

## To Preschoolers, Students and Parents/Guardians

— A Message from the School Counselor —

Due to spread of the new coronavirus, schools continue to be closed.

Are you worried or troubled by the changes in your daily life?

As experts in mental health, we would like to send a message to you. It would make us happy if this will be useful for you!

You may feel stressed from the current way of life.

Stress mainly manifests itself in your body, mind and behavior.

### Behavior

Not leaving home,  
eating excessively,  
spending more hours  
playing video games,  
restlessness, showing  
aggression, etc.

### Body

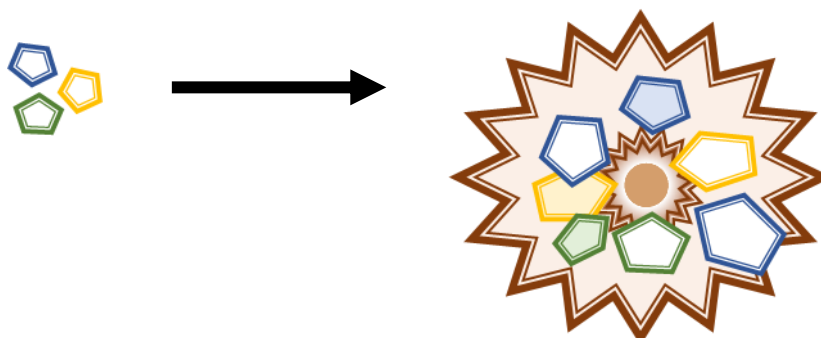
Sleeplessness, headache,  
fatigue, stomachache,  
loss of appetite, heart  
palpitations, stiff neck  
and shoulders, getting  
tired easily, bedwetting,  
dizziness, feeling bad,  
etc.

Spread of the new  
coronavirus

### Mental influence

Feeling/acting anxious, scared,  
depressed, demotivated, sad, lonely,  
exaggerated, lightly, irritated,  
frustrated, say the same things  
many times, etc.

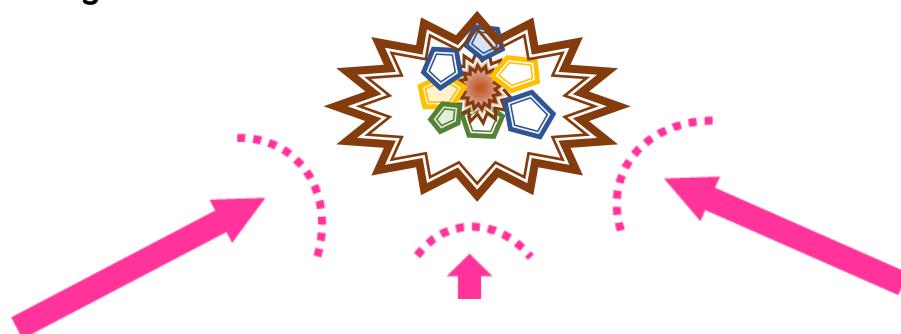
Even if the stress is not much, it can turn into a great stress if accumulated.



Then, what should we do?

☆Measures against the virus ①Wash your hands ②Stay at home

☆Measures against stress



Manage your lifestyle

Maintain your usual time for sleeping and waking. Eat well. Exercise. Try something new, but do not push yourself too hard!

Relax

Take a deep breath, stretch drink hot tea, read books, draw a picture, do your favorite things, etc.

Communicate

Chat with your family members and friends. If you have concerns or worries, ask your teacher or family. You can also contact the consultation desk below!

**To Parents/Guardians**

When you are face something you have never experienced before, it's quite natural that your body, mind and actions are influenced.

A child may behave differently than usual, such as becoming more clingy, selfish or fool around. Such behavior is a sign of the child's anxiety. Please be patient and listen to how your child feels.

We hope that you will be able to go back to school or kindergarten as soon as possible.

Please consult with your school if you have any concerns or worries.

Also, please take advantage of the following services.

- Education counseling by phone at Osaka city children's counseling center

For children 06-4301-3140

For parents 06-4301-3141

Mon.~Fri. 9:00 am~7:00 pm (Holidays and year-end holidays are closed)

- 24-hour child SOS hotline (for free) 24-hour telephone consultation service

0120-0-78310 (Some IP phones cannot connect)

- 『LINE consultation』

Please register the LINE account by using the QR code, which is printed on the card provided by your school. If you don't understand, ask your school teacher.