

MENTAL HEALTH AND WELLBEING: INFORMATION FOR PARENTS

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The current COVID-19 crisis is changing the way we live and work, which can be challenging and stressful. In times like this, it is more important than ever that parents prioritise taking care of their mental health and wellbeing. In taking care of their own mental health and wellbeing, parents are better able to support their child. There are many great resources that have been developed to help adults and children stay mentally and physically well during COVID-19. The below tips are a summary of these resources and are useful for both adults and children. Explore the underlined words by clicking on them to access further information.

Maintain a healthy lifestyle

- ✓ **Eat well.** See this website for [healthy eating ideas for the whole family](#).
- ✓ **Stay active.** Check out this video from the [World Health Organisation](#) for further advice.
- ✓ **Get adequate sleep.** The [Sleep Health Foundation](#) has advice on how to improve your sleep.
- ✓ Avoid alcohol and drugs as a way to cope. Read [here](#) to learn why and how to get help.

Stay connected

- ✓ As [Goldsmith's University](#) explains, experiencing connection with others and our environment is important in maintaining positive mental health and wellbeing.
 - » For tips on how to stay connected during COVID-19 [see this page](#)

Manage information overload

- ✓ Keeping up to date with current and reliable information about COVID-19 is important. Too much information may lower your mood and increase your worry and stress. To balance this, consider:
 - » Limiting your exposure to only reliable sources of information such as [Australian Government Health Department](#) or the [World Health Organisation](#).
 - » Reducing the frequency of which you access this information to a maximum of two times per day
 - » Establishing a dedicated period of time each day that is free from any talk of COVID-19
- ✓ See [Emerging Minds](#) for helpful hints on how to talk with your child about COVID-19 without overwhelming them.

Adjust to new ways of working

- ✓ COVID-19 has changed the way of working and learning for adults and children. **Be kind and patient with yourself and your child** in adjusting to these new ways of working and learning.
 - » [Beyond Blue](#) and the [Black Dog Institute](#) have a number of tips on how to manage the impacts of COVID-19 on your work
 - » See our tip sheet on [Keeping your child engaged in learning from home](#)

Reach out for support

- ✓ It is common for people to experience a range of emotions during difficult times. If you are worried about yourself or your child, reach out for support.
 - » Contact your child's teacher, year coordinator or school counsellor to help you and your child navigate this time
 - » See our [list of support services](#) available to you and your child

(Continued overleaf)

Further helpful resources

See the below links for even more information about taking care of your mental health and wellbeing during COVID-19:

[Head to Health](#)

[Queensland Mental Health Commission - 20 things to keep you mentally healthy](#)

[Raising Children Coronavirus COVID-19 Guide for Families](#)

[Beyond Blue - Coronavirus Mental Wellbeing Support](#)

[Australian Psychological Society - COVID-19 Information for Australians](#)

[Wheel of Wellbeing](#)

[Reachout - useful mental health and wellbeing APPS](#)

