

KENDRIYA VIDYALAYA: COSSIPORE

Mental well being of students during and after COVID-19 Outbreak

In January 2020 THE World Health Organisation declared the outbreak of a new Corona-virus disease (COVID-19) to be a public health emergency of international concern. WHO stated that there is a risk of COVID-19 spreading to other countries around the world affecting millions of the world population and thus assessed and characterized COVID-19 as a Pandemic. WHO and Public Health authorities around the world are acting at their best to contain the COVID-19 outbreak. However this time as the world is fighting against this critical crisis more than 130 countries have now closed schools nationwide and nearly 80% of students is impacted globally.

In this scenario we have tried to highlight a few important points which would help our students to stay positive, improve and support their mental health & psychosocial well-being during the uncertain time.

General Message for students

1. Maintaining Daily Health and Hygiene including of washing of Hands with Soap & Sanitizers.
2. Maintaining social distancing and avoid gathering or crowding areas.
3. Staying safe at home unless need to go out for very essential reasons.
4. Being supportive, compassionate and kind to your neighbours, needy and elderly persons of the society and community.
5. Minimizing watching, reading, listening to news about COVID-19 that causes you to feel anxious or distressed.
6. Seek information only from trusted sources and strictly avoid circulating & believing to misinformation and rumours.
7. Be a leader in keeping yourself, your school, family and community healthy.
8. Protect yourself and be supportive to others. Working together as one community can help to create solidarity in winning over the COVID-19 crisis.

Protection of Students mental health during COVID -19 Outbreak

As the world is fighting against COVID-19 outbreak many countries have now closed schools nationwide and the population is under lockdown at the same time facing a social detachment. With closure of schools, lockdown in the city and social distancing, students

are often facing life changes and challenges since they are not able to meet their friends, participate in group activities and being far away from regular habitual daily routine.

In this situation it is quite normal to feel

- **SAD**
- **WORRIED**
- **CONFUSED**
- **SCARED**
- **ANXIOUS**
- **ANGRY**

So managing your mental health and psychosocial well-being during this time is as important as managing your physical health.

Some DO's & DONT's during this time will help us to overcome this crisis situation and stay mentally and physically fit and strong.

1. Take care of yourself at this time. Try and use helpful coping strategies such as ensuring sufficient rest, eating healthy food and engaging in physical activity.
2. Stay in connect with your friends and family members. (e.g telephone, e-mail, video call or social media)
3. Plan Your Day and Be active as it will help you to reduce stress and increase energy levels, keep you more alert and help you to sleep better.
4. Try some meditation and breathing exercises as it will help you to relax and improve your mental health and lighten negative feelings.
5. Keep regular routines and schedules as much as possible or help create new ones in a new environment including regular exercising, singing, dancing, painting, reading, playing musical instruments or helping parents in daily household chores or other helpful activities as this is an opportunity to try out new things to keep yourself happy and positive.
6. Subscribing to online learning platforms and getting yourself updated.
7. During times of stress pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing.
8. Strictly avoid using to any unhelpful coping means such as Tobacco, Alcohol or any other drugs.
9. Keep regular sleep routines and eat healthy food.

Message for Parents of Children / Students

1. Help children find positive ways to express feelings like fear and sadness. Every child has his or her own way of expressing emotions. Sometimes engaging in a creative activity, such as playing or drawing can facilitate this process. Children feel relieved if they can express and communicate their feelings in a safe and supportive environment.
2. Keep children close to their parents and family. Avoiding separating children as much as possible. If a child needs to be separated from his or her primary carer, ensure that alternative care is provided like daily communication through telephone or video phone or other age appropriate communication medium while keeping regular follow-up on child.
3. Maintain familiar routines in daily life as much as possible.
4. Provide engagement of children with age appropriate activities including activities for their learning. Encourage children to play and socialize within the family.
5. Sharing of stories, achievements, childhood memories & experiences with your children and listen from them too.
6. During this crisis period it is very common for children to seek more attachment and be more demanding on parents. If your children have concerns addressing them together may ease their anxiety.
7. Discuss COVID-19 with your children in an honest and age appropriate way.
8. Parents are the icons of children so children will observe and follow adults' behaviours and emotion and will learn to manage their own emotion during difficult times.

For any concern and issues on your child mental health you may e-mail to the school counsellor for advice and suggestions (**Email: relax_kvc-we_can_do_it@yahoo.com**)