

3 tips to talk with youth about mood changes during COVID-19 and beyond

Stick to the Facts

I have noticed...
(their behaviors)

Ex:

I have noticed you aren't drawing as much lately

Validate

Feeling + Context =
Validation

Ex:

I hear you that you are angry about all the limitations due to COVID

Be Ready for push back...

But you might be surprised that they are calmer that someone noticed and validated their experiences

Adapted from the article: [Checking In on Your Teenager's Mood During the Pandemic](#) by NYU Langone

I hate wearing these stupid masks!
It is so frustrating!



I hear you, these masks are frustrating and can get in the way of things

You look sad about your Zoom classes



Feeling
+
Context/Story
=
Validation

I hate not getting to see everyone at school



Me too. Not getting to see everyone sucks.



It's alright to be angry about the assignment



Most people need to be heard even before finding a solution. Genuine validation often de-escalates the person and the situation.