



PCH Diabetes Clinic – Information for our teenage patients

Social and emotional suggestions for teenagers with diabetes in relation to COVID-19

1. General information:

It is important to maintain a healthy mind throughout COVID-19 - this is a new time and everyone is feeling unsettled while information is changing daily. Due to the virus, social gatherings, gigs and travel have all been cancelled, all activities that you were looking forward to. Your school may be affected and at some point, may close or go online. You may have loved ones who are affected. Now more than ever it is important to stay connected with family and friends, and it is also important to note that you can call community services if you need help.

2. Some helpful tips:

- Be aware of your emotional response to social media. It can be helpful to take a break every few hours. Ensure you are reading evidence-based information. For reliable information go to <https://www.health.gov.au/>
- Try and maintain the existing daily routine for your diabetes care
- Start each day with a routine you are familiar with but that is adapted to meet the current 'stay at home' recommendations
- Stay connected with those who are supportive – friends, teachers, family, and your pets
- Stay healthy. **Headspace** have 7 suggested tips for “healthy head space” <https://headspace.org.au/tips/>

“Keep doing stuff, create positive distraction to help manage difficult thoughts (deep breathing, digital detox), eat well, stay active and get enough sleep”

- If it all feels too much, talk to a trusted adult. They can listen to you and guide you. **You're not alone.**

3. Australian Tertiary Admission Rank) ATAR

For students who are studying ATAR; the Education Department is looking at all options to be supportive. If schools are closed, it is recommended for a school day you get dressed in school sports clothes and complete your daily online task as you would have in a normal school day. Have recess and a lunch break and in the afternoon set activities that are rewarding i.e. group chat with peers, gaming, physical exercise or dance. In school holidays, still keep some study times but enjoy the break so you are fresh for term two (which may be online).

Exercise

Stay healthy, and continue your regular individual exercise routine. For example, Monday and Wednesday go for a run, do in-home fitness (i.e. push-ups and burpees) or download a free exercise app.

Food and sleep

Ensure you keep eating and sleeping with your current routine. Don't stay up late gaming or watching TV. Try incorporating diabetes in your life like you had prior to COVID-19.

4. Helpful numbers:

Headspace 1800 650 890 - Kids Helpline 1800 551 800 - The Samaritans 13 52 47

Lifeline Australia 13 11 14 - MindSpot 1800 614 434

If you are concerned about your diabetes, please call:

- **PCH Triage ph: 6456 1111 (option 2)**
- **OR the emergency after-hours consultant: 6456 5993**

Call the Coronavirus Health Information Line on 1800 020 080 with any concerns or question



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