

Talk about what worries you.



Start a discussion with family and friends about how you feel to deal with the situation

Rest.

A good quality sleep helps you feel better mentally and physically, so it is important to get enough sleep.



Help the others.

Think about how you could help those around you to stay safe.



Take time to relax and focus on the present.

This can help you get rid of difficult emotions, worries about the future and can make you feel better.



Take care of your physical wellbeing.

The health of your body has a big impact on how you feel emotionally and mentally. Physical symptoms of stress and anxiety:

- stomach ache;
- nausea and vomiting;
- faster or irregular heartbeats;
- feelings of dizziness;
- headache;
- chest pain or loss of appetite.



Do not ignore the symptoms and talk to a adult (parent, teacher, nurse or doctor) about what you feel and what worries you.