

## How to tell if stress or anxiety is overwhelming kids?

- 1. Behavioral symptoms**  
(i.e., whining, irritability, agitation or decrease in energy)
- 2. Physical symptoms**  
(i.e., headaches, rashes, etc., sleep/ appetite disturbance)
- 3. Emotional symptoms**  
(i.e., crying, withdrawal from peers, loss of interest, forgetfulness)

## How can we reduce the stress related to COVID-19?

- ❖ Be informed
- ❖ Be prepared
- ❖ Be honest



### While at home

- Make a schedule
- Media in moderation
- Movement and meditation
- Make time for play and fun
- Make (safe) connections
- Model healthy habits

## Tools and Resources for Coping with Stress

[Tips for talking to girls](#) about COVID-19, Raising Awesome Girls

[Mental Health and Coping During COVID-19](#), Centers for Disease Control and Prevention

[Parent/Caregiver Guide to Helping Families Cope with Coronavirus Disease](#), The National Child Traumatic Stress Network

[Coronavirus Disease \(COVID-19\) Advice for the Public](#), World Health Organization

[Tips for Social Distancing, Quarantine, and Isolation During Infectious Disease Outbreak](#) Substance Abuse and Mental Health Services Administration

## For Mental Health Emergencies

Call **911** or the **Disaster Distress Helpline**, a national hotline for crisis counseling.

(**1-800-985-5990** or text **TalkWithUs** to **66746**), The National Institute of Mental Health.

