

# Managing COVID-19 Anxiety



Mood Disorders Society of Canada  
La Société Pour Les Troubles de L'Humeur du Canada

## FOR KIDS

- Acknowledge their fears & answer their questions,
- Explain the facts in a way they can understand,
- Outline what safety precautions you're taking,
- Answer any of their questions,
- Encourage physical activity (e.g. go for a walk, bike ride),
- Consider limiting their TV & internet exposure,
- Maintain their regular schedule.



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