

# SELF CARE FOR CHILDREN & TEENS (COVID-19)

Mental health self care for childrens and teens during the COVID-19 Pandemic

## 1 STRESS IN CHILDREN & TEENS

Children and teens can experience a wide range of strong emotions. Pay attention to some of the following signs:

- Excessive crying or irritation in younger children
- Returning to behaviours they have outgrown
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and acting out behaviours in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities they normally enjoy
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

## 2 SUPPORT YOUR CHILDREN & TEENS

It is important during this pandemic to support your children or teen. Some of the ways you can support them are:



### Talk With Your Child/Teen

Help them understand what it is, what they should be doing and answer any questions they have.



### Be a Role Model

Your children and teens will follow your example. Set good habits such as taking breaks, get plenty of sleep & exercise and eat well.



### Reassure Your Child/Teen is Safe

Let them know it's okay to be worried or afraid. Share how you deal with your own stress so they can copy with the situation.



### Connect with Family & Friends

Try to connect your child and teen to family and friends they can't see in person. Video calling is a great way to do this.

## 3 SELF CARE FOR CHILDREN & TEENS

Circle the self care activity that you would be most likely to enjoy doing. Fill in your own self care activities in the empty spaces below:



Connect with Family & Friends Digitally



Learning Activities



Arts & Crafts



Have a Daily Routine



Learn Something New



Stay Active



Watch a Movie



Gardening



Play an Instrument



Play a Card Game



Read a Book



Baking



Play Board Games



Proper Rest & Sleep



Do a Science Experiment



Coloring



Painting



Eat Healthy



Avoid Substance Abuse



Solve a Puzzle