

# PROTECTING MENTAL HEALTH DURING COVID-19

## SIGNS CHILDREN MIGHT BE STRUGGLING



Frequent changes in mood; overall change in mood



Changes in eating patterns; Eating too much or too little



Behavior changes; Irritability, tantrums, withdrawal



Changes in sleep patterns; frequent waking, nightmares, bed-wetting



The outbreak of coronavirus (covid-19) has shown to be stressful for many. Adults and children are experiencing strong emotions and may feel overwhelmed. Social distancing may feel isolating and create or worsen depression in some.

## STRUGGLES TEENAGES MAY EXPERIENCE



This unusual change in circumstances may exacerbate already rapidly shifting moods in teens



Worries and anxieties about the future, academics, and amplification of existing fears



Teenagers are very social; social distancing may feel extra difficult and isolating



Changes in appetite and sleep due to stress responses

## CHALLENGES FACED BY ADULTS



Parenting stress; keeping children safe, busy, and happy, teaching virtual school



Changes in mood; onset of depression or worsening of existing depression



Anxieties, fears, and worries; illness anxiety, economy and finances



Grief; losing loved ones, loss of freedom, changes of plans



Its important to stay connected with your regular social supports. Find ways to enhance family relationships and quality of time spent. Seek help if you feel overwhelmed. Lots of telehealth options are out there.

Let us know if we can help! We offer therapy, mindfulness, and groups online in addition to free consultations.

