

3 tips to talk with youth about mood changes during COVID-19 and beyond

Stick to the Facts

I have noticed...
(their behaviors)

Ex:

I have noticed you aren't drawing as much lately

Validate

Feeling + Context =
Validation

Ex:

I hear you that you are angry about all the limitations due to COVID

Be Ready for push back...

But you might be surprised that they are calmer that someone noticed and validated their experiences

Adapted from the article: Checking In on Your Teenager's Mood During the Pandemic by NYU Langone

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