

COPING WITH ANXIETY AROUND COVID-19

FOR KIDS

- Remind kids they are not 'stuck' at home, they are 'safe' at home
- Feeling safe and connected is way more important than home-schooling
- Screens are a way of escaping and playing with friends, relax its OK
- Routine is helpful, but make it your routine, don't worry about other peoples routines
- Let them play, do art, make forts, obstacle courses & cook. Remember kids process what's happening through play
- Help them find words to what they are feeling, be their 'feeling detective'



FOR US

- Limit your exposure to social media and the news
- Its OK to not feel OK about this
- If you can do something kind for yourself, do it
- Reach out to others, connect with people, even if you feel you may not want to
- This is temporary

IDEAS TO HELP YOU AND YOUR KIDS FEEL LESS STRESSED

- Legs up against the wall for 3-5 mins
- Go for a walk
- Belly Breathing (look on youtube)
- Get arty & creative
- Try knitting, make a cake, bake cookies
- Silly dance and sing around the house
- Embrace the crazy tiktok memes out there!
- Hide from the kids and eat chocolate
- Put an ice pack over your eyes for 3 minutes

NEED MORE HELP – FUNDING PATHWAYS AND SUPPORT SERVICES FOR MENTAL HEALTH

- Kids under 16, concession cardholders and those at increased risk of catching COVID-19 can access bulk billed psychology services via Telehealth from home. Ask your GP
- See your GP and ask for a Mental Health Care Plan or Telehealth Referral for sessions under Medicare
- See your GP and ask if you are eligible for a PSS referral, with sessions at no cost to you (Each state has a different Primary Health Network PHN)
- If you are in a crisis call Lifeline on 13 11 44

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