



Wellbeing Kerry

You are important to us, so we are here for you.

Student Support During COVID-19



BORD OIDEACHAIS AGUS OILIÚNA CHIARRAÍ  
KERRY EDUCATION AND TRAINING BOARD



Something out of this world is happening. Something we can't control but can help with. But just know that it is ok to experience fear, feeling upset, anger, feeling alone, confusion or loss. You may even feel a mixture of emotions.

Scared

- That you or someone you love getting sick
- Of losing a loved one to COVID-19

Frustration

- Of helping someone that has the virus
- Of not knowing when this will be over
- With being restricted and feeling Isolated

Anger

- At what is happening, how it has happened and how it is changing our lives.

Missing family and friends

- At not being able to see those people close to us
- No being able to visit relatives we miss

Sadness

- Feeling sad and lonely because of COVID-19

Confusion

- Wondering what we can do to help
- Wondering why all these changes are immediate and serious

Stress

- Worry about school work and exams

Disappointment

- Because of all the things that have been cancelled or postponed

Anxiety

- Hypervigilance where you may be looking for tell-tale signs of COVID-19



Top Tips For Keeping Yourself Safe



Hygiene:

- Make sure to wash your hands regularly especially when entering the house. If you are out and about, wear gloves and practice physical distancing-stay at least 2 meters distance from the person next to you.

Express Your Feelings:

- Write down how you feel. Maybe keeping a journal is something to do.
- Get Creative - Try painting or drawing, listening to or playing music or even signing.
- Get Active - Movement helps with our feelings. Try walking or talking to someone that you trust.

Minding Your Mental Health:

- Take it one day at a time. Stay calm and breathe, COVID-19 will pass.
- Practice Mindfulness.
- Make sure the information you engage with is from reliable sources. Be aware that social media can give us information that is not true.



Living At Home

- This is a challenging time for you, but also for others in the house. Be patient and Kind.

Exercise

- Exercise-go for a walk or cycle within the 2km limit
- Try YouTube Exercise Routines if you cant get outside

Have A Routine

- Set up a daily plan. Make it realistic. Give yourself tasks and divide your time between exercise, study time and Me-Time.

Looking After Yourself

- \* Wash your hands and practice physical distancing.
- \* Recognising your different feelings and talk to someone you trust
- \* Stay healthy, eat well, exercise and get 8 hours sleep.
- \* Avoid alcohol and drugs as ways of coping, this will only add to the problem.
- \* Stay in touch with family and friend, use social media as a positive.
- \* Relax, plan time and activities for yourself.
- \* Get the facts, only use reliable sources for information about anything COVID-19 related.
- \* Limit your time on social media by taking regular breaks
- \* Don't be afraid to ask for help. See the list of useful contacts



Important Contacts

Jigsaw Kerry:-066 7186785/www.jigsaw.ie

Kerry Adolescent Counselling Service:- 066 7181333

Childline:- 1800 666 666 Text TALK to 50101

Pieta Kerry:- 066 7163660

Samaritans:- 116 123

Teenline:- 1800 833 634

Text Spunout to 086 1800 280

KDYS 066 7121674 Tralee

066 6631748 Killarney

086 23744 Listowel

www.yourmentalhealth.ie

Remember to talk to family and Friends and stay Connected

Remember: You have survived lots of other challenges. It is normal to be worried. We are all in this together.