

ie.reachout.com/edco

Exclusive additional resources and information (fact sheets, tips, personal stories, animations) from Reachout.com, mapped to the content in the textbook

In the last few months we have had to make major changes in our lives to reduce the risk of catching or spreading Covid-19. For young people around the country this means that you have to stay at home, try to learn online, live more closely with your family than ever before and not get to meet your friends, relatives and neighbours.

This is bound to cause worry and stress. You might find it difficult to get out of bed, do your schoolwork, try to get some exercise, eat sensibly, keep contact with your friends, not binge on social media and control your anxiety about a health situation that's new to the whole world. For many of you this is the first time that you will spend all day, every day with your family without being able to meet your friends, grandparents etc. This can be hard to do especially for such a prolonged time and can be particularly difficult at a time in your life when you are becoming more independent and learning to take more responsibility for yourself.

Some of the lessons in your *Health and Wellbeing* SPHE book can help you to make sense of and manage this anxiety. Some useful issues that are covered are:

Page 23

Information and help on how to seek help, advice and support

Page 25

Dr Internet ... is internet information always accurate?

Pages 47–54

Your rights and dealing with worries about child abuse

Page 54

Getting help for abuse

Pages 73–82

Learn how to deal with conflict

Pages 141–143

Stress Busters

Page 156

Getting help and advice for mental health concerns

Page 158

Understanding stress and stress management

Page 163

How to reduce stress

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Circles of self-care

Pages 173–174

Remembering loved ones who have died and accessing help agencies