



RED RIVER VALLEY SCHOOL DIVISION DIVISION SCOLAIRE VALLÉE de la RIVIÈRE-ROUGE

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Managing Fears and Anxiety around Coronavirus

As information about COVID-19 unfolds, individuals may have a wide range of thoughts, feelings, and reactions. Below are some helpful information and resources.

Please recognize that there can be a wide range of reactions that you or children may experience. These may include:

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| <ul style="list-style-type: none">• Anxiety, worry, panic• Feeling helplessness• Social withdrawal | <ul style="list-style-type: none">• Difficulty concentrating & sleeping• Hyper-vigilance to your health and body• Anger |
|--|---|

Although COVID-19 is a health issue that is being taken very seriously, it is important to not let your worry about this virus take over your life. There are many simple and effective ways to help manage your fears and anxieties. Here are some ideas:

- Manage your own anxiety - if you notice that you are feeling anxious, take some time to calm before having a conversation with your child or answering their questions. Some coping strategies can be found at [Stress Strategies](#)
- Get the facts - Stay informed with the latest health information at <https://www.gov.mb.ca/covid19/media.html> . However, limit worry and agitation by reducing the amount of time you spend watching or listening to upsetting media coverage and social media
- Be developmentally appropriate - share information with your child based on their age and understanding. For example, don't volunteer too much information to younger children as this may be overwhelming. A helpful resource for younger children can be found here [COVIBOOK](#)
- Be reassuring - An important way to reassure children is to emphasize the safety precautions you are taking. Kids feel empowered when they know what to do to keep themselves safe.
- Stick to routine - Uncertainty can be difficult for kids. Maintaining routine and structure can help ease anxiety (e.g., regular mealtimes and bedtimes) as well as building in fun activities (e.g. playing board games, crafts, etc.).

Helpful resources for managing fears and anxiety

[Talking to Kids About the Coronavirus](#)

[Coronavirus: Managing Stress & Anxiety](#)

Resources for Additional support

Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868

Klinic Crisis Line: 1-888-322-3019