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"Anxiety is normal!"

The Wellbeing Team

C Breen - counsellor@thekingshospital.ie

Anxiety is normal

- If school being closed and alarming headlines are making you feel anxious, you are not the only one. In fact, that's how you're supposed to feel. Anxiety is a normal and healthy function that alerts us to threats and helps us take measures to protect ourselves.
- “Your anxiety is going to help you make the decisions that you need to be making right now — not spending time with other people or in large groups, washing your hands and not touching your face.”
- Those feelings are helping to keep not only you safe, but others too. This is “also how we take care of members of our community. We think about the people around us, too.”



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Reliable sources



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While

While anxiety around COVID-19 is completely understandable, make sure you are using “reliable resources” (such as the World Health Organisation, gov.ie, hse.ie and RTE news sites). to get information.

Chat

If you are worried that you are experiencing symptoms, chat to your parents/guardians.

Remember

Please remember that illness due to COVID-19 infection is generally mild, especially for children and young adults. Don't forget, frequently washing your hands and engaging in social distancing is effective in keeping ourselves and others safe.

Create Distractions



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When we are under difficult circumstances, it's really helpful to divide the problem into two categories:

- Things I can do something about
- Things I can do nothing about

There's a lot that we can do nothing about and that's okay! - distracting yourself with your favourite YouTube clips, movies, books, (even study), walks, exercise, baking, art etc... can help.





Connect with your friends



- Social media is a great way to connect with friends during this time.
- Get creative – join in on a (safe) Tik Tok challenge, do a zoom study group, movie group, book club, share your ideas...
- Play online games with your friends
- (be mindful of your screen time too)



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Focus on You



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- Learn something new
- Read that book you've always wanted to
- Try out a new language
- Watch tutorials on topics of interest (makeup, hair, cookery, photography,)
- Pick up the instrument that's gathering dust
- Take a shovel to the back garden (with permission)
- Make a time capsule / diary of your COVID-19 experience



Feel your feelings



- Missing out on events with friends, hobbies, sport matches, concerts, holidays is really disappointing.
- The best way to deal with this??? When it comes to having a painful feeling, the only way out is through. Go ahead and be sad, and if you can let yourself be sad, you'll start to feel better faster.
- Feeling your feelings looks different for everyone: You might want to journal them, draw, chat to your family, friends, help others,
- Do what feels right for you!!

Be kind to yourself and others

- If you are feeling anxious – reach out (the wellbeing team are available – see emails on next slide)
- If you think a friend is feeling anxious, reach out to them
- Now more than ever we need to be thoughtful about what we share or say

be kind to
yourself
&
be kind to
others



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Wellbeing Team

- We are here to support you in any way we can so please do keep in touch.
- School Chaplain — Canon Peter Campion — chaplain@thekingshospital.ie
- School Counsellor — Ms. Clair Breen — counsellor@thekingshospital.ie
- School Nurses Garrett, Sutton & Newell — nurses@thekingshospital.ie
- Ms. Yvonne Duggan — y.duggan@thekingshospital.ie
- Head of Well-Being - John Aiken-pastoralcare@thekingshospital.ie



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