

TIPS FOR TALKING ABOUT COVID

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1

Know your audience: what strategies might work best for the person you're talking to?

2

Schedule the conversation: "there's something important to me I'd like to talk about, when would be a good time?"

3

Get consent: "I'd really like to have a conversation about COVID together, is that something you'd be open to doing?"

4

Show empathy: Normalize that talking about COVID can bring up a lot of feelings, and that's okay.

5

Lead with emotions rather than facts: "I know how much you love me, one meaningful way you could show that would be wearing a mask."

6

Lead with your boundaries: "Hey, it's been a while, I'd love to catch up soon. Would you be down to meet outside at the local park?"

7

Show you're open to discussion: "I understand you don't feel ready to talk about this now. If you ever want to learn more I'd be happy to talk."

8

Find others who understand: connecting with other still COVIDing people who really get it can be very powerful, and healing.

9

Give yourself grace: These conversations can be HARD. You're doing the best you can under some very difficult circumstances.

