

## MENTAL HEALTH IN SCHOOLS LEARNING SERIES

### Recovery Strand

### *Return to Learn in the COVID-19 Era: How to Help Students Cope Effectively with Anxiety, Presented by Jonathan Dalton, Ph.D.*

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#### Webinar Summary:

We will review evidence-based techniques to help students develop resilience in the face of adversity and uncertainty and to use non-avoidant coping skills in response to high levels of anticipated anxiety surrounding the intersection of potential contagion and academic demands.

#### Resources:

- [Resilience for Teens: Got Bounce?](#) (American Psychological Association)
- [Building a Culture of Self-Efficacy](#) (Harvard Graduate School of Education)
- [Self-Efficacy to Cope with Coronavirus](#) (Johns Hopkins School of Nursing)
- [Tolerance for Uncertainty: A COVID-19 Workbook](#) (Bay Psychology)

#### References:

- Taylor, S., Landry, C.A., Paluszek, M.M., Fergus T.A., McKay, D., & Asmundson, G.J.G. (2020). COVID stress syndrome: Concept, structure, and correlates. *Depress Anxiety*, 37, 706-714. <https://doi.org/10.1002/da.23071>
- Alvord, M.K., & Grados, J.J. (2005). Enhancing resilience in children: A proactive approach. *Professional Psychology: Research and Practice*, 36(3), 238-245. <https://doi.org/10.1037/0735-7028.36.3.238>

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### Discussion Guide:

1. What are subtle ways in which children's anxiety may manifest in the planned educational environment for your district in the fall?
2. How would you differentiate disordered anxiety in a setting in which large percentages of students are anxious to some extent?
3. What are strategies you could use to disseminate your knowledge on this topic to educators working directly with the students?
4. How can you partner with parents to support children who are experiencing anxiety regarding school during remote learning?
5. How can you provide students with appropriate coping skills regarding the unpredictable nature of school this year that may include quarantines or shifts in status of remote vs. in-person education?