

# Supporting and maintaining our good mental health during the Covid -19 crisis

Dear Parents,

Here is a very simple guide to help to maintain good mental health when we are all under such difficult and challenging circumstances:

- **Friendship:** Stay in touch with your family and friends. This may be a good time to contact old friends that we have lost touch with. We can do this through social media, email, texting or phone calls. This helps us and can mean so much to others.
- **Help and support others:** We are all vulnerable at times: sometimes we can feel weak, at others, strong. By contacting others we can encourage each other by building each other up with positive comments.
- **Talk to each other:** We all need to have someone to talk to, to share our worries. We can find other adults that we are in touch with or in our household. (Being careful not to talk too much in the hearing of our children.)
- **Recognise stress and anxiety:** This may apply to ourselves and our children. Stress and anxiety can present as anger. There is some helpful information regarding this. (Google the following : Covid-19-guidance for the public on mental health and wellbeing Gov.uk, also: Every Mind Matters and Mental Health Helplines – NHS) All these sites contain very informative and helpful information. We need to listen to our children, answer honestly but reassure them.
- **Limit the amount of time we watch the news and social media:** Whereas we need to be informed of up to date events, too much viewing of this can have a negative impact on our thinking.
- **Healthy diet, adequate sleep, relaxation and exercise:** These are all so important for us all, whatever age we are. Our overall health involves the physical and mental aspects of health, one affecting the other.
- **Keeping a routine for each day:** A daily routine is good for us. Having a good balance of work, relaxation and something to look forward to is not only a useful guide for each day but helps the children to feel secure. Having goals, whatever they may be, help us to feel a sense of achievement when we reach them. These could be a simple household or work related task.
- **Have fun:** Watching a good or funny film together as a family or playing a game can help us to build up even stronger and happy relationships.



Stay safe and thinking of you all during this difficult time,  
Best wishes,  
Everyone at JEA