

Resilience for Children & their Families 3: Overcoming Fear during Covid-19

Hi, it's Dr. Machele! Let's discover what to do when you're afraid.

Your brain is so special. Close your eyes. Imagine a huge magical bird. What colors are the feathers? How do the wings look? What sound does it make? If you could ride your bird, where would it take you? Open your eyes. That is your brain! It can create many beautiful things. Your brain is amazing!



But, what if my brain thinks of scary stuff?

When you are afraid,
Your brain might shout:

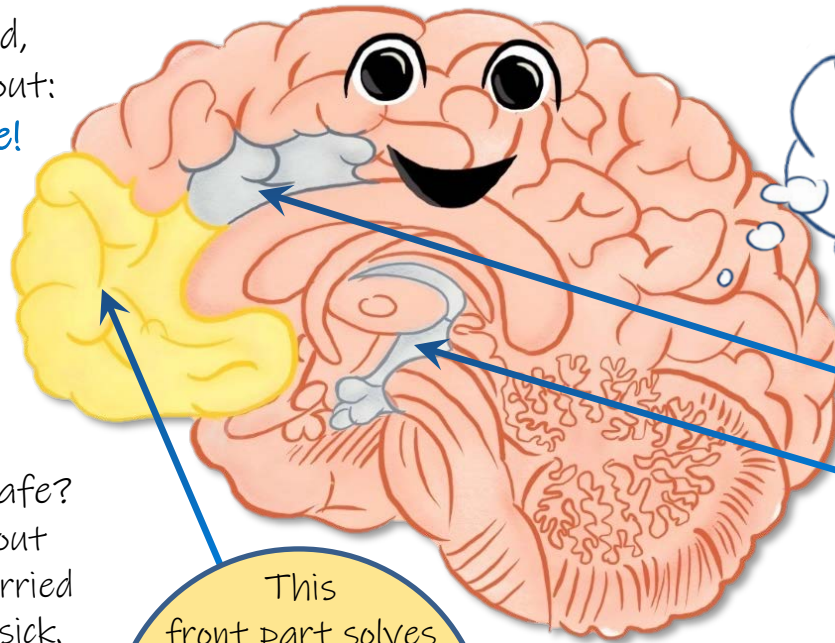
**Run Away! Freeze!
Defend!**

I send power
to your heart,
arms, and legs
to go so fast!

But Wait!

What if I am home safe?

But, I'm thinking about
COVID-19. Or, I'm worried
about someone who is sick.
My brain is going too fast!
What can I do?



Hi, I'm
Brain Buddy!
I'm going to help you
learn about your brain.

This
front part solves
problems. It knows
about feelings
and getting along.
We need to build
this part!

You have power to
help these parts
connect! Remember
and think about
what to do when
things get hard.

The gray
parts feel scared.
They may
help you survive.
But, they don't
know how to fix
a problem.

So, when you are afraid:

1. Take **5** really deep breaths.
2. Remember when you did a really good job even though you were scared.
3. Figure out one way to solve the problem you are thinking about.
4. Think of someone who loves you so much. What does their face look like?
What would they say to help you?
5. Find a way to talk to that person about what makes you scared.
6. Think of one safe thing you can do now to feel better. Go do it!

[Psychology Today, 2019](#)

[Harvard Health, 2018](#)

[Mahan & Ressler, 2015](#)

Machele Madsen Thompson has been a resilience expert with children's individual & group counseling, teaching & researching for 25+ years with 12 years at Primary Children's Hospital & 15 years at Florida State University.

Brain Buddy art by Sable Thompson, M.D. Candidate, University of Virginia School of Medicine.

Dr. Machele art by Rachel Smith. Resilience Builder #3 (Reading Level 1.5) ©RiseResilient, LLC, 2020