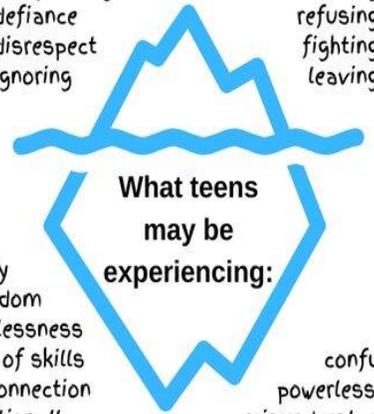


What parents may be seeing/hearing:

excessive screen time  
complaining  
defiance  
disrespect  
ignoring

sneaking  
swearing  
refusing  
fighting  
leaving



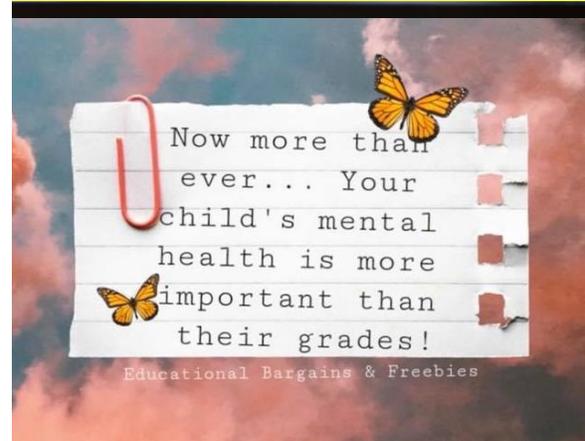
worry  
boredom  
helplessness  
lack of skills  
disconnection  
emotionally dis-regulated

fear  
confusion  
powerlessness  
misunderstanding  
worry about social status

Rather than focusing on the tip of the iceberg, problem solve with teens by addressing what is under the surface



www.joyfulcourage.com



# Counselling Connection

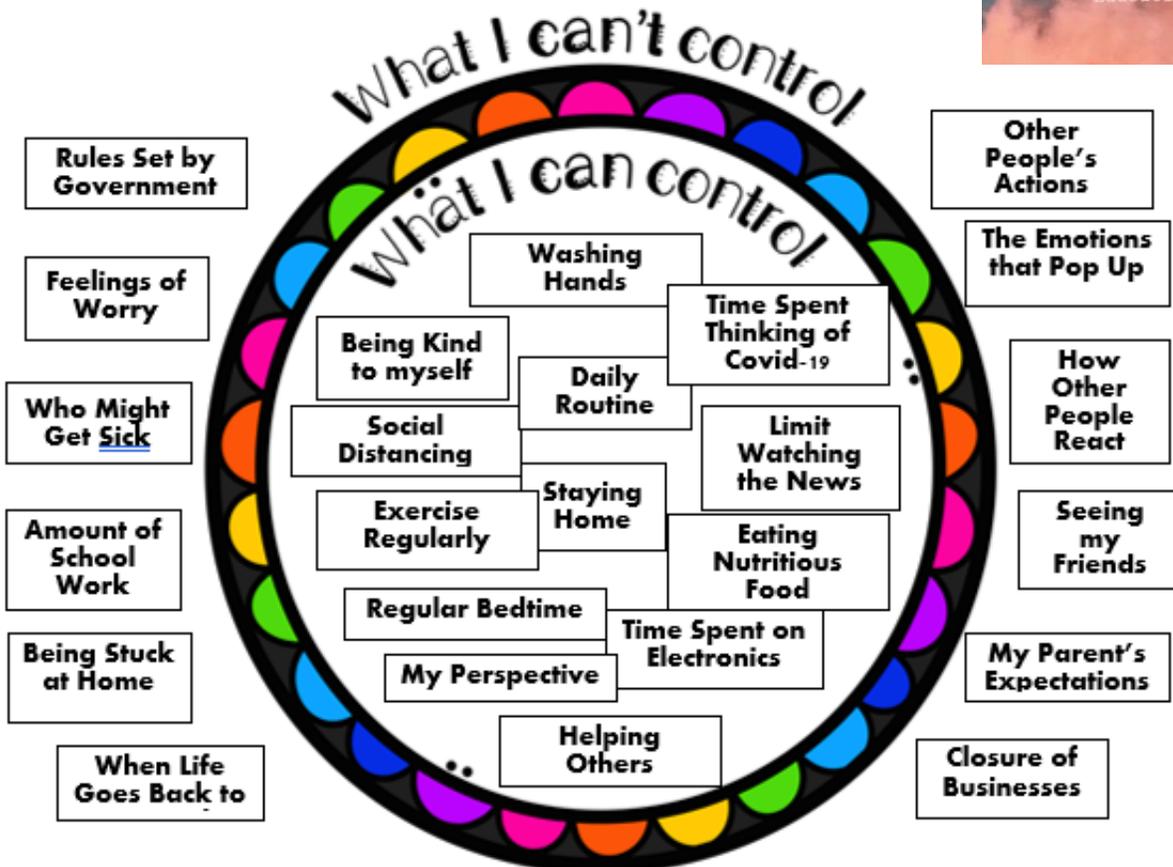
School Counsellor Email:  
Paula.Knox@cssd.ab.ca

Apr 6, 2020

## Managing Your Thoughts

### Take Control of your Worries

The sudden changes we have encountered over the past few weeks can cause feelings of worry. We might find ourselves thinking a lot about what might happen or the conditions we wish were different. Focusing on things we can't control can cause heightened feelings of helplessness. It is more helpful to consider the things we can control and those things we are able to influence.



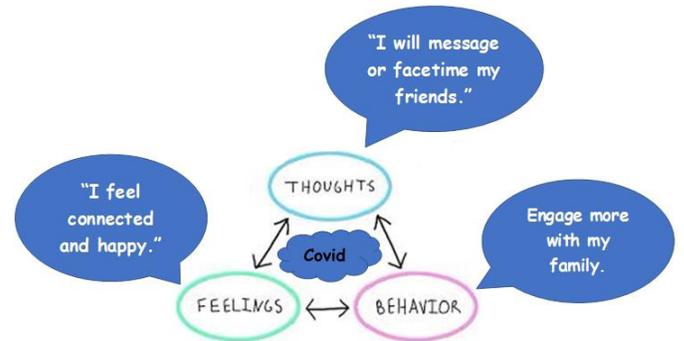
# Thoughts, Feelings, Behaviours

## How can I alter my thoughts

It is easy to get caught up in our worries. We might worry about the future or the way things are right now. Our thoughts can be negative and lead us to feel alone, isolated, or unhappy. Here is an example of how a negative thought influences our feelings and behaviours.



We can change the way we talk to ourselves and be more kind. Instead of using phrases with the words "never" or "always" we can use "will" or "try." More positive or constructive thoughts can help us feel happier and lead to positive behaviours.



## Limit the news & unplug from social media

Understandably coronavirus is the lead story for most news outlets. People on social media are sharing information and stories, some of which are accurate, but others may have little to do with reality. When our attention is drawn to something, we are more likely to focus on it and continue thinking about it. As we focus more on coronavirus, the PERCEPTION of threat increases (not the actual risk but our perception of it). By limiting or eliminating contact with media you can help yourself manage your own anxiety and worry. If you cannot eliminate contact with media, control it: Make sure that your information only comes from reputable sources, such as:

- [The Alberta Government](#)
- [The Government of Canada](#)



"Focus on what you can control,  
and don't waste energy on the  
things that you cannot."  
~ Unknown

## Limit Time Watching News

- Commit to only checking the news a couple times a day.
- Set a regular time when you check the news. This will help you think less about it and reduce fighting with yourself to check it.
- Disable news alerts on your phone so you get updates when you want them.
- It can be helpful to rely on family or friends for news updates, so you don't feel it is necessary to check the media.