

COVID Stinks: Let's Talk About It

WITH APOLOGIES TO
SKUNKS



Presentation created by:

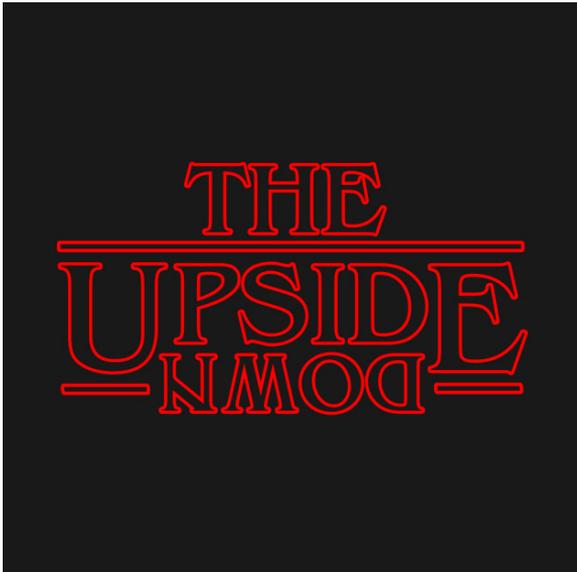
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**We are all in the same
storm, but not in the
same boat**



Our World Was Turned UPsidedown



So how do we keep out boat from sinking????



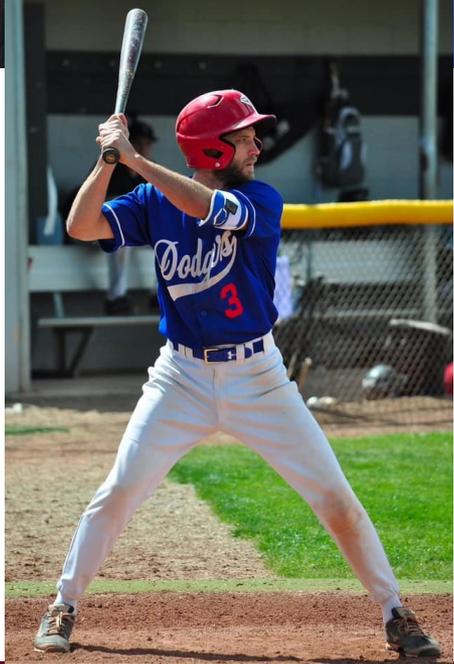


Losses and Gratitude





Example of Losses

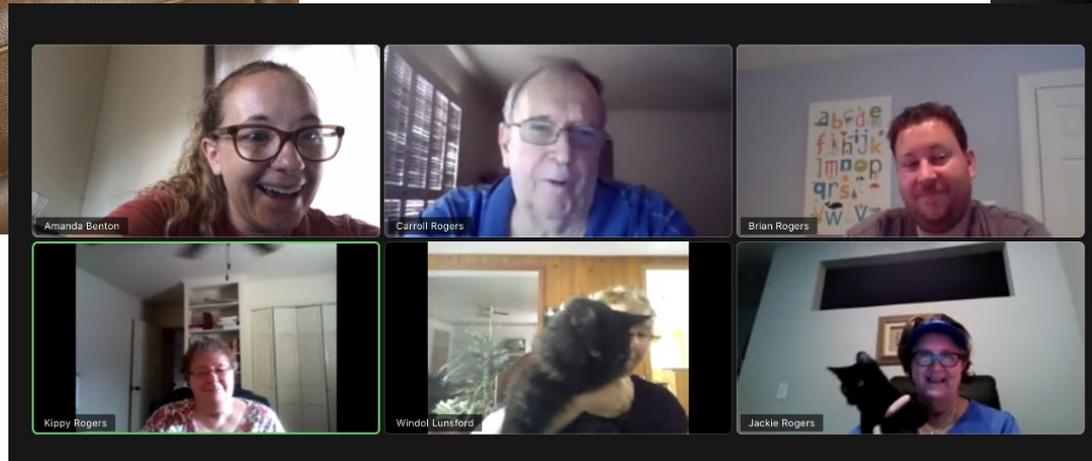
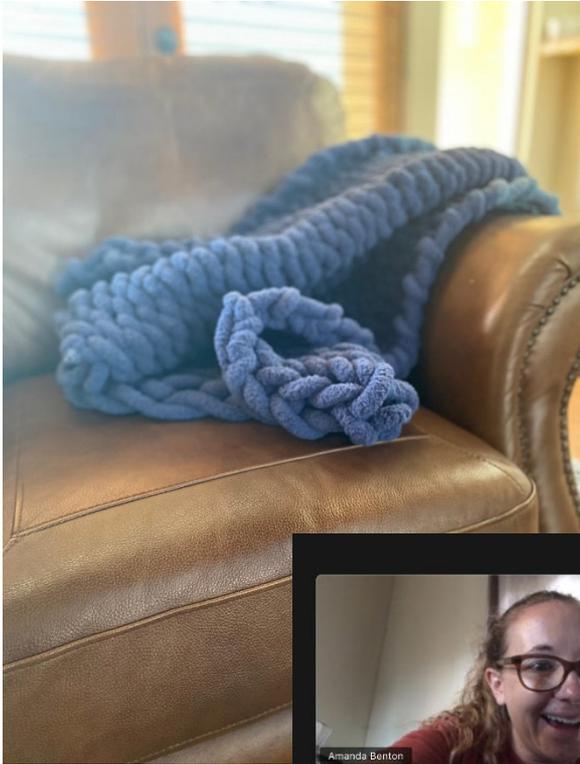




Example of Losses

Losses	Gratitude
Outdoor recreation	
Concerts	
In Person Interactions	
Trips, international and local	
Cousin	
Family	

Example of Gratitude

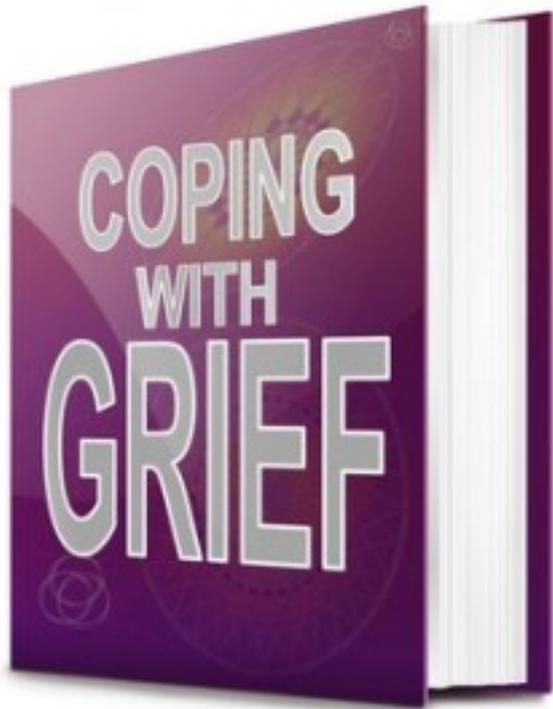


Example of Gratitude

Losses	Gratitude
Recreation	Crafts/New Skills
Concerts	Worldwide Friends
In Person Interactions	Weekly Zoom
Family	Heartfelt discussions
Cousin	



Reason #1



Naming loss helps us
be honest about grief.



Reason #2

Naming loss keeps us
from minimizing our
silver-lining things.





Reason #3

Naming
gratitude
prevents us
from drowning
in sorrow.



Need more help?
New Mexico Crisis and
Access Line
1-855-662-7474



How To Join 4-H Youth Development Program

If you are interested in joining your county
4-H program, please email

abenton@nmsu.edu



Questions?

Sources: Ferrari, Teresa M; Fraley, Rachael; Bower, Justin; *Coping with Covid: Lessons Plans to Promote Mental, Emotional, and Social Health (MESH)*, The Ohio State University, College of Food, Agricultural and Environmental Sciences, 2020.