

MANAGING STRESS & ANXIETY: FOR PARENTS

Developed by Centers for Disease Control (CDC) and Dubois County Health Department

Children and teens may react to the stress felt by their parents and caregivers. Watch for these common changes that may indicate your child is experiencing anxiety:

1. Excessive crying or irritability
2. Returning to behaviors they have outgrown (ex. Bedwetting)
3. Excessive worry or sadness
4. Unhealthy eating or sleeping habits
5. “acting out” or attention-seeking behaviors
6. Poor school performance
7. Difficulty concentrating
8. Avoidance of activities they used to enjoy
9. Unexplained headaches or body pain
10. Use of alcohol, tobacco, or other drugs

Parents can be more reassuring to others around them, especially children, if they are better prepared.

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share only facts from reliable sources.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Set an example. Take breaks, get plenty of sleep, exercise, and eat well.

For the complete article:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Dubois County
Health Department



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