

HALLSVILLE INTERMEDIATE

COUNSELOR'S CORNER



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Dealing with Anxiety and Stress

With the recent Coronavirus outbreak, we are each put in different situations that are outside our normal, comfortable routines and certainly not ideal. It can be very difficult to adjust schedules and find new routines, all while keeping children entertained and engaged. Accommodating to new schedules, practicing social distancing, and the fear of the unknown can cause unwanted stress and anxiety, which can be very overwhelming.

Stress looks different on everybody! Children may show signs of stress by excessively crying, returning to behaviors they have outgrown, being irritable or sad, lack of attention and concentration, difficulty sleeping, and unexplained headaches.*

Ways to help your child:

- Create a schedule that is accommodating for the child and parent
- Try to keep up with regular routines
- Allow scheduled breaks that includes quiet time, arts/crafts, and/or exercise
- Limit exposure to news coverage and social media
- Reassure your child that they are safe
- Most importantly, take care of yourself--get plenty of sleep, exercise, and eat well. Being a role model to your child is the best support you can give them!*

DID YOU KNOW...

THAT EXERCISE IS CONSIDERED VITAL FOR MAINTAINING MENTAL FITNESS AND CAN ALSO REDUCE STRESS!**

HERE IS A FUN OUTSIDE ACTIVITY TO GET YOU AND YOUR CHILD MOVING!

Set a timer for 45 seconds for each activity. Be sure to rest in between! See how many of each you can do within the 45 seconds!



Frog jumps



Cheetah run



Bear walk



Crab crawl



Starfish jumps



Gorilla shuffle



Elephant stomps

*Manage Anxiety & Stress. (n.d.). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**Exercise for Mood and Anxiety, Proven Strategies for Overcoming Depression and Enhancing Well-Being, by Michael W. Otto, PhD, and Jasper A.J. Smits, PhD (Oxford University Press, 2011)