



Conversation Menu

MANAGING DIFFICULT EMOTIONS

APPETISER

This moment in time is a completely new experience for all of us! Often with new experiences, anxiety and fear can follow. It's completely normal to feel different emotions during a time where many things are beyond your control. Let's look at how we can manage these difficult emotions in a healthy and productive way.



ENTREE

[Watch this video](#) on 6 Ways to Cope With Coronavirus Stress and Anxiety.

MAIN

Discuss some of these questions with your family.

1. How are you feeling at the moment?
2. What are you currently worried about?
3. How do you think your emotions have been impacting your life right now? E.g. you might be quicker to feel annoyed at people or get upset more easily.
4. What are some enjoyable activities you can do to take your mind off things?
5. Who do you feel you can talk to about your worries and how you're feeling?
6. Often we think about all the negative aspects of a difficult situation. Can you think of some positive things about this experience? E.g. Spending more time with your dog, going for walk with one of your family members, sleeping in etc.

DESSERT

Set a healthy daily routine for your family which incorporates relaxing and fun activities.

Please [view this video for an A-Z of Coping Strategies](#) to help you deal with stress. Please note the video has a link for Childline, which is not accessible in Australia.

LEFTOVERS

RESOURCES FOR PARENTS/CARERS

Lifeline and Kids Helpline are just some of the many great support services available in Australia.

Please see your Compass NewsFeed for a list of further resources.

Lifeline 13 11 14
Kids Helpline 1800 55 1800



DONCASTER
SECONDARY COLLEGE