



δίκτυο
για τα δικαιώματα
του παιδιού

network
for children's
rights

These days you may experience many different emotions, such as anxiety, anger, sadness, frustration. It is quite normal since the pandemic maybe changed many things like your daily life, your plans, your living conditions, your friends' meetings and more.



Keep on dreaming and planning your future. This period is a pause but for a while, not forever.

You can make a list with activities you enjoy or you always wanted to try.

Put into your daily schedule (p.ex learning a language, painting, reading, exercising).

At times when you feel intense sadness or anxiety try to close your eyes, focus on your breathing and bring back to your mind pictures of the past where you felt you were strong, capable, happy, confident. If the discomfort persists, seek psychological support.

Seek out for people and activities that make you feel good. Think for a few minutes with which people you feel good or calm when you talk and communicate with them. If you can't see them in person use apps.

Protect and monitor your health. Keep up-to-date on the latest developments, new measures and safeguards regarding Covid-19. However, on-going updates can often cause discomfort and anxiety. Try to get informed on a specific time of day and by reliable means.

Eat properly and healthy. Sleep well. Exercise. Avoid alcohol, cigarettes and drugs. Maintain stable hours of sleeping and waking up and a daily routine.