

FOR IMMEDIATE RELEASE
August 5, 2021

Contact:

Sean Fink

Manager of Communications, Ohio Credit Union League

D: (614) 923-9756 | C: (614) 581-0067

sfink@ohiocul.org

LEARN TO RECOGNIZE STRESS AND ANXIETY IN A POST-PANDEMIC WORLD

5 ways to comfort children as they transition back to normal

COLUMBUS, OH, August 5, 2021— A more open economy is fast approaching, and for those members with children or young adults pursuing education and training opportunities, there may be some anxiety about returning to normal. Studies show that in-person learning is how children and teens learn best, but safe, in person learning becomes more challenging when facing new COVID variances, mask mandates, and vaccine eligibilities.

There are some silver linings on the horizon. The FDA is preparing to provide full approval for the Pfizer COVID vaccine by early September, just in time for the start of the fall 2021 school year. Full FDA vaccine approval may have the strongest impact on children returning to in-person learning this year, ending social isolation and academic decline. [The U.S. Department of Education](#), released a “Return to School Roadmap” to provide additional resources to support students, schools, educators, and communities for a safe and sustained return for the 2021-2022 school year.

The following tips from [Very Well Family](#) can help identify stress and anxiety in children as they return to the classroom:

1. **Be positive** – There is more to school than learning new things. Remind kids how much fun school can be. Remain positive when talking about all the friends and teachers they may not have seen in a long time, as well as extracurricular activities they can participate in.
2. **Remind them they are not alone** – While your children might be nervous about going back to school, assure them that they are not the only ones: Most kids are in the same boat. They have all experienced the same crazy, unorthodox year together. If possible, arrange playdates so kids can reconnect with friends before school officially starts.
3. **Be present those first few weeks** – Try to stay present with your kids during the first days and weeks after school starts. Let them know you are there for them every step of the way, especially in the hours when you both are home from school and work.
4. **Stay healthy** – Keep kids healthy by making sure they are eating and sleeping well, along with getting enough exercise. Find stress relievers for your kids to blow off steam, like sports or activities outside of school.
5. **Know when to get outside help** – You know your child best, so listen to your gut and seek professional help if you feel their anxiety is something more deeply rooted than back-to-school stress.

While getting back to pre-pandemic school is a big step in the right direction, some children might have anxiety or stress about transitioning from virtual to in-class learning. [Very Well Family](#) suggests parents can help their children cope with big changes by recognizing the signs of anxiety and implementing creative strategies to overcome stressful situations.

Shared Branching is one of the ways credit unions help their members overcome the stressful situations. Shared Branching is the epitome of the People Helping People culture of credit unions. Imagine having an account with Key Bank. You are out and about and need to make a deposit, so you go into a Chase Branch and ask them to access your Key Bank account. The Chase employees would look at you in confusion.

Shared Branching makes the above example a possibility through credit union partners. Members of participating credit unions can utilize the services of other institutions to perform their transactions. One, Five, or ten branch credit unions have now given their members access to over 5,800 locations worldwide. Learn more about Shared Branching by visiting www.sharedbranching.org.

Amy Morin, author of *13 Things Mentally Strong People Don't Do*, states that the effect of financial stress is one of the leading causes of mental health and anxiety issues. Though credit unions are not a substitute for medical experts and treatment when it comes to mental health, depression, or anxiety, the services, and solutions that you offer your members can mitigate financial stressors that can complicate overall well-being.

###

The Ohio Credit Union League, with offices in Columbus, is the state trade association representing the collective interests of 238 credit unions. Credit unions are not-for-profit financial institutions owned and democratically controlled by their members. Ohio credit unions provide savings, loans, and other consumer-friendly financial services to more than three million members.