

MENTAL HEALTH IMPACTS OF CORONAVIRUS ON KIDS

It is normal for youth to feel a significant amount of stress, fear, and anxiety about COVID-19. Kids and teens may experience the following effects:

- excessive crying, irritation, and "acting out"
- changed eating or sleeping patterns
- changes in concentration, attention and school performance
- unexplained physical pain (e.g. headache or stomach ache)



WHAT YOU CAN DO:



- When talking about Corona Virus, use simple language
- Share appropriate facts about the virus
- Remind children of the steps they can take to protect themselves
- Encourage children to maintain a healthy lifestyle by eating well, sticking to a sleep schedule, moving and exercising, and staying in touch with family and friends
- Prepare a resource guide of local mental health clinics, crisis hotlines and public health services to share with families and students.

Practice Self-Care:

- Handle your own anxiety and practice self-care so that you can respond to kids
- Take breaks from news stories and social media where you may hear upsetting information about the pandemic
- Take care of your body by taking deep breaths, stretching, meditating, eating healthy, exercising, sleeping, and avoiding alcohol and drugs
- Make time to unwind and participate in activities you enjoy
- Connect with loved ones and talk to people you trust

