

2020 NATIONAL PHILOPTOCHOS BIENNIAL CONVENTION

Back to School!: The New 3 R's for 2020

Randa K. Anderson, Ph.D.

Orthodox Christian Counseling Institute

R.K Anderson © 2020
All rights Reserved

BACK TO SCHOOL: THE NEW 3 R'S FOR 2020



BACK TO SCHOOL: THE NEW 3 R'S FOR 2020

How might our kids' development, education, and mental health be impacted by the changes brought about by COVID19?

What are some ways to cope with the many changes in our children's educational situations, whether at home or at school?



SELF CARE





BACK TO SCHOOL: THE NEW 3 R'S FOR 2020

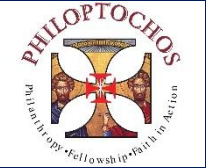
	July 2020	July 2019
Adults reporting Depression	30%	6.6%
Adults reporting Anxiety	36%	8%

3 R'S FOR 2020

Today's presentation is brought to you by the letter

R





3 R'S FOR ADULTS IN 2020

Reflect
Rejuvenate
Relationship

3 R'S FOR ADULTS IN 2020



- Reflect on the past to improve the present
- What worked with elearning last spring?
- What didn't?
- How can you create a better learning situation?

3 R'S FOR ADULTS IN 2020



- Diet, Exercise, Sleep
- Breathing Exercises
- Laugh
- Watch out for negative thinking
- Leisure time
- Spiritual health
- REDUCE news intake
- Eliminate “Doomsday scrolling”

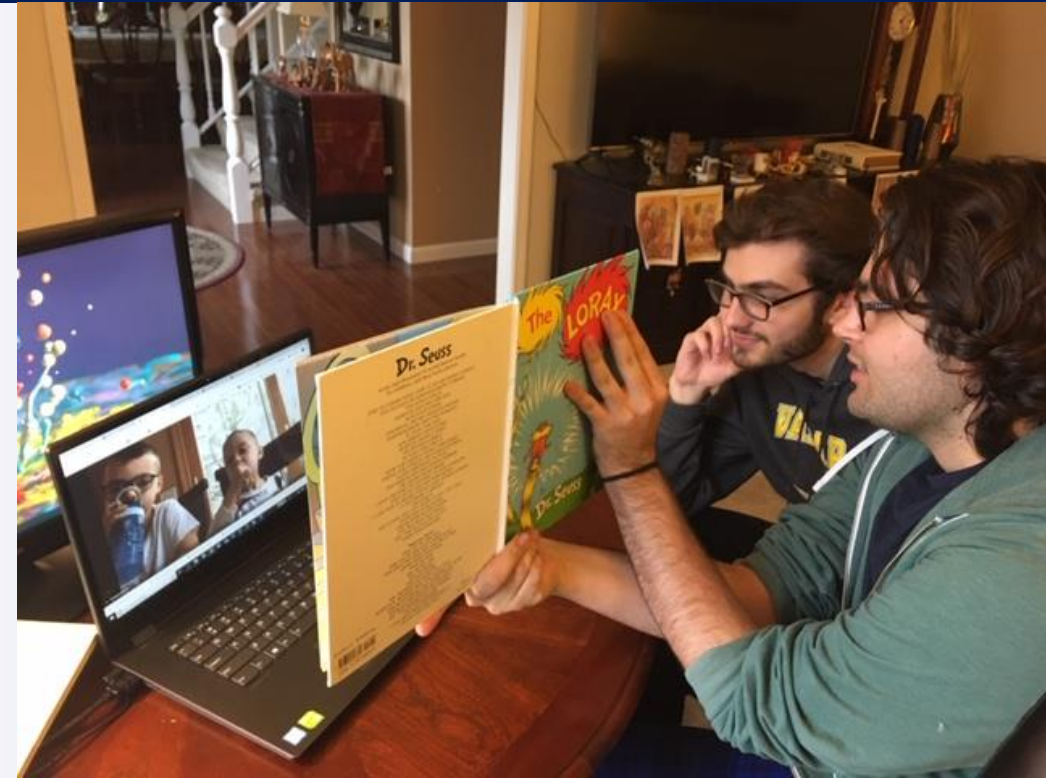
3 R'S FOR ADULTS IN 2020

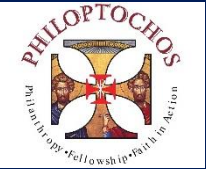
Relationship

- Parent first. Teach second
- Play
- Avoid micromanaging your teens
- Family meetings



- REACH out
- Think intergenerationally
- Offer RESPITE
- Provide RELIEF





3 R'S FOR STUDENTS IN 2020

Resilience
Routine
Reboot

3 R'S FOR STUDENTS IN 2020

- Set REALISTIC expectations
- Empathize and identify feelings
- Build up coping skills
- Manage stress



3 R'S FOR STUDENTS IN 2020



- Break up day into multiple routines
 - Involve kids in setting their routine
 - Breaks
 - Plan for socializing with friends
 - Use kitchen timers & alerts for time management.
-
- **REGULAR** not **RIGID**

3 R'S FOR STUDENTS IN 2020

Reboot

- Reinstate previous limits with revision.
- Recognize the benefits of screen time
- Consider HOW screens are used, not simply HOW LONG
- Consider reasons for conflict over screens
- Be aware of what your kids are looking at online
- Take breaks and unplug throughout the day
- Talk to your kids about their screen usage



General RULE of thumb: if kids are using the internet/social media to connect with friends and family in prosocial ways, then that can benefit their overall mental health. BUT if they are using screens for mindless activities, it can lead to negative effects.

3 R'S FOR 2020

RELAX!



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)