

Managing Anxiety in the Era of COVID-19



For Hawaii's keiki, the current pandemic has caused a disruption in normal activities, a sudden separation from friends and family, and fears about getting the virus or having loved ones become sick. It has created a stressful situation for both adults and children by the nature of being invisible, unpredictable and sustained. A certain amount of anxiety is expected under the circumstances. Knowing whether your child's anxiety rises to the level of needing outside help requires that you recognize its signs, try some interventions of your own, and monitor your child's mood and behavior.

7-8%

of youth 3 to 17

have been diagnosed with anxiety.
About 60% receive treatment. Girls are more likely than boys to have anxiety.

Recognizing the Signs of Anxiety in Children and Youth

- Seeking reassurance often
- Having trouble sleeping
- Showing physical symptoms like headaches or stomach aches
- Having tantrums or meltdowns



- Being reluctant to separate from parents
- Repeating bothersome thoughts (obsessions) or actions (compulsions)
- Being afraid of making mistakes or embarrassing oneself

8 Ways to Manage Your Child's Anxiety About COVID-19



Listen to your child & check in often



Create a routine



Look for signs of anxiety



Teach coping skills



Focus on doable tasks like washing hands



Encourage positive thinking



Stay connected with friends/family



Seek professional help if needed

Sources of Help

- Your pediatrician who can offer screening & referral
- Free Health Hotline and Telehealth for DOE Students (844) 436-3888
- Crisis Text Line Text "START" to 741-741 to receive 24/7 text support
- The Parent Line provides free parent information and advice. 526-1222 or 1 (800) 816-1222