

## A PARENTS GUIDE TO DEALING WITH COVID-19 AND ITS EFFECTS ON YOUR FAMILY'S MENTAL HEALTH

Keep a routine with youth who are physically out of school but still expected to engage in academic activities. This can be a bedtime, a time to wake up, time to work on school assignments, or even scheduled family meals.



## A TEENS GUIDE TO DEALING WITH COVID-19 AND ITS EFFECTS ON YOUR FAMILY'S MENTAL HEALTH

Stay on top of your work. We know it can be tempting to take this as extra vacation time (trust us, we get it). But, keeping a schedule of your assignments and completing them on time can help alleviate stress once you return to school.



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Take some time for you DAILY. This will undoubtedly be a stressful time and we want you to be prepared for the added challenges of the next few weeks. You deserve some you time.



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Build some new, free and easy rituals into your day. Pick the same time of day you usually hang out or talk to friends after completing your school work. Try spending 15-20 minutes playing an online game with friends. (have a Candy Crush competition or play Game Pigeon or the SIMS).

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