

Feeling upside down?
By, Dr. Laura Hernandez

There's something different happening in our world today.
It feels a little scary when we can't see our friends and play.



We love to see each other, holding hands, and running together.
It's okay to miss doing this, but being distant won't last forever.

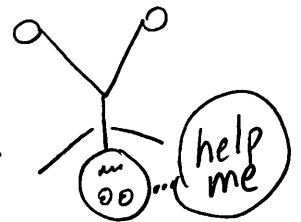


There are some germs we need to stay safe from so we need a little time apart.
Whoa.... Stop right there- don't touch that shopping cart!



These germs are new to us so we're trying to discover,
just the right way to prevent catching it, while being close to each other.

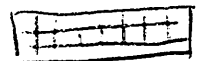
When our routines are different we can feel a little upside down.
School is closed, our activities are cancelled, a new normal still needs to be found.



Mom and Dad are our teachers, we're doing our school-work online.
I'm having to sort through all these different things in my mind.



There's a fancy name for these germs. It's called Coronavirus or COVID 19.
The tricky part of viruses is that germs can't be seen.



That's why all these people helping us are so special and kind,
because they're searching for ways to keep us healthy, until a cure we can find.



restaurant worker

Our heroes



teacher



Police man



doctor

So now we must remember what the doctors are telling us to do.

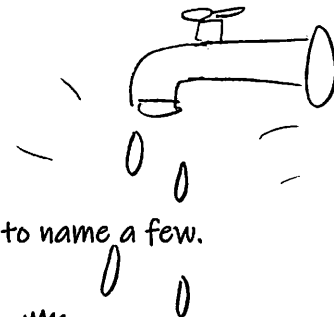
Wash your hands for 20 seconds and stay distant from each other- just to name a few.

These things will help to keep our body healthy and strong;

but we need to think about our mind, feelings, and spirit, along

with all your healthy habits, let's talk about some stuff

that will help your brain, feelings, and spirit stay healthy when things are getting tough



It's okay to feel nervous and have BIG feelings during this time.

Who can you talk to? Tell them what's on your mind.



Keeping a journal is helpful when you have a lot to think of each day.

It gives your mind a break and helps chase the blues away.



Feelings come and feelings go, they will constantly be flowing.

Learn to ride the wave of feelings that are coming and going.

Meditation is another key to finding peace in your day.

Take time to breathe and quiet your thoughts, it'll all be okay.

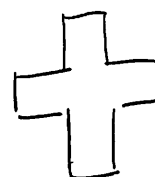


Focusing on the good things- what we're thankful for.

This helps us notice the awesome blessings in our life, so much more!

Nourishing our spirit, focusing on our faith,

prayer and reflection... this can help us to feel safe.





When our world seems rocky, like we're on a roller coaster going too fast.

Think about all you've learned to help you on your path.

Remember we're all in this together. Take one moment at a time.

Things are a little different but let's each be an encourager and be kind.

The End



This story is for all the families trying to find their "new normal" during this different time. I hope this helps start a conversation about finding peace when the world feels upside down.

Peace,
Laura Hernandez
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