

Dr Krause's Tips for Teens To Manage Anxiety Surrounding the Coronavirus Outbreak

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Minimise what you watch and read on the news & social media. Being on the receiving end of repeated news can be overwhelming.



You can effectively reduce the risk of passing on an infection by washing your hands with soap and water.



Aim for a balance in safety behaviours. Though it is not effective to ignore activities (like handwashing), overdoing anything traps you in a negative spiral.



Aim to get adequate rest. Sleep is important for maintaining positive mental health.



Make a list of fun indoor plans, ensuring some of them include things you can do on your own - in case you need to self distance.



Eat well and regularly. We use more energy when we are anxious.



Remember, parents get anxious too but that doesn't mean the world is unsafe – it just means that they may need to read and apply some of these tips too!



'Take Five' to manage the physical symptoms of anxiety. Stretch out your hand and trace your thumb with a finger from the other hand. Breathe in as you move upwards and out as you move downwards. Repeat for each finger.



Focus on the facts rather than on any 'catastrophic' thoughts you may have. The health risk of Coronavirus is very low for most teens.