



# 5 TIPS TO MANAGE YOUR DAUGHTER'S COVID-19 RELATED ANXIETY

1

## RELY ON ROUTINES

Routines help provide structure and a sense of safety, which is particularly important during these unpredictable times. Stick to a regular sleeping, eating and activity routine, and consider creating new routines within your family to strengthen the sense of connection, such as Friday movie or games night.

2

## AVOID TOO MUCH REASSURANCE

Avoid getting into a cycle of providing too much reassurance, as students can learn to rely too heavily on this. When a parent cannot give them complete reassurance, their anxiety can worsen. Instead, reassure your daughter that she can cope and refocus her on the things she is doing to keep herself safe so that she develops confidence in her own ability to manage challenging situations.

3

## MODEL CALM RESPONSES

Our children are watching every response that we have. The reactions of adults around them will affect their feelings of safety and tolerance of uncertainty. Staying calm when discussing COVID-19 will also help your daughter feel calm.

4

## BE SMART ABOUT WHAT INFORMATION YOU ABSORB AND HOW MUCH OF IT

We are constantly exposed to lots of information about Covid-19, so it is important to ensure these sources are reliable and factual. Be mindful of the amount of time your daughter engages with this, and if you notice that, it increases her worry.

5

## BE PRESENT AND DEVELOP SKILLS TO STAY IN THE HERE AND NOW

If you notice that your daughter is overthinking and getting caught up with unhelpful “what ifs”, help her reframe these thoughts and refocus her on dealing with the here and now. What is happening in the present moment? What does she need to focus on today?