

Protecting the Mental Health of Your Family



Emotions during an Outbreak in Adults

**A Fear and worry about
your own health and the
health of your loved ones**

- **Changes in sleep or eating patterns**
- **Difficulty sleeping or concentrating**
- **Worsening of chronic health problems**

Signs to watch out in Kids

- **Regressive Behaviours**
- **Changes in Sleep**
- **Changes in Appetite**
- **Mood changes**
- **Withdrawal**
- **Acting out**
- **somatic complaints**

**Worries about the Job/children's
education/food and finances...**

**It is normal to feel stressed and
overwhelmed.....**

is .





Mental Health Protection Mask for the Family

- **A special designed routine for kids including a fixed study time**
- **Have a morning exercise time/ deep breathing time as a family.**
- **Engage in games with kids in the evening**
- **Set a special time to spend with your kids**
- **Pray or engage in your own faith and religion as a family**
- **Refrain children getting information overloaded on COVID-19**
- **This can create anxiety & trauma in children**
- **Refrain from watching the news repeatedly as an overload of information can make adults anxious and panic too**
- **Teach children good values such as to live simply with limited food , to share food, teach them to appreciate on what they have**
- **Reassure your child that he or she is safe!**

By

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