

**COPING WITH THE STRESS
OF COVID-19 EPIDEMIC**

**TIPS FOR
FAMILIES**



Getting through School Closing Period

From Korean Association of Child and Adolescent Psychiatry



"It's so exhausting to hassle with kids all day long stuck inside the house!" "

The kids are quarreling endlessly. Family downstairs are complaining of the noise. I'm also terrified that me or my kids might get infected with the coronavirus. Still, sometimes I'm even more terrified at finding myself lashing out on kids. My boy is holding his cellphone 24/7 which makes me so angry.



"We have no one to ask to look after our kids. I'm worried about my kids having to stay by themselves all day at home."

My income is decreasing. We have no one to take care of our kids. I'm worried about my kids. My younger boy uses the bathroom frequently, and talks a lot about the coronavirus. I also feel guilty about being irritable and not being able to play with them more, since they are bored cooped inside the house all day.



Coping with the stress of COVID 19

#proactive_coping

Mental health professionals recommend proactively coping with the stress in periods of infectious disease epidemics.

Coping with stress means preventing and actively dealing with the psychological troubles that arise in such epidemics.

A boy who frequently urinates due to anxiety, a girl who is worried sick about the virus, parents who are easily irritated and overwhelmed by worry for their children, we all need to cope with the stress.

KACAP have prepared a 7 day protocol to get through the one week delay of school starting.

Let's confront the fact that this is a difficult time for everyone, and try to find the bright side with this protocol!

Minds need prescriptions, too :)



DAY 1 Keeping conversations #coping_start

Coping with the stress starts with obtaining accurate information, expressing the fears and anxiety, and supporting each other. Talk about the following topics with your child.

1. What is COVID-19 and how it is infected
2. How to prevent COVID-19
3. The news and information the child has been exposed to, and their thoughts about them
4. What is making them worry, and what kind of help they want

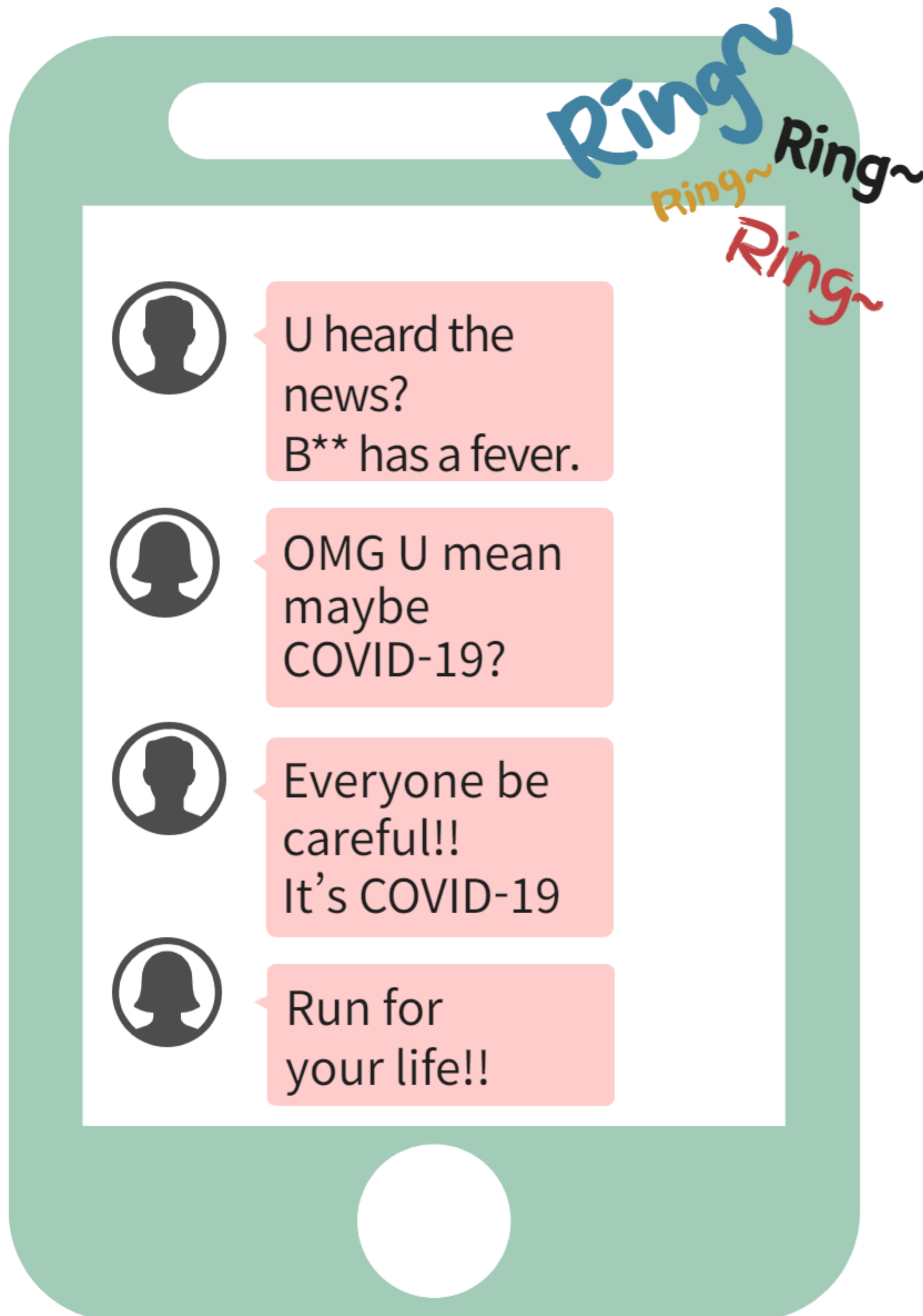
ADVICE!

Rather than just giving information to children unilaterally, it is better to ask them what they know already and what they think or feel about them.

It is also helpful to look up the official internet websites together with the kids. Recommend pages include the website of CDC (Center for Diseases Control).



! Pay attention to what's going on in the SNS.



B** has no fever.
She is not sick.

However, rumors spread through facebook, and other kids seem to buy it.
What should B** do?

ADVICE!

Fake news makes people anxious, destroys trust and increases societal confusion.
Making false accusations is a crime.

In such times of stress, let's think once more if the message I'm delivering is considerate.

DAY 2 Scheduling #maintaining_everyday_life

Sleep gets easily disrupted when there's no school. Mealtime can also become irregular. And the endless battles surrounding the time spent on the cell phone, TV and the video games persist. It may be impossible to maintain the same level of schedule as school days, but we should stick to some essential schedules agreed beforehand with the kids.

ADVICE!

1. Too many activities get in the way of adhering to them. (wake up time, mealtime, and time for the cell phone should be sufficient)
2. The promise should be made mutually.



DAY 3 Physical activities #relaxation_techniques

Stress affects not only our brains but our muscles, intestines, and senses too. Take time to relax for about 5 minutes every morning and evening, to reduce the stress due to anxiety.

Making ugly.



Tightly close your eyes

and try to move your eyes and mouth to the center of your face. Hold on for 3 seconds! One, Two, Three, ... Phew ... exhale and relax.

Superman relaxation



Insert your hands to the opposite side of each armpit. Inflate your chest and tense your arms, chest, and back as much as you can. Hold on for 3 seconds! One, Two, Three, ... Phew ... exhale and relax.



Feel the maximum tension and then relax.
Observe the tension leaving your body.

DAY 4

EAT, PLAY #LOVE

There's nothing more satisfying than spending time with loved ones and eating healthy food. However, when you are cooped up at home for too long, it's easy to nibble on snacks and lose appetite. How about making some fresh fruit juice today to fight off COVID-19?

ADVICE!

1. Discuss which fruit to add with the kids in advance so that the kids can look forward to it.
2. Let the children pick their own fruits and vegetables.
3. Whose juice is most yummy? Let's all share and find out!



DAY 5

Spending time together [#precious_times](#)

It is a rare opportunity for the whole family to spend so much time together.

It is undeniable that being stuck inside the house is a frustrating thing.

Still, why don't we make this chance into spending devoted time

with undivided attention to each other?

Let's look at the old photo albums together.

Let's have a serious family meeting.

Let's play scrabble and monopoly and all the old-time favorite family games.

When we devote ourselves to each other, the COVID-19 will be gone before we know it!



DAY 6

A day for myself **#RELAX**

You must be exhausted, with all the preventive measures you are taking to protect you and your family, all the news about COVID-19 that's filling the TV and internet, all the efforts to get enough disposable masks, and all the worries that you have for your children.

It is times like this when it is most important for you to look after none other than yourself. Turn off the news for a while, log off from the internet.

Drink your favorite herb tea, listen to your favorite music, take a long bath.

Do something for yourself.

You will be setting a good example for your kids on how to manage oneself in times of hardship.

DAY 7

For your children #Things_to_teach

“Mom, don’t worry about me. I hope I see you again when the flower blossoms..”

A student wrote a letter to her mom, who has gone to Daegu to save the patients.

“Many people may lose their lives if they cannot get the medical care they need due to COVID-19.

Lives are more precious than all the money you can make.”

Her mom has told her who has been crying for the whole two days begging her mom not to go.

Numerous people are fighting with COVID-19 all over the country. Physicians, public officers, and all the other people too. They are all our neighbors and we are in this together.

Tell our children that deciding to quarantine oneself of trying to win over COVID-19 is a courageous and self-sacrificing act. And join the Coping with stress hashtag to show that you support them.



KACAP is working to improve
the mental health of children and adolescents

Let's protect our minds from the COVID-19!

#MENTAL_HEALTH #COVID -19 #FOR_PARENT



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and Adolescent Psychiatry**