

CORONAVIRUS: HOW TO DEAL WITH IT

Suggestions for Managing Fear in Children and Adults

FOR EVERYONE:

- *Media:* Our warning and fear systems are constantly activated when we overexpose ourselves to news from the internet, radio and television. Check the news, twice a day: but, not before going to sleep.
- *Hygiene:* Follow the best hygiene practices indicated by our country's institutions and health system.
- *Official Media Resources:* Information is important. Best to use official sources of information such as WHO, ECDC, local institutions.
- *Strong Emotion:* Strong emotions such as fear or agitation are normal reactions. We know that talking about emotions can help us to feel better.
- *Routine:* Follow your usual routine as much as possible, while respecting community regulations.
- *Sleep:* Keep a regular sleeping routine, as much as possible.
- *Positive Attitude:* Remember that a positive attitude helps ourselves and our community.
- *Decision-Making:* When we are stressed, we can have difficulties concentrating and making decisions. This is a normal consequence of stress. We need to be easy on ourselves.
- *Positive Influences:* Get in touch with people who make us feel good; this helps us to clear our minds and calm our fears.

WITH CHILDREN:

- *Truth-telling:* Tell the truth about what is happening with simple words.
- *Show Suitable Images and Information:* Dedicate one time during the day to look at information together to explain what is happening and make the content reassuring and easy to understand.
- *Love and Attention:* It is crucial to our children's wellbeing to give them love and attention at all times, but especially when there is an ongoing crisis situation.
- *Retain Routine Positive Habits:* Let children keep their routine and positive habits like playing or studying.
- *Reinforce Positive Resources:* Emphasize to our children that many experts such as researchers, doctors, nurses, the police, etc. are working to re-establish a safe environment and to help people that are ill. Highlight the positive aspects of the intervention.