

## INFOSHEE"

## Supporting Student Mental Health at Scho

## Supporting Student Mental Health During a Pandemic (COVID-19)

During a pandemic, like all of us, students may experience a range of emotions. You may observe that students appear anxious, preoccupied, or tired, and/or you may notice a range of physical complaints.

Reactions will vary according to:

Some Common Student Reactions

Anxiety

Worry about self or loved ones
Difficulty focusing on school
Preoccupation with illness
Need for reassurance

Fatigue

Stomach aches, headaches, etc.

During a pandemic, anxious UHDFWLRQV DUH FRPPRQ \$V FDULQJ DGXOWV young people by being a steady calming influence, providing developmentally-appropriate and factual information about the local situation, and helping students to feel some level of control. For example, students can help to prevent the spread of the illness through frequent and thorough hand-washing, good coughing and sneezing etiquette, and practicing self-care (e.g., healthy eating and sleep). Being part of the solution can help students to feel a sense of control in an uncertain situation.

And, in times of crisis, there are opportunities. During a pandemic, we can model for students the importance of compassion, caring, and collective responsibility for the wellness of those around us. As educators, we can also hold up the power of the human spirit and highlight the courage of those impacted by the illness, and the many helpers who are selflessly and competently tending to them.

As a caring helper LQ VWX (Bylets Qylov) \( \forall a \).

- 1. Maintain a calm classroom environment
- 2. Support students as they work through feelings of pandemic worry, in the course of daily school life
- 3. Anticipate and notice that a student might be struggling and may require additional support
- 4. Offer classroom accommodations to students experiencing social emotional concerns
- 5. Assist students who are struggling, and their families, to access more intensive support

Note tAll of us are affected toome degree by the pandemionddependingon our personal circumstances there may be morer less cause for concernin any case, emember to pause, and take the time you and deserve to est and relax, to with family and friends and to do the things that help you to take well.

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