HEMOT®
Helmet for EMOTions

UNIVERSITÀ di VERONA
Dipartimento di SCIENZE UMANE

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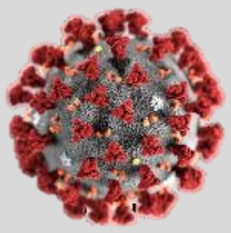
PUBLIC HEALTH EMERGENCY:

PSYCHOLOGICAL TIPS FOR CHILDREN AND ADOLESCENTS' EMOTIONS

Coronavirus and public health emergency: words for grown-ups that can scare everybody, including younger people. Below, some ways to help children and adolescents to understand and cope with related emotions.

WHAT IS CORONAVIRUS?



It is a new type of virus that is spreading around the world.
The scientists called it COVID-19.

WHAT IS A PUBLIC HEALTH EMERGENCY?

It is an extraordinary event which threatens the health of people that live in different parts of the world through the spread of disease that requires the coordination of different states and countries.
The spread of the COVID-19 led World Health Organization to declare a state of public health emergency of international concern in 2020.

WHICH EMOTIONS CAN WE FEEL?

We can feel emotions such as…

FEAR

SADNESS

ANGER

However, it would be great to continue to feel emotions such as…

RELAXATION

ENJOYMENT

HOW CAN WE COPE WITH FEAR, SADNESS, AND ANGER?

LOOK FOR SOLUTIONS

Don't

× **Give up**
- Stop looking for solutions.
- Think that you can't do anything.

× **Ignore reality**
- Pretend that there is no emergency.
- Listen to rumours.

Do

✓ **Take steps to help solve the problem**
- Do the right things (for example washing your hands frequently).
- Follow advice from experts.

✓ **Talks about facts**
- Look for information from reliable sources.
- Give correct, clear, and comprehensible information.

SEEK AND GIVE SUPPORT

Don't

× **Put all the responsibility on to others**
- Complain too much.
- Panic.

× **Isolate yourself from others**
- Withdraw into yourself.
- Be selfish.
- Interrupt contacts with others.

Do

✓ **Understand and express your emotions**
- Talk about how you feel.
- Be calm.

✓ **Receive and give help**
- Help and reassure those around you.
- Collaborate with others.
- Communicate with friends and family face-to-face or by phone and internet.

UNDERSTAND WHAT IS IMPORTANT

Don't

× **Continue to think negatively**
- Overthink about the emergency.
- Think that the safety measures (for example the quarantine) are not useful.

× **Ignore the recommended safety plans**
- Ignore the regulations from the Ministry of Health.
- Blame others.

Do

✓ **Take some time to focus on other things**
- Keep yourself busy (for example playing or studying).
- Spend some time thinking about positive things

✓ **Adapt**
- Change the ways you do things if necessary.
- Remember that following the rules protects everybody's health.

*There are many ways to **cope with fear**, **sadness**, and **anger**:*
we can choose case by case the ways that function better and also invent new ones!

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