



השירות הפסיכולוגי החינוכי

02-970-0558

Emotional Health During Corona

Many of us are aware and have experienced the effects of the Corona Crisis in our daily lives and on our emotional health. The reality that has affected us may have led to anxiety for us and our families, including stress related to money and employment. In addition, the requirement to remain isolated makes it more difficult to maintain social connections that are so important for emotional health. These conditions put us at risk for stress, anxiety and even possible self-harm.

It is important to remember that all of us are resilient and are able to cope with stressful situations including the current crisis. Still, we all have weaknesses as well. We offer several suggestions that can help us to maintain emotional health and coping skills.

- 1. Do not lose hope.** Remember that the Corona will eventually pass. There will be a vaccine and most people survive the virus.
- 2. Rely on your resilience.** Remember that you were able to cope with stress in the past and think about what helped you to deal with those situations. Try to do the same now.
- 3. In an abnormal situation any emotional response is considered normal.** It is OK to feel negative emotions during this time (fear, sadness, lonely, uncertainty). Therefore allow yourselves to feel this way- it is perfectly normal.
- 4. Tell others how you are feeling.** This will decrease the feeling that you are alone and will give others the chance to support you.
- 5. Reduce Stress.** Certain activities can relieve stress. Exercise, listening to music, cooking are examples. Try to engage in different activities and find out what you enjoy doing.
- 6. Maintain Social Connections.** Physical distance doesn't mean social distance. Keep in touch with loved ones, family, friends, neighbors.
- 7. Start Exercising.** There is a clear connection between physical and mental health. Exercise will help you feel better.
- 8. Keep a routine.** Routine reduces stress and gives a sense of security. Try to create regular routines for you and your family.
- 9. Take care of yourself.** Find new interests, online courses, books, podcasts, online lectures, music, breathing exercises, guided imagery. There are so many things available on the internet- try them out!
- 10. Limit exposure to the news.** Watch the news no more than twice a day. Too much exposure can increase stress.



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Parents of young children:

- **For young children, parents are always the source of support**
- It's important to give children a sense that adults are able to cope with the situation. Explain to them the situation in simple but honest terms that is age appropriate and conveys hope.
- Try not to expose young children to the news on television and avoid programs that are scary or not age appropriate.
- **Pay attention to their behavior-they may be trying to tell you something.**
- Find ways to help children manage their time. For example, remind them what day of the week it is, or create a calendar with them as a way of keeping track of the days and times.

Parents of teenagers:

- Remember that even teens who seem uninterested have a need for people to recognize and love them.
- Try to schedule 2-3 times a day where you talk to your teenager directly even if he spends most of the day in his room. That way you show that it is important for you to know how he feels.
- Pay attention to their moods and with whom they are socializing even if it is on whatsapp.

Senior Citizens:

- This may be a lonely time but keep in touch with loved ones and friends! Ask for help if needed, keep active around the house and remain hopeful. Remember what has helped you get through tough times in the past. Plan for what you want to do when the Corona is over. Now is an opportunity to develop new interests.
- Make video calls with relatives. Ask grandchildren to send videos that you can watch when you feel like it. Look at family photos to feel good.
- Try to stay awake during the day and get a good night's sleep.



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If you are in distress:

- Seek professional advice if you are having trouble with the suggestions or with coping with stress.
- Reach out to receive emotional support. There are many kinds of support available including local resources, hotlines, organizations etc.
 - **ERAN**- hotline for emotional support. Dial: 1201 ext.6. Available 24/7 in Hebrew, English, Russian and online www.eran.org.il
 - **Kuppot Cholim for emotional support during Corona**
Clalit- *2700
Macabee- *3555
Meuchedet- *3833
Leumit- *507
 - **Dept. of Education Emotional Support Hotline**
1800-250-025
 - **Bet El Psychological Services 970-0558**