Anxiety

This is a time of uncertainly for everyone. The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, your family, the people you care about, and our community stronger.

There are many things you can do to support your child:

- Reassure your child that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. While schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Try to remain calm. When children are unsure about how to understand a situation, they look to their parents and caregivers for clues on how to interpret a situation. If you are nervous, your child will pick up on this and respond in kind
- Take time to talk with your child about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child can understand. Try not to provide more information than what your child has requested.

Here is a social story that can be used to explain the changes in the community as a result of COVID-19

https://7d227aef-9be2-4e60-8085-179b8ba67113.filesusr.com/ugd/cb0bfb_bc18de19c27447ec84bc4c84d937a1ff.pdf

For more tips on how to manage anxiety & stress during this time, please visit the CDC website using the link below:

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html