

Top 10 tips for managing Covid anxiety

1. Give yourself time to process each piece of news, ask your family or teachers if you have questions.



2. Focus on facts – most children who get Covid-19 are not seriously ill, and a lot don't have any symptoms at all.



3. Don't worry about normal cold symptoms. They are a usual part of life.

4. Manage your energy levels – changes to routine, stress and social communication can deplete your energy levels. Schedule in things you enjoy or find relaxing to deposit some energy back.



5. Take regular exercise and get fresh air.



6. Wash your hands before eating or handling food, after using the toilet and after blowing your nose or sneezing.



7. Your routine may have changed but you can always make a new one. Structure each day.

- Create a new written or visual schedule for yourself – include time for eating, resting and having fun.



8. Create a sensory environment that suits you. Think of a sensory environment you like, can you recreate it?



9. If you are at home with people you don't usually spend a lot of time with, you might need to tell them that you require your own time sometimes too.

10. Let people know if you find verbal communication particularly hard during times of stress.

- Agree with your friends how you would like to communicate – is this talking? Text? Or at specific times of day?

