

My Buddy
online

Hey, Kid!
How are you during the fight of epidemic?

😊 | 🎤

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Queen Mary Hospital

Department of Clinical Psychology

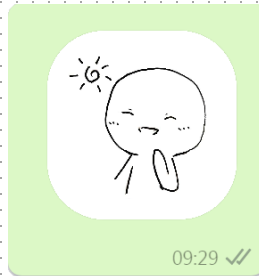
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Hey, kid!
How are you during the fight of epidemic?

09:17

I am good! I don't have to go to school, no more homework, dictation, tests and revision... I can play games ALL DAY! Sooooo happy!

09:29 ✓✓



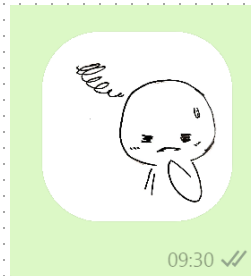
09:29 ✓✓

However,

09:30 ✓✓

I have to stay home EVERY DAY.
I cannot go to the park.
No longer can I go to my favorite restaurant.
I feel so bored.....

09:30 ✓✓

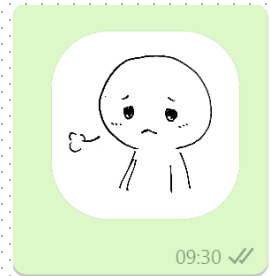


09:30 ✓✓

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Whenever I recall that my scheduled activities, like the weekly interest class, visit of the theme park, gathering with classmates/friends and the long-awaited trip/birthday party... are ALL CANCELLED, I feel SO sad and disappointed ><

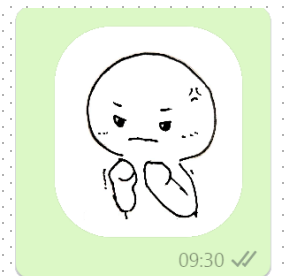
09:30 ✓✓



09:30 ✓✓

Yes, I don't have class... BUT My parents STILL control my game time. They keep nagging at me about the E-class/assignment/revision... And don't allow me to go out AT ALL. I am soooooo angry >< Why do I have to do schoolwork when I don't have school???

09:30 ✓✓



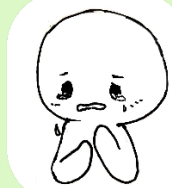
09:30 ✓✓

😊 | 🎤

😊 | 🎤

I heard from my parents and the news that this virus is EXTREMELY SCARY ><
More people are getting sick and entering the hospital each day.
And their family members have to be isolated.
Honestly, I am fearful deep down...
I am so worried that my family and I will be the next T T

09:30 ✓



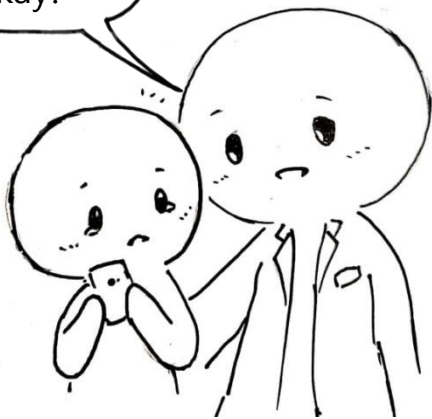
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It is ALL OKAY to be angry, fearful and sad in face of the epidemic!
I have some tips for you. Let's try together!

- Share your feelings with your parents or trusted ones from time to time 😊
- Maintain a balanced daily schedule: eat at regular times and wake up and go to bed early
- Keep learning at home. Set a time for assignment and revision daily – not to forget some breaks!
- Exercise at home, e.g. search your favorite song/music video on YouTube and dance along (you can sing along too ^^)
- DIY your own toys, such as puzzles and ornaments
- Show care to your beloved ones, e.g. calling, texting, making cards or calling your friends and grandparents.

Hey kid, it is all okay!



For more information on ways to cope with your emotions in times of crisis, welcome to our Department's database by scanning the QR code below. The database will be updated from time to time!



<http://bit.do/qmhcp>

Wish you peace during this critical time. Take care 😊



瑪麗醫院

Queen Mary Hospital

Department of Clinical Psychology
Tel: 2255 3051