



Universal Truths

About People during COVID-19 Social Distancing

- NONE of us signed up for this!
- Everyone is doing the best that they can given their unique circumstances. Always assume that others are giving their best.
- At this point in time everyone is anxious about something and most people are really anxious about many things.
- Anxiety and fear will disguise themselves in different behaviors*: anger, sorrow, short temperedness, etc. So, check yourself when you start to exhibit any of these behaviors. Ask yourself, what am I really angry at? Why am I really crying? How come my fuse is so short today? If other people around you are acting the same way, ask the same questions if you can. If it is a person you cannot ask, then remind yourself that fear and anxiety often present in these ways.
- Teachers and parents are worried about their children/students. Both are worried about children's progress, lack of progress, or loss of skill. Both are worried about children's emotional and physical well-being. Will my child/student be able to access the technology to "attend" school? Most importantly, it is essential to remember that parents and teachers are very concerned about failing their children/students.
- No one knows the battles that are being fought in someone else's head, family, home, or workplace. Do not make assumptions about other people's behavior or situations.
- Grace and kindness in all communications go a long way in helping every situation.

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*<https://community.today.com/parentingteam/post/one-truth-that-helps-my-family-like-no-other-fear-wears-disguises?fbclid=IwAR0gobPUV7aSTKPGTapGty03PAFWxEHx407DuUiXYLLyE2cD3QPcqT-SMk>