



## **Stress and Coping: the Outbreak of COVID-19 Discussion Questions for Families and Students.**

The outbreak of the Coronavirus Disease 2019 has been stressful for many people. The fear and anxiety can be overwhelming for many of us.

The following are questions to promote reflection and/or discussion among family members or with groups of students.

1. How has your life changed due to the outbreak of COVID-19?
2. What do you miss from before the shelter-in-place?
3. What is difficult for you about the shelter-in-place?
4. Is there anything that you actually like about the shelter-in-place?
5. How does it feel to spend more time at home?
6. How are you connecting with friends or supportive adults?
7. What helps you to get through this stressful time?
8. Are you receiving enough help from family, friends, or others in this stressful time?
9. What do you think could help you to cope in this stressful time?
10. Do you have any family or friends who must now spend more time alone at their homes?
11. Given the requirements of the shelter-in-place, what changes at home or with school could make the situation less stressful for you?

**For more information or for support for yourself or others 24/7:  
contact the Contra Costa Crisis Center.  
Call 2-1-1 or 1-800-833-2900. Text HOPE to 20121.**

[www.crisis-center.org](http://www.crisis-center.org)

For online information:  
From the Centers for Disease Control:  
go to [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html).  
From Contra Costa Health Services:  
go to [www.coronavirus.cchealth.org](http://www.coronavirus.cchealth.org)  
and [www.coronavirus.cchealth.org/coping-with-stress](http://www.coronavirus.cchealth.org/coping-with-stress)