

The Student Wellness Project, funded by AHS Provincial Addiction and Mental Health, works to promote positive mental health in children, youth, families, and individuals in the community who interact with children and youth. The Project provides prevention and promotion services to FVSD schools within the communities of Rainbow Lake, Meander River, and High Level, with a total student population of 1,503.

During the school closures, the team has developed weekly Go Zen lessons to manage stress and build resilience that students can access via Google Classroom or email. Also, weekly parent newsletters that focus on mindfulness-based exercises using the Mind Yeti program. For more information, or if you would like to access the Go Zen weekly lessons and/or parent newsletter, please email debbiea@fvsd.ab.ca. In addition, you can find weekly 'tips' on the FVSD schools Facebook pages.

During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Discuss COVID-19 with your Children in honest and age-appropriate information. If your children have concerns, addressing those together may ease their anxiety. Children will observe adults' behaviors and emotions for cues on how to manage their own emotions during difficult times.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

BlessingManifesting

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

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

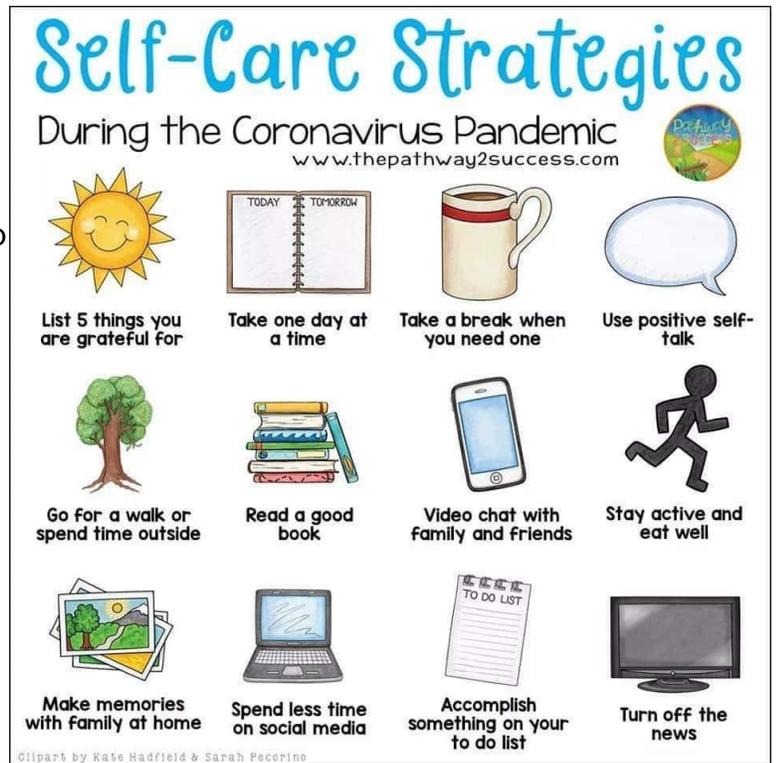
For Quarantine/Isolation

- 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

Help children find positive ways to express disturbing feelings such as fear and sadness. Every child has his/her own way to express emotions. Sometimes, engaging in a creative activity such as playing and drawing can facilitate this process. Children feel relieved if they can express and communicate their disturbing feelings in a safe and supportive environment.

During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines, and eat healthy food. Keep things in perspective. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected.

WHO-World health organization-Mental considerations during COVID-19 Outbreak



Barb Higgins, FVSD High Level Therapist, says “Thinking of this situation as our ‘new normal’ can lead to more anxiety for many. It may be important to acknowledge our current situation as ‘temporary’ and not our new normal. It is also important to let children know that we are all in this together, and that we will successfully get through it. This helps to build resiliency skills rather than feeling like a victim to outside forces.”

If you need to reach out remember there are resources:

- Kids Help Phone: 1-800-668-6868
- <https://kidshelpphone.ca/live-chat/> (live chat)
- Mental Health Hotline: 1-877-303-2642

Text **COVID19HOPE** to **393939** to subscribe. The program provides one-way communication. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations (text messages are free, dependent on the user's cell phone plan).



Mental Health
Capacity Building



Fort Vermilion School Division No.52