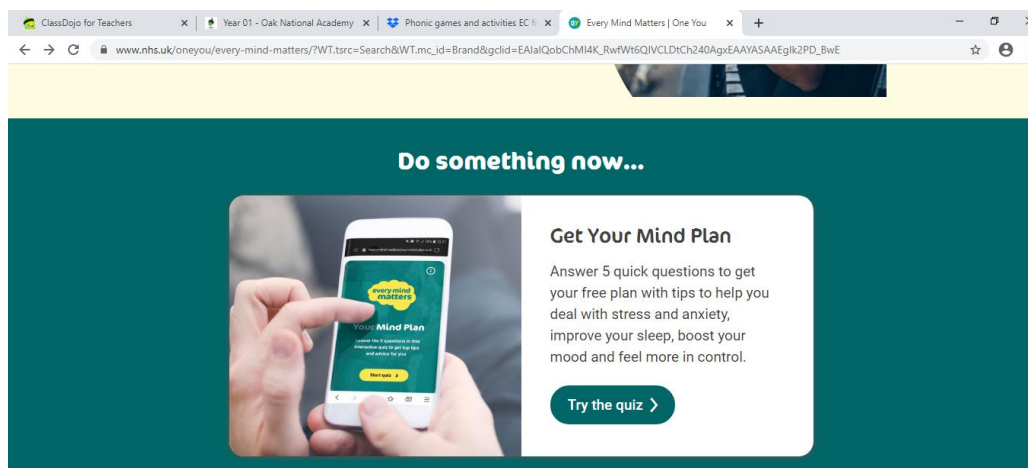
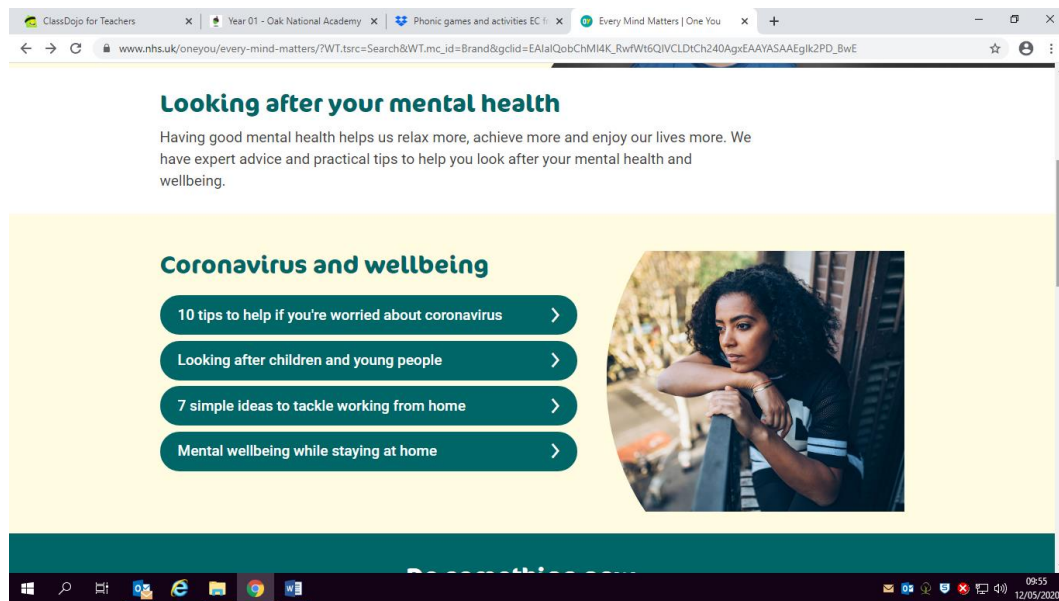


Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing. There is lots of information and advice on the link below, also a very useful quiz.

https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAIaIQobChMI4K_RwfWt6QIVCLDtCh240AgxEAAAYASAAEgk2PD_BwE



Get support

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Looking after children and young people during the coronavirus outbreak



How a child or young person reacts to the coronavirus (COVID-19) outbreak may depend on their age, past experiences or understanding of what's happening.

Some children and young people, including those with additional needs and disabilities, may find it difficult to deal with things.

For instance, some may worry about their health, their loved ones or have physical symptoms like stomach ache. Others may behave differently, getting more angry, distant or acting up in other ways.

Some children might react right away and some may show signs of difficulty later on. Other children might be coping fine, and some younger children may be enjoying more time with the family.

<https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

1. Listen to what your child says and how they're feeling

Children and young people may respond to stress in different ways. They may be more emotional (upset, anxious or angry) or behave differently (clingy, withdrawn or wet the bed). They may also have physical symptoms, like stomach ache, and problems sleeping.

Children and young people can feel less anxious if they are able to express themselves in a safe and supportive environment.

Stay calm – kids often take their emotional cues from the adults in their lives, so how you respond is important.

Listen to and acknowledge their concerns, speak kindly to them and answer any questions they have honestly. Give them extra love and attention if they need it.

2. Be clear about what's happening