

# WHAT CAN HELP



## MAKE A SCHEDULE

Online school, fitness, reading time, social time.

## SPARK THEIR CURIOSITY

Make each day a little unique. Plan safe outings and excursions.

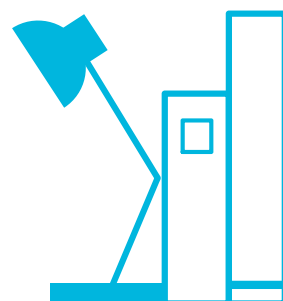


## MAINTAIN SOCIAL TIME

Phone calls, FaceTIME, Zooms with friends and family.

## PHONE FREE ZONE

Have 2-3 hours per day **WITHOUT** screens. Play games, read, go outside, learn a new instrument or sport.



## SELF-CARE

Make sure they are incorporating healthy foods into their diets, getting enough sleep and getting outside enough. Not doing any one of these things can contribute to depression.

## LET THEM GRIEVE THEIR LOSSES

Acknowledge and listen. Don't try to fix or distract. They will need to process and work through their losses.



WATCH OUT FOR: HOPELESSNESS, HIGH ANXIETY, LOSS OF INTEREST IN FRIENDS AND ACTIVITIES, INCREASED SADNESS, SLEEPING A LOT, OR LOSS OF SLEEP.

DON'T BE AFRAID TO ASK FOR HELP:

SEEK OUT PROFESSIONAL COUNSEL OR TALK TO FRIENDS AND FAMILY.