



**PROTECTING YOUR  
MENTAL HEALTH**

**DURING COVID 19**

# MANAGING CORONA VIRUS (COVID-19) ANXIETY

♥ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

YOUR FEELINGS ARE NORMAL!

# PRACTICAL WAYS TO COPE & RELAX



Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy. See guided relaxation on slide 6!



Pace yourself between stressful activities, and do something fun after a hard task. Try to maintain a schedule. See a sample schedule on slide 8!



Stay connected to friends and family through video chats. Cope with social distancing with face-to-face video technology.



Maintain a sense of hope and be positive/optimistic!



*Separate what is in your control from what is not.* There are things you can do, and it's helpful to focus on those. Wash your hands – practice social distancing – limit how much you watch the news. See how easily germs spread on the next slide!



*Take a Technology Break.* Find time to get outside and enjoy the fresh air. Go for a walk and enjoy the beauty of nature. That can also be a good time to reflect on your blessings and talk to God.



*Talk about your feelings and reach out if you need more support.* What you are feeling is normal. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. Your School Counselor is available to help or provide referrals and resources. 211 Milwaukee provides 24/7 help and resources



*Challenge yourself to stay in the present.* Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Watch the video on slide 7 !

**WATCH GERMS SPREAD  
&  
HOW TO STOP THEM!**

[Click for VIDEO](#)

**GUIDED  
RELAXATION**

**=**

**STRESS  
RELEASE**

[Click here for a guided  
relaxation video!](#)

# HOW TO MANAGE UNCERTAINTY & ANXIETY

[Click here for advice!](#)  
Focus on “One day at a  
time”!



# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS  
FOLLOW THE  
RULES OF SOCIAL  
DISTANCING

THE AMOUNT  
OF TOILET  
PAPER AT THE  
STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE  
ACTIONS  
OF  
OTHERS

MY POSITIVE  
ATTITUDE

TURNING  
OFF THE  
NEWS

FINDING FUN  
THINGS TO DO  
AT HOME

HOW  
LONG  
THIS  
WILL  
LAST

HOW I FOLLOW CDC  
RECOMMENDATIONS

LIMITING MY  
SOCIAL MEDIA

PREDICTING  
WHAT WILL  
HAPPEN

MY OWN SOCIAL  
DISTANCING

MY KINDNESS &  
GRACE

HOW  
OTHERS  
REACT

OTHER  
PEOPLE'S  
MOTIVES





# SAMPLE DAILY SCHEDULE

*Maintaining a routine helps reduce anxiety and worry! It can also help you stay on top of your e-learning!*

9:00am	Wake up	Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry
9:00-10:00	Morning walk	Family walk with the dog, bike ride, Yoga if it's raining
10:00-11:00	Learning at home	School-led learning or Sudoku, books, flash cards, study guide, journal etc
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake etc.
12:00 pm	Lunch J	
12:30	Helping at home	# wipe all kitchen tables and chairs # wipe all door handles, light switches and desk tops # wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap, radio NZ stories
2:30-4:00	Learning at home	School-led learning orlpad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, walk the dog, play outside
5:00-6:00		Dinner J
6:00-8:00	Free TV time	Kids shower time

“A pessimist is one who  
makes **DIFFICULTIES**  
of his opportunities and an  
optimist is one who makes  
**OPPORTUNITIES**  
of his difficulties.”  
-Harry S. Truman





# 10 ways to stay OPTIMISTIC

- 1 Decide to be happy
- 2 expect the best
- 3 TRUST the Universe
- 4 look for the Silver Lining
- 5 Celebrate Life
- 6 Take a POSITIVE view
- 7 Don't forget to have some FUN!
- 8 make each day count
- 9 Be an ENCOURAGER
- 10 Appreciate Yourself

# If you need help....

- 1) Talk to your parents or a trusted adult
- 2) Email and/or call your school counselor on their distance learning phone number.
- 3) If in crisis and need immediate help, tell your caregivers and/or a trusted adult.