



## 1.2 TIP/Good practice Developed by



### CORONAVIRUS: HOW TO DEAL WITH IT Suggestions for Managing Fear in Children and Adults

#### FOR EVERYONE:

- o **Media:** Our warning and fear systems are constantly activated when we overexpose ourselves to news from the internet, radio and television. Check the news, twice a day: but, not before going to sleep.
- o **Hygiene:** Follow the best hygiene practices indicated by our country's institutions and health system.
- o **Official Media Resources:** Information is important. Best to use official sources of information such as WHO, ECDC, local institutions.
- o **Strong Emotion:** Strong emotions such as fear or agitation are normal reactions. We know that talking about emotions can help us to feel better.
- o **Routine:** Follow your usual routine as much as possible, while respecting community regulations.
- o **Sleep:** Keep a regular sleeping routine, as much as possible.
- o **Positive Attitude:** Remember that a positive attitude helps ourselves and our community.
- o **Decision Making:** When we are stressed, we can have difficulties concentrating and making decisions. This is a normal consequence of stress. We need to be easy on ourselves.

o **Positive Influences:** Get in touch with people who make us feel good; this helps us to clear our minds and calm our fears.

#### WITH CHILDREN:

- o **Truth-telling:** Tell the truth about what is happening with simple words.
- o **Show Suitable Images and Information:** Dedicate one time during the day to look at information together to explain what is happening and make the content reassuring and easy to understand.
- o **Love and Attention:** It is crucial to our children's wellbeing to give them love and attention at all times, but especially when there is an ongoing crisis situation.
- o **Retain Routine Positive Habits:** Let children keep their routine and positive habits like playing or studying.
- o **Reinforce Positive Resources:** Emphasize to our children that many experts such as researchers, doctors, nurses, the police, etc. are working to re-establish a safe environment and to help people that are ill. Highlight the positive aspects of the intervention.

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