

Understanding Emotions

Grief is a normal and healthy reaction that occurs when you lose someone or something important.

Many children are experiencing the loss of school, celebrations, and time with friends due to COVID-19.

It is natural to have uncomfortable feelings when experiencing loss.

Help children understand that their feelings are normal.

Am I experiencing feelings of grief and loss?

Feelings can be difficult to identify, and may be conflicting, such as sadness, anger, or confusion.

Activities may help stimulate thinking, deepen understanding and identify feelings. eg.) writing and drawing.

Remember to talk & write about what brings you joy and comfort.

Get the facts about COVID-19, talk with your children and answer their questions calmly and honestly.

Visit: ahs.ca/helpintoughtimes

Tips for Managing Emotions

It may be hard to accept your feelings. Simply acknowledge them.

Give yourself permission to express your feelings.

Be kind to yourself; your feelings may be unpredictable or uncomfortable.

Reach out and talk to someone you trust or connect with a health professional for assistance.

Building Resilience during a Pandemic

- Practice gratitude. Share 3 things you are grateful for each day with a friend.
- Set goals in your daily routine.
- Stay connected to your family & friends.
- Be patient with yourself.
- Participate in activities that bring you joy.
- Eat healthy & be physically active.
- Stick with a sleep routine.

[Text4Hope](#) provides daily, positive messages. To subscribe text COVID19HOPE to 393939

For more information visit:

**ahs.ca/helpintoughtimes
myhealth.alberta.ca**

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

