



# Caring through COVID Connection

Insights and resources to help you navigate COVID-19

Explore and share the latest insights and tools from Beacon's experts to help manage the stress and anxiety related to the evolving COVID-19 crisis. And, for more information, visit [BeaconHealthOptions.com/coronavirus](https://BeaconHealthOptions.com/coronavirus).



## **How to help your children navigate back-to-school anxiety:**

Starting a new school year is full of unknowns in a “normal” year. Now, the COVID-19 pandemic is adding a host of new concerns to the list. It’s important to recognize your child is likely to experience heightened back-to-school stress and anxiety. Explore these tips to help prepare for a school year full of unknowns.

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**How to help your extrovert with at-home learning:** Does your child miss the back-and-forth of the classroom? Does the solitude and quiet of online education not quite fit his/her learning style? If your community has decided to delay returning to school full-time, here are ways to help your extrovert adjust to at-home learning.

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**How to help your introvert return to the classroom:** Through the exhausting experience of working from home and managing at-home schooling, many parents made a discovery. Their introverted child excelled through Zoom and online learning. When it's time to return to the classroom, here are some tips on how to help an introvert manage the transition.

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**Navigating the teen years during the pandemic (recorded webinar):** COVID-19 has thrown teenagers a few curve balls with missed milestones and limited social interaction. As parents, how can you pick your battles and help your teen negotiate the challenges and decisions brought on by the pandemic?

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