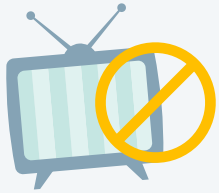




BEATING STRESS AND WORRIES

COVID-19 | A GUIDE FOR PARENTS & YOUNG PEOPLE

TIPS FOR YOUNG PEOPLE



Spend less than
10 MINUTES A DAY
watching or listening to
news about the virus.

1



Avoid listening to
the news more than
1-2 TIMES A DAY
and reading out bad news
from the internet/social media.



Ask a parent, teacher or trusted person if you have
QUESTIONS ABOUT THE VIRUS
and tell them if you are feeling scared or worried.

2

Answer your child's questions about the virus
BUT STICK TO THE FACTS
and use trusted sources like the WHO.



STAY CONNECTED
to your friends but try to
talk about things other
than the virus.

3

Reassure your child and give
**OPTIMISTIC AND
CALM RESPONSES**
Focus on what they can do right now.



MAKE A LIST OF ACTIVITIES

that you can do with your family and
friends – start a journal or blog, do a
puzzle, e-visit the Louvre, train the dog.



4



GET CREATIVE

Set-up some simple and
fun activities for at home
or in non-crowded places.



WRITE A LIST AND DRAW

10 good things in your
life and the world.



5

Help your child make a list of
10 GOOD THINGS
in their life and the world.



FIND A WAY TO RELAX

Spend 10 minutes breathing
slowly and calmly.

Imagine that you are in your
favourite place for 5 minutes.



6



Try to stick to your regular
FAMILY ROUTINES
and avoid places that
are high risk, or you
are directed to.



LISTEN TO MUSIC

Choose something that
makes you feel good.

7

CHECK IN WITH FAMILY MEMBERS

but try to talk about other
issues and not just bad news
and worries about the virus.



TELL YOURSELF POSITIVE THINGS



8



LEAD BY EXAMPLE

Stay calm yourself. Help your child by
sharing your own coping skills. Give
praise when they are coping and tell
them what a great job they are doing.