

6 TIPS FOR MANAGING STRESS AS A MOTHER DURING COVID-19

As a mother, you could be having a lot of stress and worries during COVID-19. Here are some 6 tips for coping with stress during this time. You can do this!

1. Notice, name and accept your feelings. They are normal reactions to an abnormal situation.
2. Limit how often you check the news if it is feeling too much.
3. Get your facts from reliable sources only. There is lot of fake news.
4. Do simple things to take your mind off this situation.
5. Ask for support from family, friends or a counsellor.
6. If you can, helping others during this time can make you feel better.

Contacts (keep trying they may be busy)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others
- Lifeline general 0861 322 322 and their AIDS Helpline 0800 012 322
- Childline 0800 055 555

For more info and helplines visit www.sidebyside.co.za