


Most people are anxious and unsure what is going on at the moment, not just about Covid-19 but family and school circumstances and the impact this may have. Asking questions and seeking advice from trusted adults or the links above may provide some clarity and answers.

Below are some ideas to help you and your family with any anxiety arising from the current situation.

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting



For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure



For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Protecting yourself and being supportive to others can help you feel useful, for example checking in with a friend or an elderly neighbour. Spending time relaxing and using some of the ideas contained within this letter may help you to remain calm and think clearly. Try to separate what is in your control and what is not, and focus on what you can do to help reduce the spread like washing your hands and keeping healthy. Try and do what makes you feel safe, remembering not to compare yourself to others. Try and get some fresh air in quiet places and remember to ask for help if you require it.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>



World Health
Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).