

As we enter into this National Emergency, your child may experience some anxiety about the change in routine and lifestyle. Please consider letting you child express some of these feelings by using the activity on back of this sheet. As we listen to the 24 hour breaking news, remember this can often cause unnecessary stress and anxiety for our children. Please refer to the Guidance page on C. T. Walker website for further resources.

From the Richmond County Crisis Response handbook the definition of a crisis is:

A crisis is a temporary state of upset and disorganization, characterized chiefly by an individual's inability to cope with a particular situation using customary methods of problem solving, and by the potential of a radically positive or negative outcome. (Karl Slaikeu, 1990)

Signs and Symptoms of Situational Trauma (from Kendall Johnson)

Cognitive

- Confusion
- Difficulty solving problems
- Time distortions
- Problems in setting priorities

Physical

- Pounding heart
- Nausea
- Sweating
- Headaches

Emotional

- Irritability
- Fear
- Anxiety
- Frustration
- Anger

Behavioral

- Slowness
- Aimless wandering
- Dejection
- Memory Problems
- Hysteria
- Out-of-control behavior
- Hyperactivity

From C. T. Walker School Counselors- Mrs. Montgomery and Ms. Lee