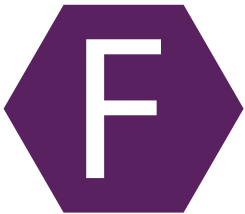




Coping with
Quarantine Life

Activity: *F.I.G.H.T. COVID-19*

TrueSport Expert Kevin Chapman, a licensed clinical psychologist and founder of the Kentucky Center for Anxiety and Related Disorders, recommends teaching your child to **F.I.G.H.T. COVID-19**. Here's how:



Focus on what you can control right now. "It's really important to recognize that there's a lot of uncertainty and it's normal to be anxious right now," Chapman says. "But what can I do? What can I control? I can control my behavior. I can follow health guidelines, but I can also still connect with friends online and so focus on what I can do."



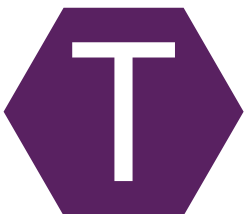
Identify negative thoughts. "Negative thoughts are normal, but if I'm thinking only negative thoughts about what's happening, that's what feeds the anxiety and makes the uncertainty even more uncomfortable," he explains. "So, I need to identify those thoughts that I'm having that perpetuate these emotional cycles."



Generate alternative thoughts. "These thoughts don't necessarily need to be positive, it's just about being flexible," Chapman explains. "Can I entertain different possibilities? Can I say, 'Yes, it could last longer than I'd like and that kind of stinks. Yes. But it could be that I'm going to make even more memories when things move on. It could be that I can still have fun with my friends.'"



Highly adaptive behaviors. "What are the things I can do to not only help other people, but to also stimulate my endorphins?" Chapman asks. "Can I exercise with fitness apps with my friends? Can I have a movie night over FaceTime with friends?"



Teach someone else to do the same thing. "We're all in this together. And I think that it's essential to teach other people to use these same coping strategies," he concludes.

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