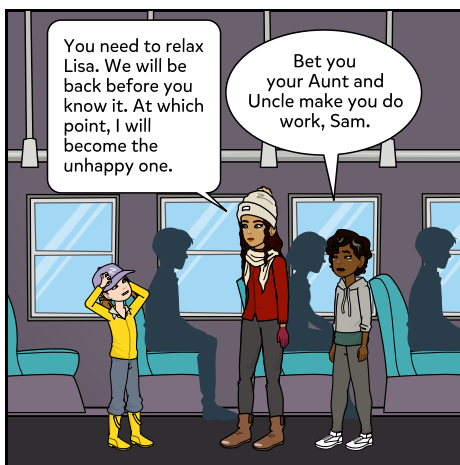
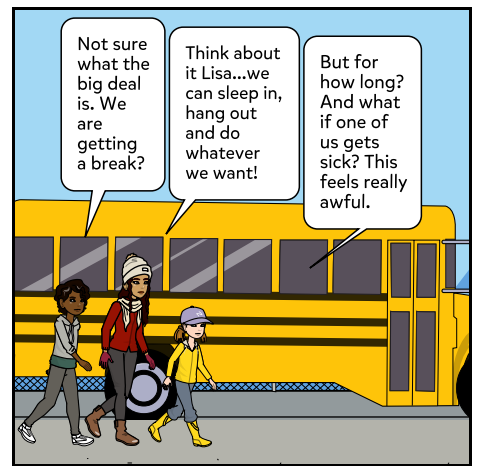
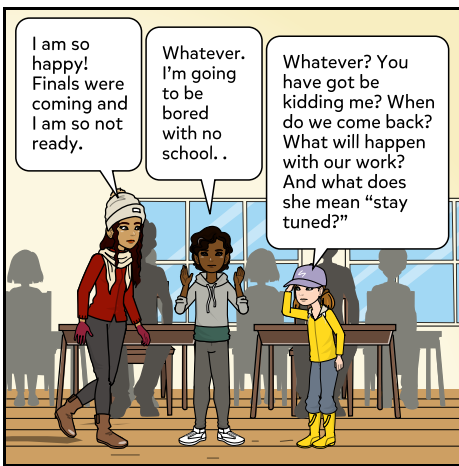
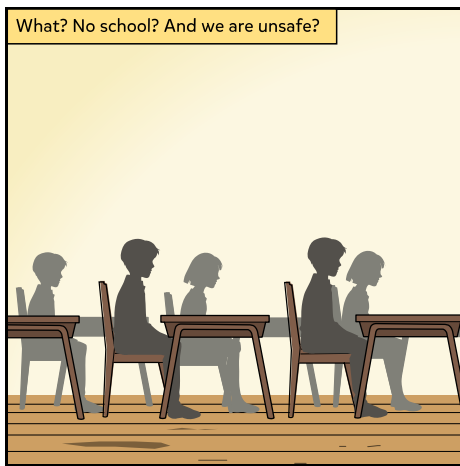


The Corona Times

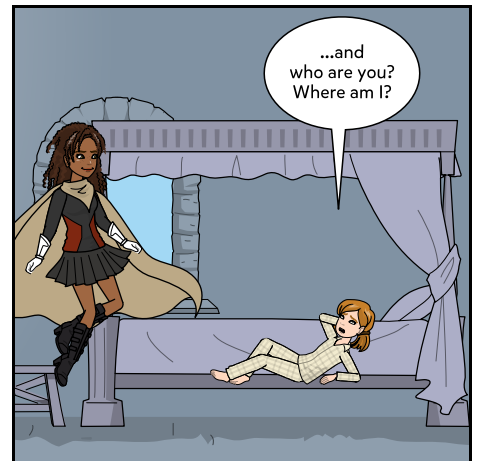
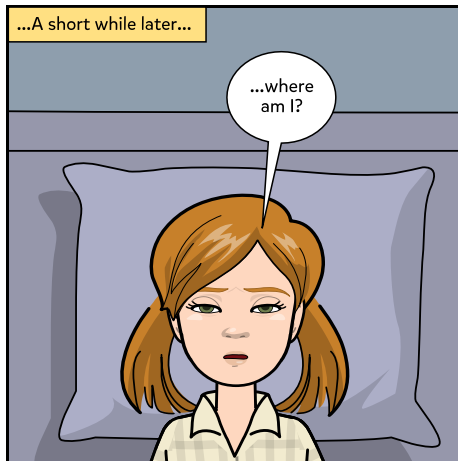
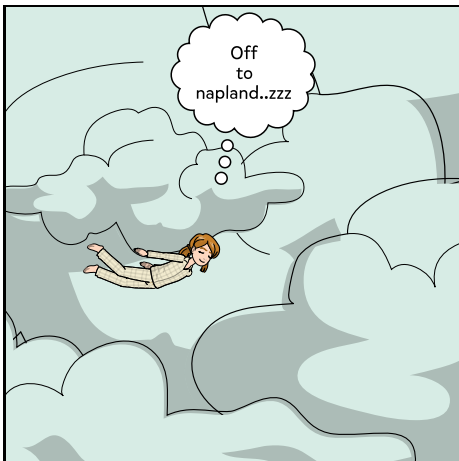
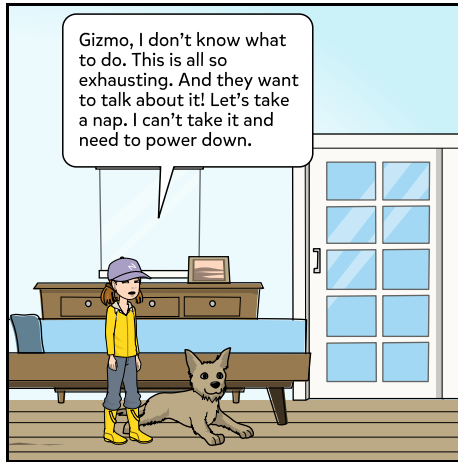
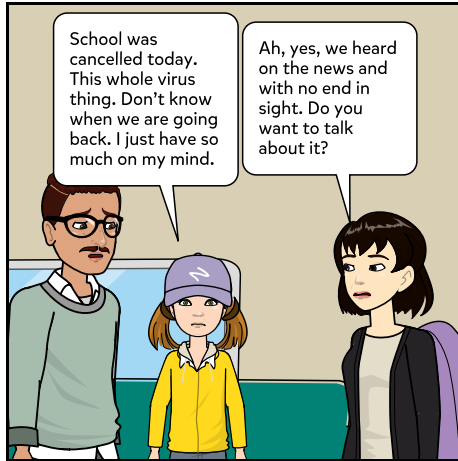
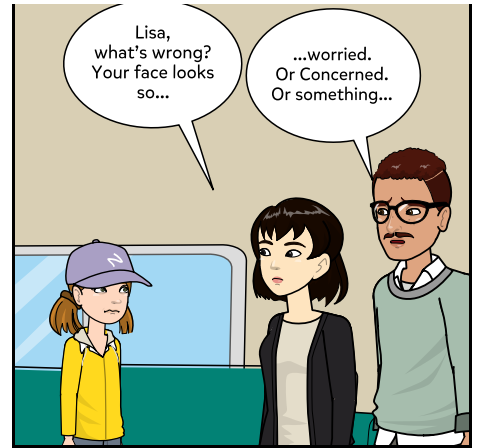
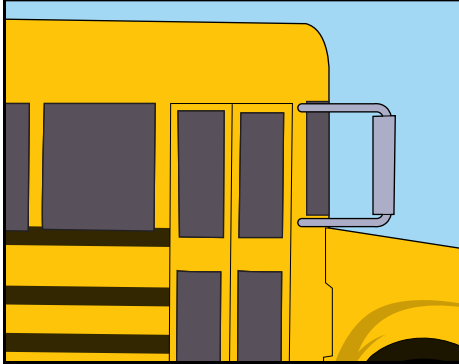
By Global EMDR-Child Alliance

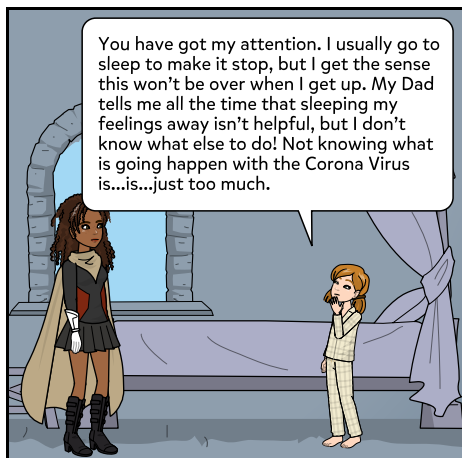
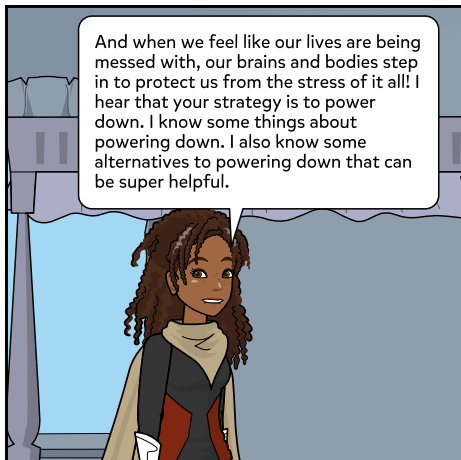
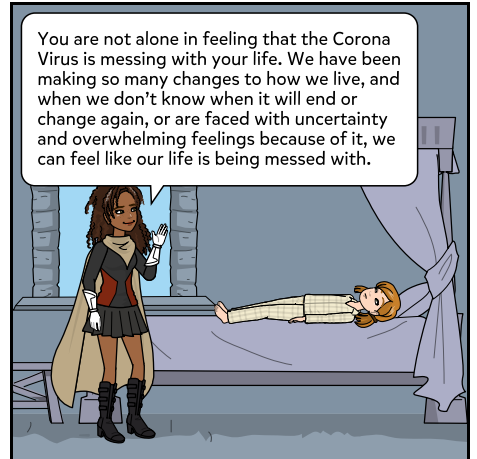
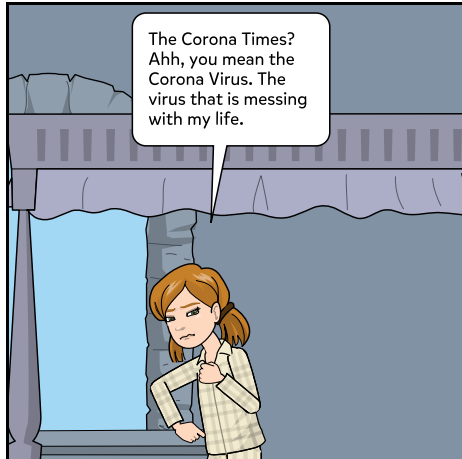
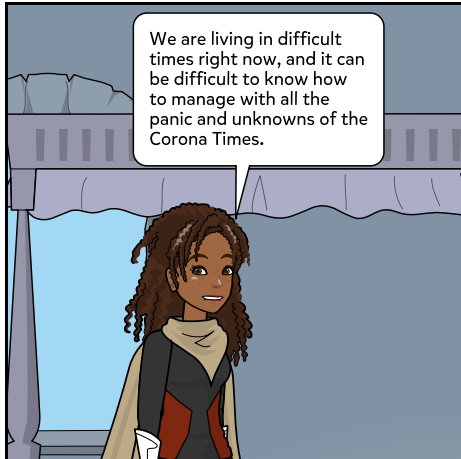
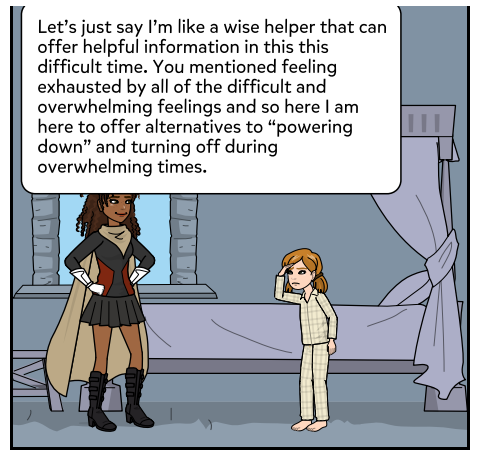
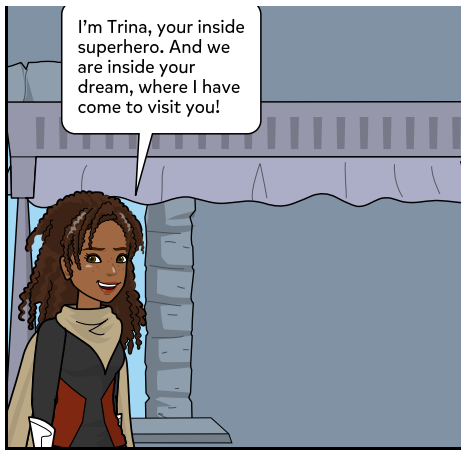


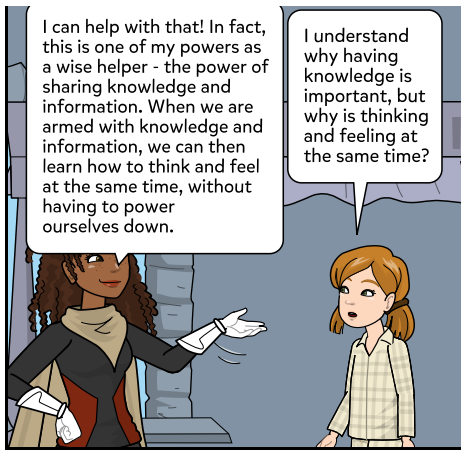
This book was created for teens by Jill Hosey and the Adolescent Task Force of the Global Child-EMDR Alliance amidst the Covid-19 crisis. This short comic is meant to serve as a resource and to provide information about how to manage all the difficult things that may come up for you during this very uncertain time.



A few short minutes later, Lisa got to her stop and said goodbye to Sam and Jose; her head still filled with chaos and confusion. This wasn't a new feeling for Lisa. But it felt much stronger than before.







I can help with that! In fact, this is one of my powers as a wise helper - the power of sharing knowledge and information. When we are armed with knowledge and information, we can then learn how to think and feel at the same time, without having to power ourselves down.

I understand why having knowledge is important, but why is thinking and feeling at the same time?



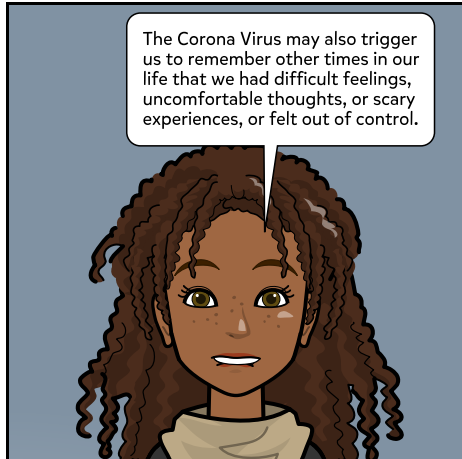
That's a great question! It's important that we allow all inside messages to visit, whether they come as images, feelings, thoughts, or body sensations. If we don't, we risk the messages getting stuck and frozen inside of us, poking at us to be heard. When left unheard, these messages may start showing up later in uncomfortable ways to get our attention.



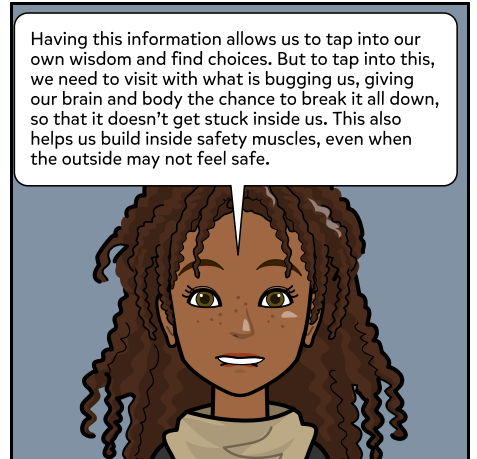
Hmmm, so you mean if I try to ignore or push away my feelings, they may come back later because they have a message for me?



Yes! Our feelings, thoughts, and body sensations have important information for us. And once we hear the messages, we then can step in to find support from others and find ways of supporting ourselves!



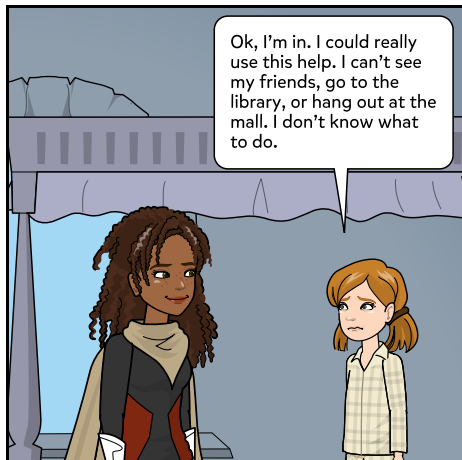
The Corona Virus may also trigger us to remember other times in our life that we had difficult feelings, uncomfortable thoughts, or scary experiences, or felt out of control.



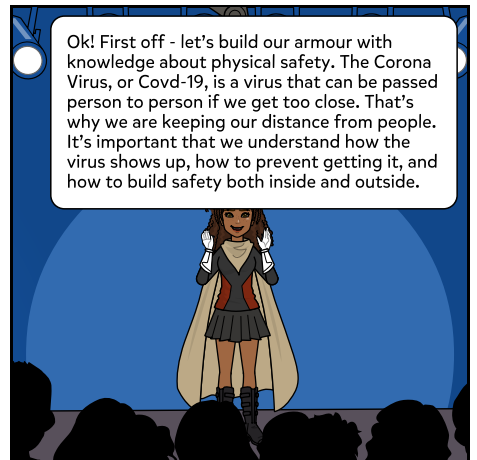
Having this information allows us to tap into our own wisdom and find choices. But to tap into this, we need to visit with what is bugging us, giving our brain and body the chance to break it all down, so that it doesn't get stuck inside us. This also helps us build inside safety muscles, even when the outside may not feel safe.



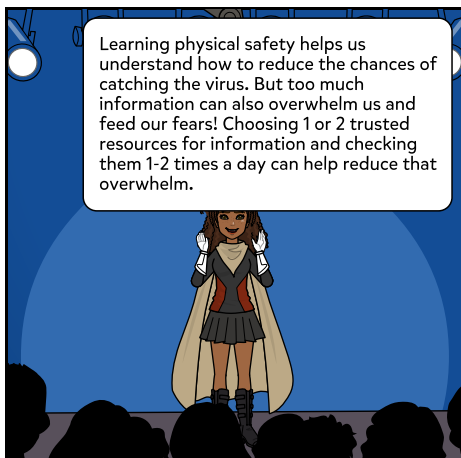
As we build inside safety muscles, we come to learn the things we can control in order to move forward and find moments of peace inside, even when everything on the outside feels or seems uncontrollable.



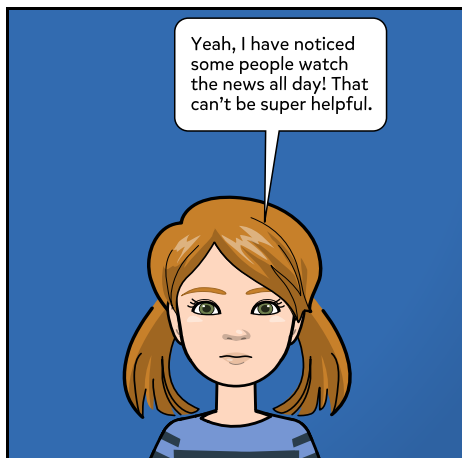
Ok, I'm in. I could really use this help. I can't see my friends, go to the library, or hang out at the mall. I don't know what to do.



Ok! First off - let's build our armour with knowledge about physical safety. The Corona Virus, or Covid-19, is a virus that can be passed person to person if we get too close. That's why we are keeping our distance from people. It's important that we understand how the virus shows up, how to prevent getting it, and how to build safety both inside and outside.



Learning physical safety helps us understand how to reduce the chances of catching the virus. But too much information can also overwhelm us and feed our fears! Choosing 1 or 2 trusted resources for information and checking them 1-2 times a day can help reduce that overwhelm.



Yeah, I have noticed some people watch the news all day! That can't be super helpful.



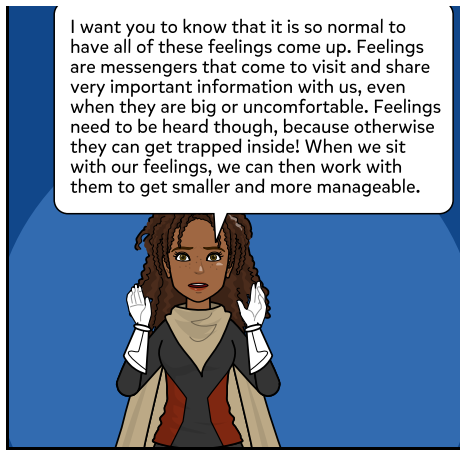
One way to stay physically safe is by washing our hands while we sing our favourite song for 20 seconds! It's also important to sneeze or cough into our sleeves, not touch our face, and make sure we clean all the surfaces we touch! We also have been told to distance ourselves from others for now, so the virus isn't shared.



Once we have a plan about how to get our information, how often, and how to practice physical safety, we can then start to think about how our feelings, thoughts, and bodies are affected. So much uncertainty can have a big impact! And being disconnected from our friends can also feel lonely and awful.



Yes! There are many many feelings inside. One minute I'm worried, the next I feel alone, and then I get all confused.



I want you to know that it is so normal to have all of these feelings come up. Feelings are messengers that come to visit and share very important information with us, even when they are big or uncomfortable. Feelings need to be heard though, because otherwise they can get trapped inside! When we sit with our feelings, we can then work with them to get smaller and more manageable.

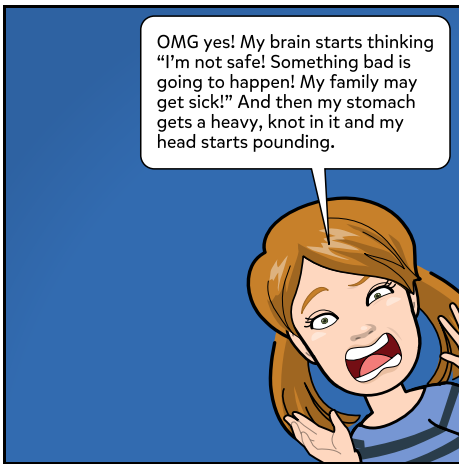
What feelings do you notice during this difficult time? Are they new feelings, or old feelings you know well?



I wonder if we can find some kindness and compassion inside for these feelings - both new and old, and uncomfortable and comfortable ones. Helping big, difficult feelings starts with finding compassion for them and ourselves.

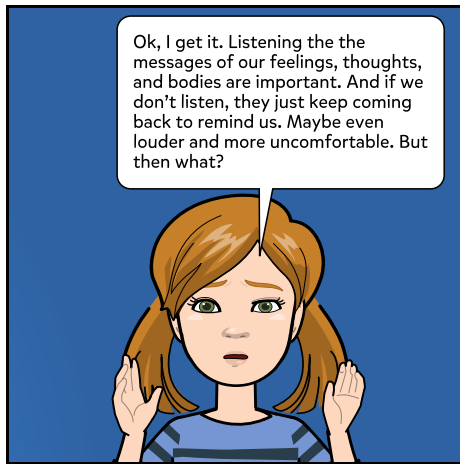


We also may notice that confusing thoughts may also come to visit us. They may be very convincing, but we can also be curious about what they are trying to tell us. Maybe they are trying to help and protect us. Maybe they are old thoughts that have returned to visit. What thoughts are you noticing during this difficult time?



OMG yes! My brain starts thinking "I'm not safe! Something bad is going to happen! My family may get sick!" And then my stomach gets a heavy, knot in it and my head starts pounding.

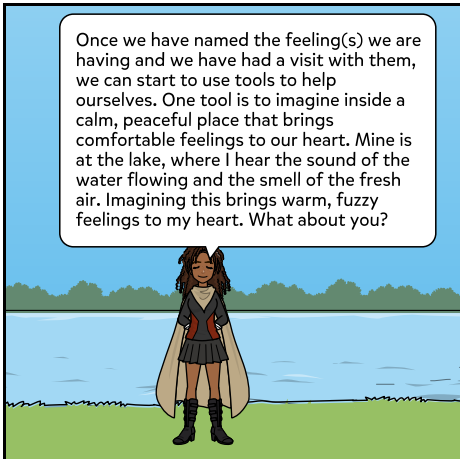
Lisa, you are noticing how our feelings, thoughts, and body sensations often visit together. Our body is also another messenger that comes to visit. Sometimes our bodies messages don't feel too great. But they are still important messages to hear. I wonder if we can investigate together all of the messages your body may be trying to send you?



Ok, I get it. Listening the the messages of our feelings, thoughts, and bodies are important. And if we don't listen, they just keep coming back to remind us. Maybe even louder and more uncomfortable. But then what?



Great question! Now let's discuss what we can do to help our feelings, thoughts, and bodies after we have heard the messages they have come to share.



Once we have named the feeling(s) we are having and we have had a visit with them, we can start to use tools to help ourselves. One tool is to imagine inside a calm, peaceful place that brings comfortable feelings to our heart. Mine is at the lake, where I hear the sound of the water flowing and the smell of the fresh air. Imagining this brings warm, fuzzy feelings to my heart. What about you?

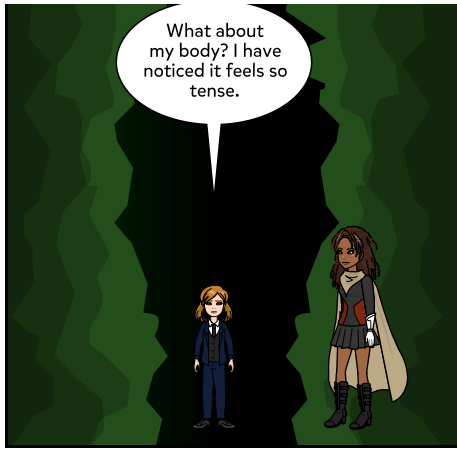


Mine is at the beach with my friends. We go every summer, and I love the feel of the sand on my feet and the heat of the sun on my face. It makes me feel so calm inside!

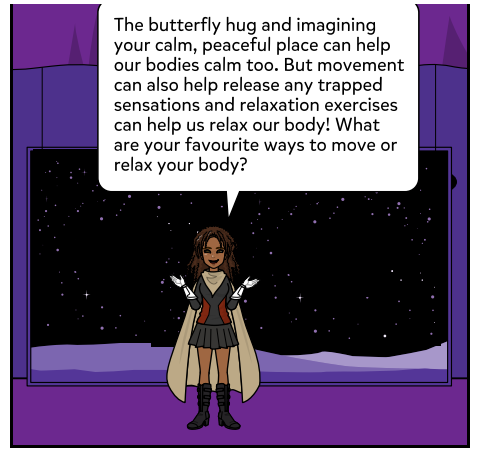
When our thoughts get so confusing and mixed up, and our feelings so big, another thing we can do is the Butterfly Hug. When we do the butterfly hug we cross our arms, with one hand on each shoulder. Like you are giving yourself a hug! While doing this, you can imagine your calm, peaceful place and gently and slowly tap one shoulder, and then the other. Try it out! Do you notice things slow down?



What about my body? I have noticed it feels so tense.



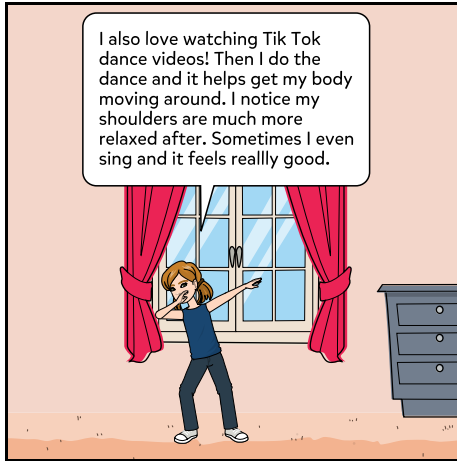
The butterfly hug and imagining your calm, peaceful place can help our bodies calm too. But movement can also help release any trapped sensations and relaxation exercises can help us relax our body! What are your favourite ways to move or relax your body?



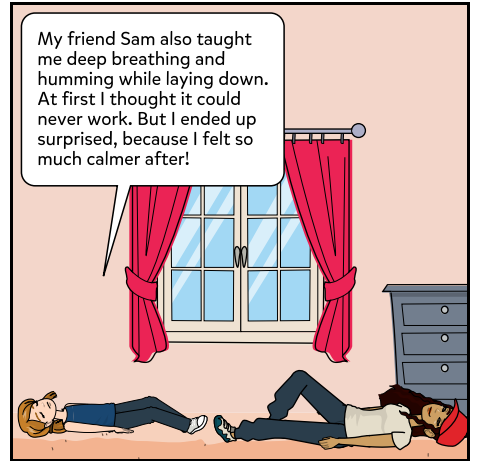
I love yoga to relax! Someone told me you can do yoga classes online, even in an online group with my friends!



I also love watching Tik Tok dance videos! Then I do the dance and it helps get my body moving around. I notice my shoulders are much more relaxed after. Sometimes I even sing and it feels really good.



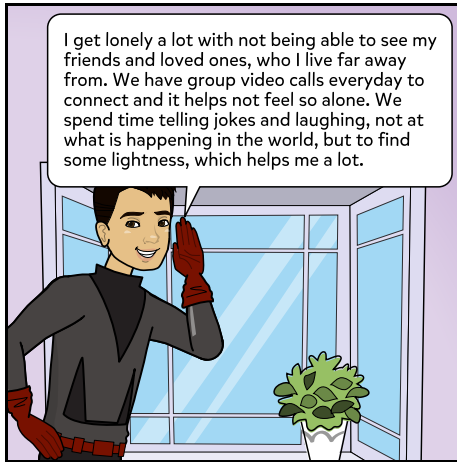
My friend Sam also taught me deep breathing and humming while laying down. At first I thought it could never work. But I ended up surprised, because I felt so much calmer after!



These are all amazing things that teach us what we can do to feel a bit of control, when everything feels so uncertain and unknown. Here are some more tips from some of my friends about finding our own power in difficult and uncertain times!



I get lonely a lot with not being able to see my friends and loved ones, who I live far away from. We have group video calls everyday to connect and it helps not feel so alone. We spend time telling jokes and laughing, not at what is happening in the world, but to find some lightness, which helps me a lot.



I spend time cuddling with my pet. It helps me feel connected and not so alone, especially in a time where we are told to distance ourselves from others and touch.



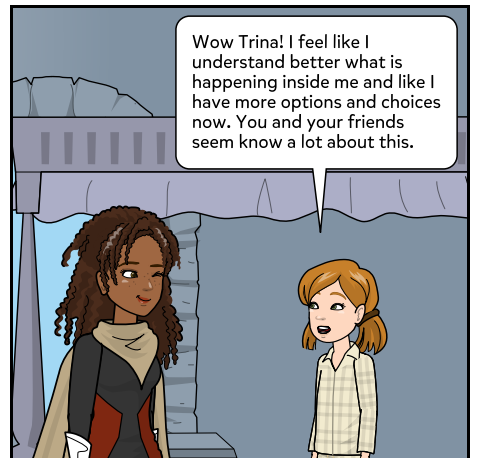
I spend time talking to and playing games with the family I live with. We are all living in the same home and staying in, so we make tea and play board games!

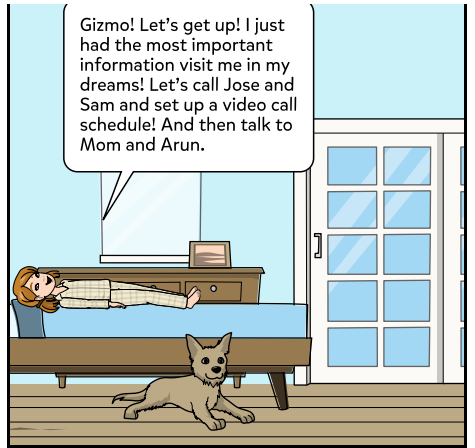
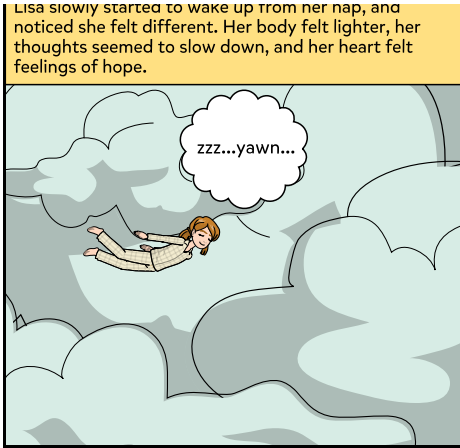


I call my local teen support line when need extra support. I live in Canada, so I call the Kids Help Phone. I don't have a lot of people in my life I can talk to, so it helps to know there are people out there that I can call.



Wow Trina! I feel like I understand better what is happening inside me and like I have more options and choices now. You and your friends seem know a lot about this.





The Corona Times was influenced and inspired by the teachings of Ana Gomez and the AGATE Institute, and adapted by Jillian Hosey MSW RSW

Acknowledgments

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