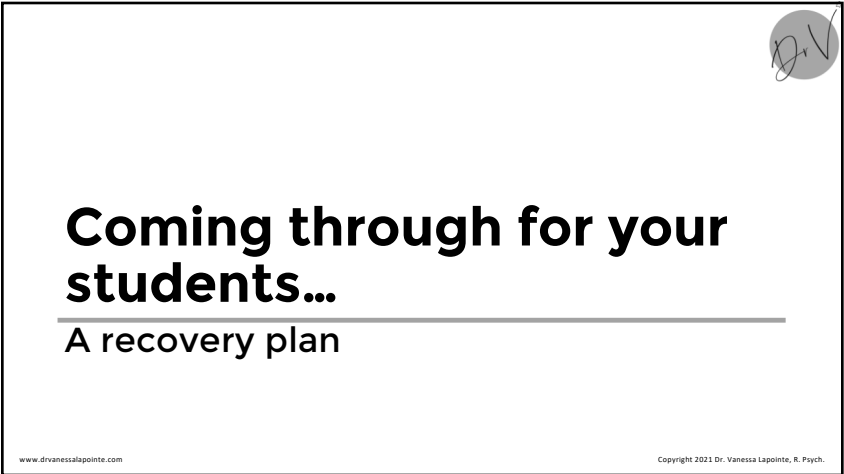
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Just Know

- Even if you don't have the answer, you need to **BE** the answer
- Have those depending on you sense you as "all knowing" even if you don't know
- "FAITH it until you make it..." – Ranbir Puar

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Be Okay with Upset

- Thriving often comes with upset
- COVID is an opportunity for priming adaptation and resilience
- Upset is okay when safely received by a caring adult

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Hold lines...and be Kind

- The "NO" needs to be "NO"
- The caring needs to be **PROMINENT** – bigger than the "no"
- Communicate empathy for upset, disappointment, etc. in the face of the "no"
- "No" ... "I know" ...
- Avoid negotiations and explanations until the "no" has really been internalized

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Cultivate consistency, rituals & traditions

- We thrive in consistency, especially in times of uncertainty
- A sense of belonging and identity
- Rituals are a way to bring special meaning and emotional safety into the daily goings-on of a child's world

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Anxiety Emergency Toolkit

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Anxiety emergency tool kit

- LISTEN. Do not fix or minimize
- Be omnipotent
- Shelter – reduce all controllable stressors
- Move at the speed of trust
- Shine light on the treasure

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**Regulated Big People
=
Regulated Children**

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Coming through for you...

A recovery plan

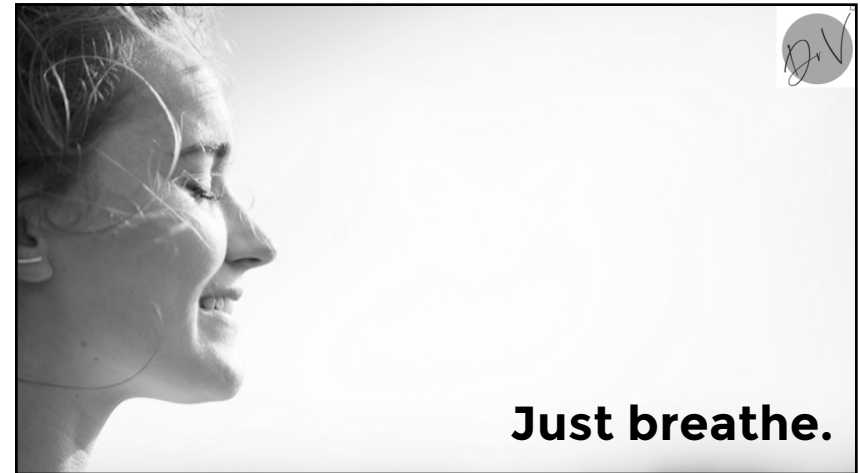
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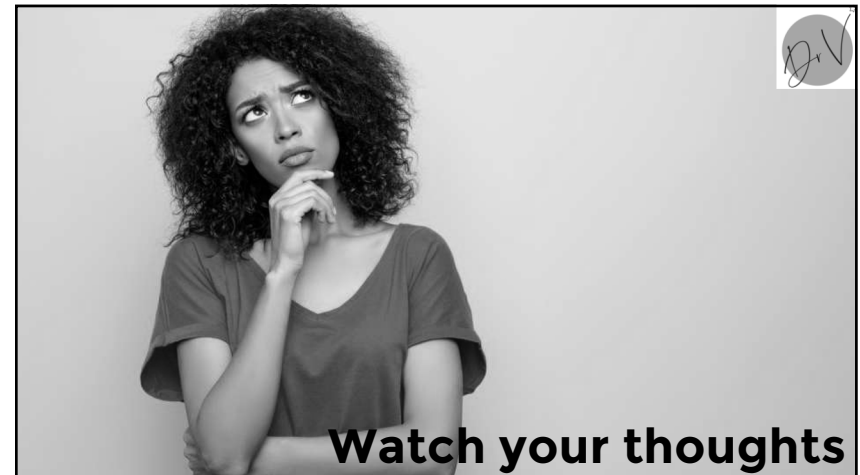
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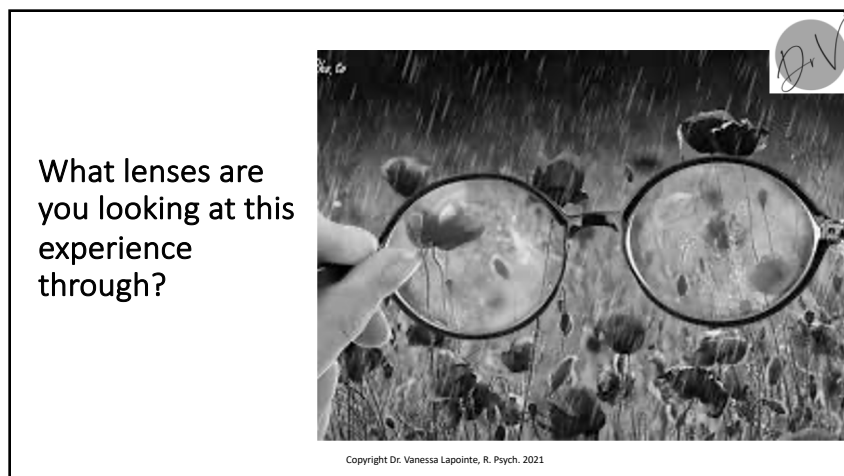
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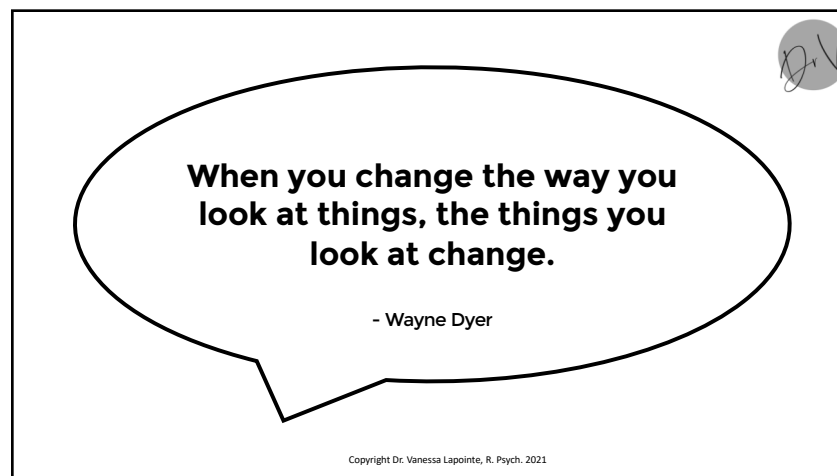
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