



## **Coping with Stress Related to COVID-19**

At this time, information about COVID-19 is rapidly evolving as new details are confirmed and new questions emerge. In the event of an outbreak in your community, as a parent/caregiver, your first concern is about how to protect and take care of your children and family. Knowing important information and learning how to be prepared can reduce your stress and can help calm anxieties.

Here are some recommendations to help your family cope with the stress of an infectious disease:

### **Information & Communication**

- Keep updated about what is happening with the outbreak and additional recommendations by getting information from credible media outlets, local public health authorities, and updates from public health websites.
- Seek support and continued connections from friends and family by talking to them on the telephone, texting, or communicating through email or social media.
- Although you need to stay informed, minimize exposure to media outlets or social media that might promote fear or panic. Be particularly aware of (and limit) how much media coverage or social media time your children are exposed to about the outbreak. Consider checking the news only at pre-scheduled times.
- E-mail and texting may be the best ways to stay in contact with others during an outbreak, as the Internet may have the most sensational media coverage and may be spreading rumors. Check in regularly with your children about what they have viewed on the Internet and clarify any misinformation.
- Focus on supporting children by encouraging questions and helping them understand the current situation.
  - Talk about their feelings and validate these
  - Help them express their feelings through drawing or other activities
  - Clarify misinformation or misunderstandings about how the virus is spread and that not every respiratory disease is COVID-19
  - Provide comfort and a bit of extra patience
  - Check back in with your children on a regular basis or when the situation changes

**NOTE:** During an outbreak, stigma and rejection can occur against individuals who live in affected communities, against health-care workers, and individuals with other illnesses.

## **Scheduling & Activities**

- Even if your family is isolated or quarantined, realize this will be temporary.
- Keep your family's schedule consistent when it comes to bedtimes, meals, and exercise.
- Make time to do things at home that have made you and your family feel better in other stressful situations, such as reading, watching movies, listening to music, playing games, exercising, or engaging in religious activities (prayer, participating in services on the Internet).
- Recognize that feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to a stressful situation such as a disease outbreak.
- Help your family engage in fun and meaningful activities consistent with your family and cultural values.

## **Hygiene & Medical Care**

- Find ways to encourage proper hygiene and health promoting behavior with your children (create drawings to remember family routines; sing a song for length needed to wash hands like the A-B-C or Happy Birthday song, twice). Include them in household jobs or activities so they feel a sense of accomplishment. Provide praise and encouragement for engaging in household jobs and good hygiene.
- Reassure your children that you will take them to get medical care if needed. Explain, however, that not every cough or sneeze means that they or others have COVID-19.

## **Self-Care & Coping**

- Modify your daily activities to meet the current reality of the situation and focus on what you can accomplish.
- Shift expectations and priorities to focus more on what gives you meaning, purpose, or fulfillment.
- Give yourself small breaks from the stress of the situation.
- Attempt to control self-defeating statements and replace them with more helpful thoughts.
- Remember, you are a role model for your children. How you handle this stressful situation can affect how your children manage their worries.

- If your family has experienced a serious illness or the death of a loved one, find ways to support each other, including:
  - Reach out to your friends and family, talking to them about the death of your loved one. Use telephone, email, or social media to communicate if necessary.
  - Find ways to honor the death of your loved one. Some activities may be done as a family, while additional activities may be done individually.
  - Seek religious/spiritual help or professional counseling for support. This may be available online or by telephone during an outbreak.

## Helping Children Cope

Below are some reactions according to age group and the best ways you can respond:

AGE GROUP	REACTIONS	HOW TO HELP
PRESCHOOL	Fear of being alone, bad dreams Speech difficulties Loss of bladder/bowel control, constipation, bed-wetting Change in appetite Increased temper tantrums, whining, or clinging behaviors	Patience and tolerance Provide reassurance (verbal and physical) Encourage expression through play, reenactment, story-telling Allow short-term changes in sleep arrangements Plan calming, comforting activities before bedtime Maintain regular family routines Avoid media exposure
SCHOOL-AGE (ages 6-12)	Irritability, whining, aggressive behavior Clinging, nightmares Sleep/appetite disturbance Physical symptoms (headaches, stomach aches) Withdrawal from peers, loss of interest Competition for parents' attention Forgetfulness about chores and new information learned at school	Patience, tolerance, and reassurance Play sessions and staying in touch with friends through telephone and Internet Regular exercise and stretching Engage in educational activities (workbooks, educational games) Participate in structured household chores Set gentle but firm limits Discuss the current outbreak and encourage questions. Include what is being done in the family and community

		<p>Encourage expression through play and conversation</p> <p>Help family create ideas for enhancing health promotion behaviors and maintaining family routines</p> <p>Limit media exposure, talking about what they have seen/heard including at school Address any stigma or discrimination occurring and clarify misinformation</p>
<p>ADOLESCENT (ages 3-18)</p>	<p>Physical symptoms (headaches, rashes, etc.)</p> <p>Sleep/appetite disturbance</p> <p>Agitation or decrease in energy, apathy</p> <p>Ignoring health promotion behaviors</p> <p>Isolating from peers and loved ones</p> <p>Concerns about stigma and injustices</p> <p>Avoiding/cutting school</p>	<p>Patience, tolerance, and reassurance</p> <p>Encourage continuation of routines</p> <p>Encourage discussion of outbreak experience with peers, family (but do not force)</p> <p>Stay in touch with friends through telephone, Internet, video games</p> <p>Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Discuss and address stigma, prejudice and potential injustices occurring during outbreak</p>

## Seeking Additional Help

If you or a loved one is having a difficult time coping with stress or anxiety and want to seek outside help, there are ways to get that help:

- Speak to a counselor at Distress Centre Durham: 905-430-2522 or 1-800-452-0688
- Get support for your child or teen by contacting Kids Help Phone: 1-800-668-6868; or text CONNECT to 686868; or online chat: kidshelpphone.ca.
- Contact your physician or your insurance company (if they have a consultation line) to ask health-related questions or to seek mental health support.

- Additional resources can be accessed at <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>
  - <https://www.nctsn.org/>
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Source: National Child Traumatic Stress Network, Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19); March, 2020  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)