

# Student Support

## CORONAVIRUS



You are important to us  
and we wanted to let you  
know

**CDETb**  
An Bord Oideachais agus Oiliúna Chathair Bhaile Átha Cliath  
City of Dublin Education and Training Board

**CDETb**  
Psychological  
SERVICE



Something big is happening . It is important for you to know that it's normal to feel upset, angry, shocked, confused or lost, or you may feel a mixture of feelings.

### Scared

- \*Of getting the virus or of someone you love getting the virus.
- \*Of losing someone to the virus.
- \*Worried about having to care for family members.

### Frustration

- \*At being restricted and isolated.
- \*At not knowing when this will be over.

### Anger

\*Anger at what is happening, at whoever caused it or allowed it to happen and at the injustice of it all.

### Longing/Missing family and friends

- \*For special people in your life who you cannot meet with at this time.
- \*For relatives who you cannot visit.

### Sadness

- \*Feeling sad and lonely.

### Confusion

- \*Wondering what we can do to help.
- \*Wondering why the changes are so sudden and serious.

### Stress

- \*Worrying about exams or schoolwork.

### Disappointment

- \*For all the things have been cancelled or postponed.

Remember... You might feel all mixed up. Try not to be afraid of your feelings. You may notice some of these sensations, and that is OK, it is a normal reaction.

### PHYSICAL AND MENTAL SENSATIONS

- \* Anxiety - Hypervigilance (for example, looking for symptoms which may be a sign of the virus)
- \* Signs of stress like palpitations—heart racing or fluttering, difficulty breathing, headaches, feeling sick in your tummy or diarrhoea,
- \* Numbness or fizziness—your mind is trying to take in the events
- \* Angry outbursts and snapping
- \* Fearing the worst

**REMEMBER:**  
Talk to family and friends.

It's okay  
not to be  
okay

### LET'S STAY POSITIVE - USE THIS AS AN OPPORTUNITY

#### FAMILY TIME

- \* Remember – your family are under pressure too, ask family members if there is anything you can do to help.
- \* Play games like charades or Snap, watch a movie together or eat dinner together.

stay  
positive

#### HELP A NEIGHBOUR



- \* Perhaps walk their dog, drop a card through their door, or leave some shopping on their doorstep.

#### TRY SOMETHING NEW

- \* Learn a new skill – arts and crafts, DIY, write a book, painting, plant some flowers, record a dance video or song, bake, cook, read.
- \* Instead of watching, try listening to a podcast, music, a TED talk, or an audio book?

#### SOCIAL MEDIA

- \* Use social media for good reasons! Try video calling friends and family to keep in touch.



# Top Tips

## HYGIENE



\* Wash your hands regularly, especially when coming into the house.

\* If you are out and about, wear gloves and use social distancing – remain at least 2m away from other people. Stronger together, standing apart.

## EXPRESS YOUR FEELINGS

\* Write down how you feel.



This is a good time to keep a journal.

\* Express yourself creatively—try painting or drawing, listen to music, play an instrument, sing!

\* Shake it off. Movement helps with feelings. Try walking and talking with someone you trust.

## MIND YOUR MENTAL HEALTH

\* Take one day at a time. Keep calm and breathe.

\* Practice your mindfulness.

\* Get your information from reliable sources. Remember social media can often give us information that's not true.



## LIVING AT HOME

\* Remember, this is a challenging time for the rest of your family too. Be patient and kind.

## EXERCISE

\* Go for a walk or cycle. If you can't go out, open a window and exercise indoors - try YouTube exercise routines, walk up and down the stairs, run on the spot, dance to music, play 'Just Dance'.

## HAVE A ROUTINE

\* Set up a plan for each day. Give yourself tasks to do and schedule some exercise, study time, and 'me-time'.



\* Set limits, especially on screen time. Try the 20 - 20 rule. Take a break after 20 minutes of screen time. If you find this difficult, try to swap screens i.e between phone, laptop/tablet and TV.



## LOOK AFTER YOURSELF...

- \* Wash your hands and practice physical distancing
- \* Recognise your different emotions and talk to someone you trust
- \* Stay healthy – eat well, get 8 hours sleep, and exercise
- \* Avoid alcohol and drugs to deal with your feelings. This only creates a bigger problem.
- \* Stay in touch with family and friends using phone calls and social media.
- \* Relax – plan time and activities for yourself
- \* Get the facts. Only use reliable sources for news.
- \* Ask for help. See the contacts list which provide accurate information about Covid-19 and phonedlines for you to contact someone if you are worried.
- \* Limit time spent on social media and following too much content about the virus which cause unnecessary worry.

## REMEMBER:

- \* You have survived lots of other challenges.
- \* It is normal to be worried.
- \* Everyone is in this together.



Clear fear App  
to help with  
fear & anxiety



## Important Contacts

Childline	1800 666 666
Pieta House Helpline	1800 247 247
Samaritans	116 123
Barnardos Helpline	(01) 4732110 <i>(Mon – Thurs, 10am – 12 noon)</i>
Text SPUNOUT to	086 1800 280 <i>24hr text support line</i>
Teenline	1800 833 634
Jigsaw Online	<a href="http://www.jigsaw.ie">www.jigsaw.ie</a>

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

### Need more information about Covid-19...?

[www.hse.ie](http://www.hse.ie)



[www.who.int](http://www.who.int)



[www.rte.ie/news](http://www.rte.ie/news)



[www.spunout.ie](http://www.spunout.ie)



## Reliable Social Media Accounts

These qualified doctors all provide clear facts about Covid-19, and even do Q and A sessions so you can get in touch!

Dr. Ciara Kelly  
- @ciarakellydoc

Dr. Doireann O'Leary  
- @dr.doireannoleary



Dr. Laura Lenihan  
- @drlauragp