DO NOT DISCLOSE YOUR PERSONAL INFORMATION IN PUBLIC ON SOCIAL NETWORKS.

Call your parents, grandparents or an adult to seek help if you are still stressed; Call the National Child Protection Hotline Centre 111 (operating 24/7); if you are in distress or feel threatened for your safety or Call the Hotline of the Center for Women’s Development for gender-based violence help at 0946.833.380/ 0946.833.382/ 0946.833.384

When resorting to these services all your private information will be kept confidential.

DURING QUARANTINE, I USUALLY FEEL:

LET US BE REASSURED BECAUSE:

Hello!

We are the Blue Heart Fantastic Four

What you are experiencing is a normal reaction in these circumstances and can happen to anybody while in quarantine or when practicing social distancing. You can overcome it.

Know that when you feel upset and lonely, you are not alone. This is only temporary and you have the capacity to take good care of yourself and overcome this difficult time!

We are in the quarantine centre at the moment and we would like to share with you how we can take better care of ourselves.

HERE ARE SOME TIPS TO TAKE BETTER CARE OF OURSELVES:

FOR CHILDREN AND ADOLESCENTS IN QUARANTINE CENTERS

I am sister “Comfort”

I am sister “Caring”

I am sister “Conscious”

I am brother “Nervous”

Worried about my interrupted studying;

Anxious and guilty that people with whom I have been in contact may be infected;

Bored, frustrated and annoyed and in physical pain;

Angry or anxious because my freedom is restricted, or feeling that I want to blame somebody for this;

Imagining the worst-case scenario which could make me feel restless and fearful;

Lonely and isolated due to limited direct interaction with others;

Emotional and feeling like crying

The most important thing we need to do now is following the requirements from doctors and health staff at the quarantine centre; Smile;

Focus in the present moment only;

Do some fun exercises;

Search and read something interesting and fun;

Communicate with your friends through your regular online channels;

Find someone you trust to share your thoughts and feelings;

Send positive messages to your friends who feel lonely too;

Attend your online classes and complete your homework;

Make sure you do not miss your breakfast, lunch and dinner;

Find a way to express yourself by doing something creative. Consider drawing, journaling or making short video clips;

Maintain personal hygiene habits;

Try relaxation exercises before you go to sleep;

Go to sleep earlier than your usual bedtime.

PLEASE REMEMBER: