

Understanding Coronavirus for Young People

If you're worried about the recent spread of coronavirus, we're here to help. It's easy to get swept up in the news headlines and feel anxious or panicked, but there are lots of simple things you can do to help you stay well.

If you are feeling anxious then that's ok. It's perfectly natural to worry about your health and to want your friends and family to be safe. There's no need to be embarrassed that you feel this way, but it's important to keep your worries in perspective; if you follow the official advice, you're likely to be fine.

What is Coronavirus?



Click on the following link:

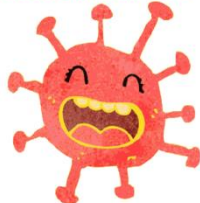
<https://www.themix.org.uk/your-body/using-health-services/help-im-worried-about-coronavirus-35643.html>

Explains what the Coronavirus is, how to protect from it and what the symptoms are

What can I do to prevent and manage Coronavirus?

HELLO!

I am a VIRUS,
cousins with the Flu and
the Common Cold



My name is Coronavirus

Download this PDF here:

www.mindheart.co/descargables

Or click on the following link:

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

What can I do to help my worry about Coronavirus?

Anxiety is a normal Response to a potential threat. It is completely normal to feel anxious about a situation like Coronavirus. Lots of people are feeling worried as we do not usually have to manage or experience something like this very often.

The **risk** of Coronavirus to healthy young people is very low. Everyone can help to reduce the risk further by keeping your hands clean (washing your hands with soap and water for 20 seconds), staying a safe distance (2m) and improving your own immunity by getting a good night sleep and eating healthy food.

Manage your anxiety by having time away from the news and social media. Choose some coping tools to help yourself remain **calm and relaxed**.

COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |