



FAMILIES

TACKLING TOUGH TIMES

TOGETHER



FAMILY

CHILDREN

We Take Action! Mobilizing Social & Economic Resources

As we do, children may also experience concerns about the challenges taking place in their lives. Changes in our children's lives are an important opportunity to talk about what to expect. It's important to share with children that it's okay to ask for help, and then give them the tools to do it. Most importantly, we must listen when our children share concerns about the changes.

Empowering Your Child to Cope with Change

Many children have been worried about changes in their lives due to the pandemic. We may not be aware that our children worry just like we do. They worry about changes in routines, being away from their parents or family, and what they'll have for lunch, to name a few. Helping children to cope with their worries and ask others for help is important. We should encourage our children to ask questions or share concerns about new things, changes in their lives, and/or what is concerning them. A child who knows more about changes and can better understand them, is better able to adjust and become more resilient.

Resources for Dealing with Change

- To ease your child's worries, it's helpful to talk to them about why changes are happening and how you will deal with them as a family. It is also important to encourage your child to ask for help when they are worried or scared. [ZERO TO THREE offers some helpful tips on how to help your child navigate new changes and transitions.](#)
- Wearing a face mask may or may not be something new for your child. Some children may find it exciting to wear a face mask while others may find it scary. As with anything new, talk with your child about why they may need to wear a face mask. You may wish to share things that are similar to the new experience, such as wearing a seat belt to keep safe in the car. Consider modeling a face mask and discussing how to wear it and when it should be worn. [ZERO TO THREE offers advice on how to talk to your child about wearing face masks.](#) To help children understand the importance of mask-wearing and how to properly wear one, you may wish to watch the read-aloud YouTube video [A Little Spot Wears a Mask](#). You may also wish to discuss with your child how they can sometimes tell how someone who is wearing a mask is feeling by looking at the person's eyes and body language.

To learn more about the science behind the importance of teaching children to cope with change, you may wish to read the research and information referenced below:

- [Helping Children Cope With Changes Resulting From COVID-19](#)
- [New research identifies best coping strategies for kids](#)



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YOUTH

We Take Action! Mobilizing Social & Economic Resources

During tough times, finding social and economic resources can help teens to build resilience. These resources can also provide teens with emotional support and ways to overcome barriers. Helping teens find and use what they need, can help guide them as they navigate life's next steps. For many teens, a key social resource is often a mentor. Teens can benefit from having a mentor, but can also provide valuable social support by **becoming** a mentor. It is also important for teens to understand finances. An understanding of how to make important money choices can help teens as they face roadblocks.

Mentoring

It is important to build a strong support network that includes family and those close to us. Parents can help their teens by suggesting they reach out to those around them. Research suggests that having one natural mentor helps improve a teen's attitude towards school, has long-term financial benefits, and lessens their chance of problem behaviors. Natural mentors can be neighbors, healthcare providers, members of religious institutions, or teachers.

Learning about Financial Literacy

Financial literacy skills can help teens to find economic resources that can help them in the future. Teens who have a job learn the value of a dollar and the importance of saving. Teens can also learn this by earning a small allowance or using a token system. This system can help them learn to earn the things they want.

Mentoring and Financial Literacy Resources

- Volunteer work can be a great way for your teen to meet mentors who share the same interests. Volunteering can help teens develop important skills that may help them to succeed in academics, work, and in their personal lives. In other words, volunteering may help your teen to [build social relationships and strengthen their support networks](#).
- There are also benefits from serving as a mentor. Teens can make great mentors for younger siblings or neighbors. You may wish to learn more about the benefits of your [teen serving as a mentor](#). There are many activities that mentors and mentees can engage in to get to know each other and continue to build their relationship. Learn more at [connecting-generations.org](#), which provides a list of 52 mentoring activities.
- There are many resources available to help your teen learn about financial literacy. [The National Endowment for Financial Education](#) offers free online financial education courses and the [High School Financial Planning Program®](#) is offered through Purdue Extension. A curriculum that has also been [proven effective](#) is "[Money Talks: Should I be Listening?](#)"

To learn more about the science behind the benefits of mentoring and learning about financial literacy, you may wish to read the below research:

- [The Long-Term Economic Benefits of Natural Mentoring Relationships for Youth](#)
- [Natural mentors, mental health, and substance abuse: Exploring pathways via coping and purpose](#)
- [A review of financial-literacy education programs for children and adolescents](#)



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YOUNG ADULTS

We Take Action! Mobilizing Social & Economic Resources

In times of struggle we need to hold on to hope so we can look for chances to act. There are, without question, a lot of struggles going on in the world, and possibly in our own lives, right now. Some of that struggle is far outside of our control, but that doesn't mean we do not have the power to change certain parts of our own circumstances and the world around us. Reaching out to family, support groups, organizations, and community resources helps us to better navigate the challenging world we live in.

Feeling like a Burden

Reaching out to others can be difficult when we have been told for most of our lives how capable we are—how resourceful, bright, and skilled we are at addressing and solving most of our own problems. Sometimes when we are an accomplished person who has been successful, academically, athletically, or otherwise, we can begin to believe that we *should* be able to solve all of the challenges we face on our own.

The truth is that we all need to depend on others at times, and it is honestly a critical skill to know when we need to reach out to others and to take the **wise risk** of allowing others to share in our struggles. Sometimes all that means is letting ourselves vent to someone else — letting our thoughts and feelings flow freely. Rather than being a burden or problem to others, we are literally showing them how much we trust them.

Video Resources

- [Want to Change the World? Start by Being Brave Enough to Care](#)
- [How to Step Up in the Face of Disaster](#)

Internal Actions

- Reflect on your values and the steps you can take to live out those values. Why are these values important to you?

External Actions

- Young adults often need a reminder that reaching out for support is an act of control — rather than an act of weakness. Look to others around you in your family and community and tell them it is okay to ask for help — no one has to do it alone.

To learn more about the science behind the mindset and goals of Generation Z, you may wish to read the below research:

- [Generation Z Goes to College](#)



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OLDER ADULTS

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The resources and help we need depend on our situation and goals for the future. Seeking help and using resources sustains resilience. Older adults are at higher risk for complications from COVID-19, making it necessary to follow CDC and WHO guidance. Staying at home or greatly limiting shopping and visits from relatives can increase risk for isolation and loneliness. Physical health and social interaction are important factors in quality of life for older adults. Family and community networks can be used to provide support. This support can be in the form of providing information, concrete services, companionship, and/or a sense of belonging.

Discuss Needs and Goals

The pandemic and government guidelines continue to change. It is important to talk with friends and family about needs and goals and discuss challenges we might come across and how we can overcome them.

- What should we do if we have to be in an area where people are not wearing masks?
- What happens if we get sick?
 - Centers for Disease Control and Prevention [Checklist for Older Adults](#)
 - The Conversation Project and Ariadne Labs [Being Prepared in the Time of COVID-19](#)
- How do we support a loved one who lives in a residence that doesn't allow visitors?
 - [AARP Answers: Nursing Homes and the Coronavirus](#)
 - Alzheimer's Association [Coronavirus \(COVID-19\): Tips for Dementia Caregivers](#)

Connecting with Community Aging Networks

- The Village Movement began in Boston, MA in 1999 to connect older adults living independently in the community. There are currently "villages" all over the country that are membership and volunteer-based communities. Villages provide opportunities for social activities, help with independent living, and professional contacts. [Look to see if there is a village near you.](#)
- Aging agencies and senior centers are adapting to the pandemic to meet the needs of older adults. While many places have had to suspend in-person programs, your local agency can connect you with a variety of services. Services may include meal delivery, financial resources, or social networking opportunities.
- Call [the Institute on Aging Friendship Line: 1-800-971-0016](#) if you're feeling lonely or in need of support.
- You may wish to connect with a faith-based community for support such as help with groceries, social networking opportunities, or other needs.

To learn more about how to improve the resilience of older adults by through public health organization and aging-in place groups (Village Movement), you may wish to read:

- [Building Older Adults' Resilience by Bridging Public Health and Aging-in-Place Efforts](#)

To learn more about the science of social connections and health among older adults, you may wish to read the below research:

- [Social Disconnectedness, Perceived Isolation, and Health among Older Adults](#)



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Looking for help is an important part of family resilience. Family members can be lifelines for resilience and assistance during challenging times. Seeking help can sometimes mean asking for help from extended family, friends, neighbors, and community resources. When families are open and generous in supporting others during a crisis, that support can be returned when it is needed. To help us get through a crisis we can seek information from friends and neighbors as well as more formal supports from therapists, pastors, food pantries, etc.

Seeking Financial Support

[When Your Income Drops](#) is a set of nine fact sheets that provides information and resources to assist individuals in beginning to regain control of their financial lives. Topics include Don't Panic-Take Control; Take Stock of Family and Community Resources; Plan to Pay Creditors; and Keep a Roof Overhead, among others. To find COVID-19 resources for financial security, you may wish to visit [Financial Security for All](#).

Access to Food

All around the world, families are struggling with keeping food on the table because of the pandemic. Food insecurity and poor nutrition can lead to chronic illnesses that may cause us to be at increased risk for COVID-19. Research suggests that natural healthy eating during a chaotic or challenging time can have a positive effect on [stress and anxiety](#). Healthy food is fuel for the body, but also the brain. We may have a hard time affording food, or may be concerned that we might. There are [food assistance resources](#) available. The [Feeding America](#) network of food banks can help families connect to local food pantries and other assistance.

Self-Care for People of Color

Right now, access to mental health care for people of color is especially critical. Black people have been watching as a disproportionate number of their loved ones die from the coronavirus pandemic. They have also watched others, who look like themselves, violently killed or threatened for nothing more than being Black in public. Consider visiting [Black Mental Wellness](#) to access resources and evidence-based information about mental health and behavioral health topics. [Black Mental Health Alliance](#) provides information and resources and has a "Find a Therapist" locator. This locator can connect family members with a culturally-competent mental health professional.

To learn more about the science behind household food security, financial wellness, and racism-related stress, you may wish to read the below research:

- [Measurement of household food security in the USA and other industrialized countries](#)
- [Twelve key components of financial wellness](#)
- [A Multidimensional Conceptualization of Racism-Related Stress: Implications for the Well-Being of People of Color](#)