

Prioritizing One Another During COVID-19

Proactive family strategies for the COVID-19 emergency

Encourage the productive sharing of feelings

It's important to acknowledge difficult feelings that you and other members of your family might be experiencing. Feelings of [fear](#), [anxiety](#), and uncertainty are among many normal and healthy reactions to the COVID-19 crisis. We are biologically hardwired to respond to threats in these ways. These feelings are your body's attempt at protecting you; they are reminders to be aware of your surroundings and actions during this time.

Encouraging the reciprocal sharing of feelings within the family is important and can prevent blow-outs. This includes providing dedicated time for the members of the family to have the opportunity to share how they feel and to listen to how everyone else feels. The content of what is shared should, of course, be developmentally appropriate based on the age of any children in the family; however, children should not be completely insulated from the realities of the situation. See [this article](#) for tips on how to speak with your children about COVID-19.

Calm, deliberate, and authentic discussion of emotions can help tame these responses while facilitating best practices for cleanliness in the home. Thank your body for doing its job, take productive action according to recommendations of health officials, and understand that, beyond these measures, the fear and anxiety no longer serves you. At this point, it is time to shift your [attention](#) to things that instill calm, love, and joy. Engage in breathing exercises, do something physical, and engage in whole family activities (see strategy #4 below).

About the Author



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