



Mental Health and Wellness While Isolating at Home



Being identified by Public Health as someone who is at risk of having been exposed to COVID-19 can be difficult for everyone. Are we going to get sick now? How will we manage the time isolating at home? How will my child stay connected to peers, teachers and the school building? What about their learning? How will I cope with not working for the duration of the self isolation?? There are so many concerns and questions that add to an already difficult situation when we are asked to self isolate due to possible exposure. This brochure is designed to provide you with supports, ideas and information to help you through this period of time at home.

Make Space for Feelings

It is important to make room for the different emotions that you and your child/ren may be experiencing. Take time to listen to your child and provide support and validation for their feelings. It is helpful to bring focus to what is in their control and what is not in their control. Make a plan for the time at home. Most importantly, model positive coping the best that you can.



Stick to a Routine

So things are changing and shifting—again! It is difficult to keep shifting and making adjustments. One thing you can do is to continue with routines. Wake up at the same time. Set your daily schedule for on-line learning, working independently, family time, outdoor time, meal times, etc. Having routines provides a sense of security and predictability for all of us.



It's okay to not be okay

It is important to make room for the different emotions that you and your child/ren may be experiencing. Take time to listen to your child and provide support and validation for their feelings. It is helpful to bring focus to what is in their control and what is not in their control. Make a plan for the time at home. Most importantly, model positive coping the best that you can.

Let your child's teacher know if he/she is struggling so they can support and/or connect to any additional resources.



Reaching Out

Stay connected with friends and teachers. Plan on-line "play dates" or quick visits when you can. And if despite all of your efforts, you are concerned for your child or for yourself, reach out!

Here247 1-844-437-3247

Kids Help Phone: 1 800 668 6868/Text 68 68 68

Additional Resources:

Jack.org: Youth Mental Health Resource Hub
Anxiety Canada www.anxietycanada.com