



Phone : 954-764-7337

VIDEO DISCUSSION WORKSHEETS

Video 4 : Coping with Involuntary Isolation and Natural Disasters

- What are your fears/concerns regarding involuntary isolation?

- How are you spending your time while practicing social distance?

- What credible sources are you utilizing to stay informed?

- What are some coping skills/strategies that you and your family are utilizing during this difficult time?

- Other questions you may have on this topic/ Other thoughts and feelings on this topic.

We are here to help. For more information on this or another topic please do not hesitate to contact us.