

### Looking after our Mental Health and Wellbeing during Covid-19

Updated 22<sup>nd</sup> April 2020

Health Improvement Services  
Mental Health

### Coronavirus Isolation Psychological Advice

23<sup>rd</sup> March 2020

Self guidance developed by NHS Forth Valley



### On completing the Natural Health Award

If you have completed the Award, congratulations and well done! Hopefully, you have found it both enjoyable and rewarding.

We have produced stickers and certificates for you, to acknowledge completing the Award. All children benefit from having their achievements noticed and proudly shown from having opportunities to show. You can use these to give children an opportunity to have their achievement recognised and celebrated.

This does not have to be an additional activity. You could incorporate an award ceremony in your Activity 1 under the 'Celebration' section by having a virtual ceremony using social media, to celebrate.

You can also request certificates for the person/people who have facilitated the Award. They can have both a Certificate of Completion, if they have carried out the activities, and a Facilitator Certificate for raising the Award.

This form enables you to request certificates and stickers for anyone who took part. There are also some questions that we would be grateful if you took the time to complete. They are to help us evaluate what impact taking part in this Award has had on you and your family member's lives.

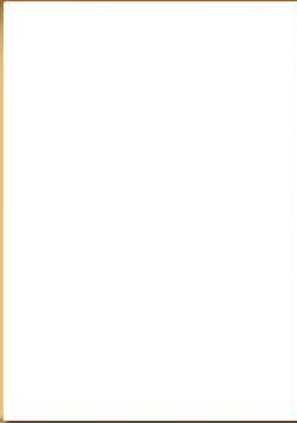
If possible, please provide all participants when completing the questions.

### Talking to children about Coronavirus

- It's a great talk.** Children and their parents about Coronavirus and how to protect themselves from being in contact with the virus. It is important that the information is age-appropriate and understandable. It is also important that the information is shared with children in a way that is not scary or overwhelming. It is best to have the conversation in a calm and relaxed setting.
- Be realistic and consider your child's age.** It is important to consider how old and what your child's understanding of the world is. For younger children, it is important to keep the conversation simple and to avoid using scary words. For older children, it is important to be honest and to provide more information. It is also important to be open to questions and to listen to what your child has to say.
- Allow children to ask questions.** It is important that children feel safe to ask questions and to express their feelings. It is also important to be honest and to provide more information if needed. It is also important to be open to questions and to listen to what your child has to say.
- Be a good role model.** Children learn by watching their parents. It is important to be calm and to show that you are taking steps to protect yourself and your family. It is also important to be open to questions and to listen to what your child has to say.
- Be a good listener.** Children may have feelings about Coronavirus. It is important to listen to what they have to say and to be open to their feelings. It is also important to be honest and to provide more information if needed. It is also important to be open to questions and to listen to what your child has to say.

© The British Psychological Society 2020  
www.bps.org.uk

ADVICE



Click onto the image to be taken to the site.