

How to reduce stress in children

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PROFESSOR Chitsabesan listed signs parents should look out for and where they can access help for their children who might be experiencing increased stress during the pandemic. Some signs parents should look out for:



- You might find they are more upset or find it hard to manage their emotions
- They may appear anxious or distressed
- Increasing trouble with their sleeping and eating
- Appearing low in mood, withdrawn or tearful
- Reporting worried or negative thoughts about themselves or their future
- For younger children, there may be more regressed behaviour such as bed wetting or separation anxiety

If a parent is worried about their child's mental health, they can help by:

- Making time to talk to your child
- Allow your child to talk to you about their feelings
- Try to understand their problems and provide reassurance that you have heard them and are there to help
- Help your child do positive activities, including exercise
- Try to keep a routine over the next few months
- Look after your own mental health.

If someone is in a crisis, the NHS provides urgent mental health helplines offering 24-hour advice and support, or an assessment to help decide on the best course of care. See nhs.uk/urgentmentalhealth