

PSYCHOLOGICAL WELL-BEING OF CHILDREN AND ADOLESCENTS DURING THE COVID-19 PANDEMIC

RESEARCH-BASED
RECOMMENDATIONS FOR **CHILDREN
AND ADOLESCENTS**,
HOW TO HELP YOURSELF DURING A
COVID-19 PANDEMIC

VILNIUS UNIVERSITY
CENTER FOR PSYCHOTRAUMATOLOGY

Take care of yourself



In a difficult situation, a few simple and very important things help to maintain balance and energy – getting enough sleep, eating, and moving. Rest breaks should be an integral part of your agenda.

Discover communication opportunities

At the moment, communication with people who are important to you – family members, classmates, friends, and other people you like – can provide strength. If you want to talk, call or write a message without waiting for others to write to you. When there are no other options, communicating remotely can still provide fun.



Do what you like

Take time for your favourite activities that are not hindered by quarantine restrictions. Activities that are easy or enjoyable for you will help you relax and maintain hope during this period. If you don't have a favourite activity or don't have the opportunity to enjoy it right now, maybe it's worth trying something new?



Stick to the agenda

A daily plan that includes not only learning but also rest time will provide clarity and help maintain motivation. Also mark the time on your agenda when you use your computer, phone, or browse the internet. This will make it easier to concentrate and achieve your goals.



Enjoy small accomplishments

When there is a lot of uncertainty and difficulty in planning for the future, it is important to focus on day-to-day activities. It's worth rejoicing if you've been able to do a job you've planned, found time for a relaxation exercise, tried a new activity, or talked to a friend.



Seek help

If you are experiencing severe feelings or are in danger, it is important to talk to a trusted adult, a specialist at school, or call the Children's or Youth Hotline.

More information
about Hotlines in
your country:



Recommendations were prepared by: dokt. Ieva Daniūnaitė, dr. Inga Truskauskaitė-Kunevičienė, dokt. Monika Kvedaraitė, dokt. Austėja Dumarkaitė, dr. Odeta Geleželytė, doc. dr. Ieva Norkienė, dr. Paulina Želvienė, prof. dr. Evaldas Kazlauskas



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