



Phone : 954-764-7337

# VIDEO DISCUSSION WORKSHEETS

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## *Video 4 : Coping with Involuntary Isolation and Natural Disasters*

- What are your fears/concerns regarding involuntary isolation?

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

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- What credible sources are you utilizing to stay informed?

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

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

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