

Date: 25 September 2020

COVID-19 MESSAGING: PSS Support for IP, SP and FET

The focus this week is on coping and survival skills.

Good day Principals, please provide parents with some tips on helping your child with coping and survival skills:

- Notice what activities help your child relax or feel better and focus on positive thinking.
- Name a scenario that makes one anxious and think through together how to sort out the situation if it happens, and possible solutions.
- Help them maintain a healthy lifestyle with:
  - regular exercise to reduce the levels of stress hormones
  - a healthy diet
  - limited screen or computer time in the evening
  - involvement in art, writing or listen to music regularly
  - communicating with friends
- Get professional help if you feel your child's anxiety is not getting any better or is getting worse