

Coronavirus My emotions in a new country

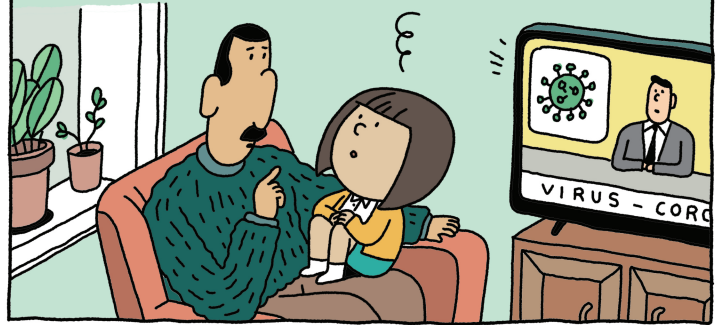
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I recently arrived in Quebec with my dad, my mom and my little brother. I used to live in another country, but we had to leave.



A little while ago, my dad told me that I had to stay at home because of a bug outside : it's called the Coronavirus.

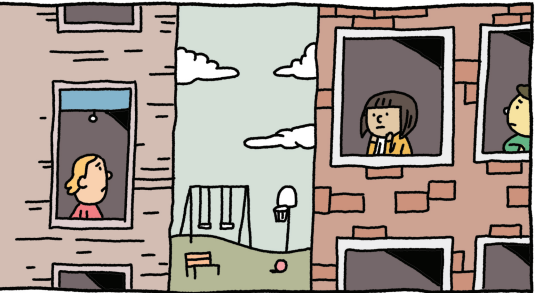


At first, I was super happy because there was no more school.

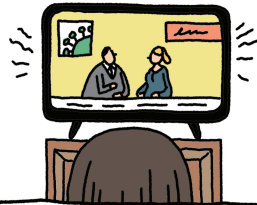
Yeyyyy !



But now I'm bored of staying home. I don't know why I can't see my friends anymore, go to the park... Why I can't do what I used to do?



Quebec is still new to me and I don't understand all the French words that people are saying on the television.



I also wonder if my family and friends who stayed in my country have the coronavirus.



With all of this, sometimes I feel stressed.

Do you know what it's like to be stressed?



It's like when, I'm afraid that something might happen, afraid of catching the bug or afraid because I can't do the things I used to do.



Sometimes being stressed can also mean having nightmares or having a hard time sleeping.



Feeling dizzy, having an upset stomach, sweaty hands, breathing fast or having a fast heart beat... You could also feel these things when you're stressed.

Do you feel stressed sometimes ?



If that happens to you, it's normal! Anyone can get afraid or stressed out. Yes, yes, many children and even adults experience it, even if they don't talk about it.



You can do what I do to make yourself feel better :



Say what you are feel and ask questions!

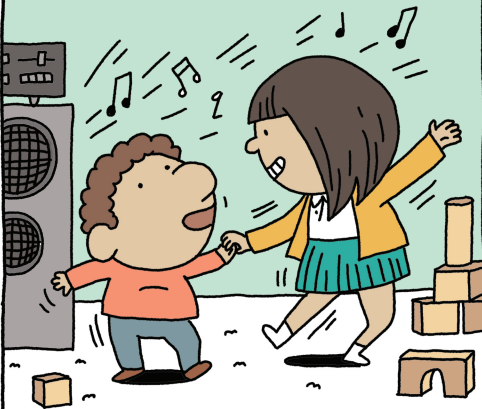
Talking to your dad, your mom or a grown-up can do you good! You can also talk about it with your friends on the phone.



You can also write or draw what you are thinking in a notebook or on a sheet of paper.



Move your body, jump, dance or play any other sport!



Do things that make you happy! Like playing a game, reading a comic book or listening to music. Do activities with your hands (like baking a cake).



If it's crowded all the time at home, you may find it hard. If you like, you can also take time to be alone.



The most important thing is to talk about what is bothering you.

