



# DEALING WITH ANXIETY



Is your child(ren) experiencing anxiety around COVID-19? These are uncertain times and we care about you and your families wellbeing. Please consider the following ideas to support one another.

## 1. Practice Self-Compassion and Recognize Your Own Anxiety

Even those who don't typically struggle with anxiety may experience increased anxiety during uncertain times so don't be hard on yourself if you are feeling more worried or anxious than usual. Also keep in mind that children naturally look to their parents so it is important that you model calm behaviour.

## 2. Establish and Maintain Healthy Routines

Your child has sustained a disruption in their daily routine so make sure you establish a similar routine that provided predictability. To offset this change of schedule, try to wake up at the same time each day carve out time for academics, exercise, and entertainment.

## 3. Try to Play and Laugh

Break out a board game, bake cookies or go for a family walk. Please remember to keep the recommended distance from others who may also be outside. It may be hard sometime, but finding humor in things can help alleviate stress.

## 4. Stay Connected

It is important to stay connected with family and friends whether that is through phone calls, FaceTime, etc.

## 5. Focus on the Facts

There may be many questions that you or your child have about COVID-19. Make sure to know the facts and share factual information from credible sources such as [Saskatchewan.ca/coronavirus](https://www.saskatchewan.ca/coronavirus).

## 6. Remember that this, too, Shall Pass

Remember that you can make fond memories during this time at home with your family.

**\*For more resources and our response to COVID-19 visit [lpsd.ca](https://www.lpsd.ca)**

Source:  
ADHD Editorial Board,  
Zylowska, L., White, E., "How to Explain Coronavirus to a Child with Anxiety." *Additude* 18  
March, 2020.

