

About school closings due to the new coronavirus disease

To Preschoolers, Students and Parents/Guardians

— A Message from the School Counselor —

We hope everyone is doing well.

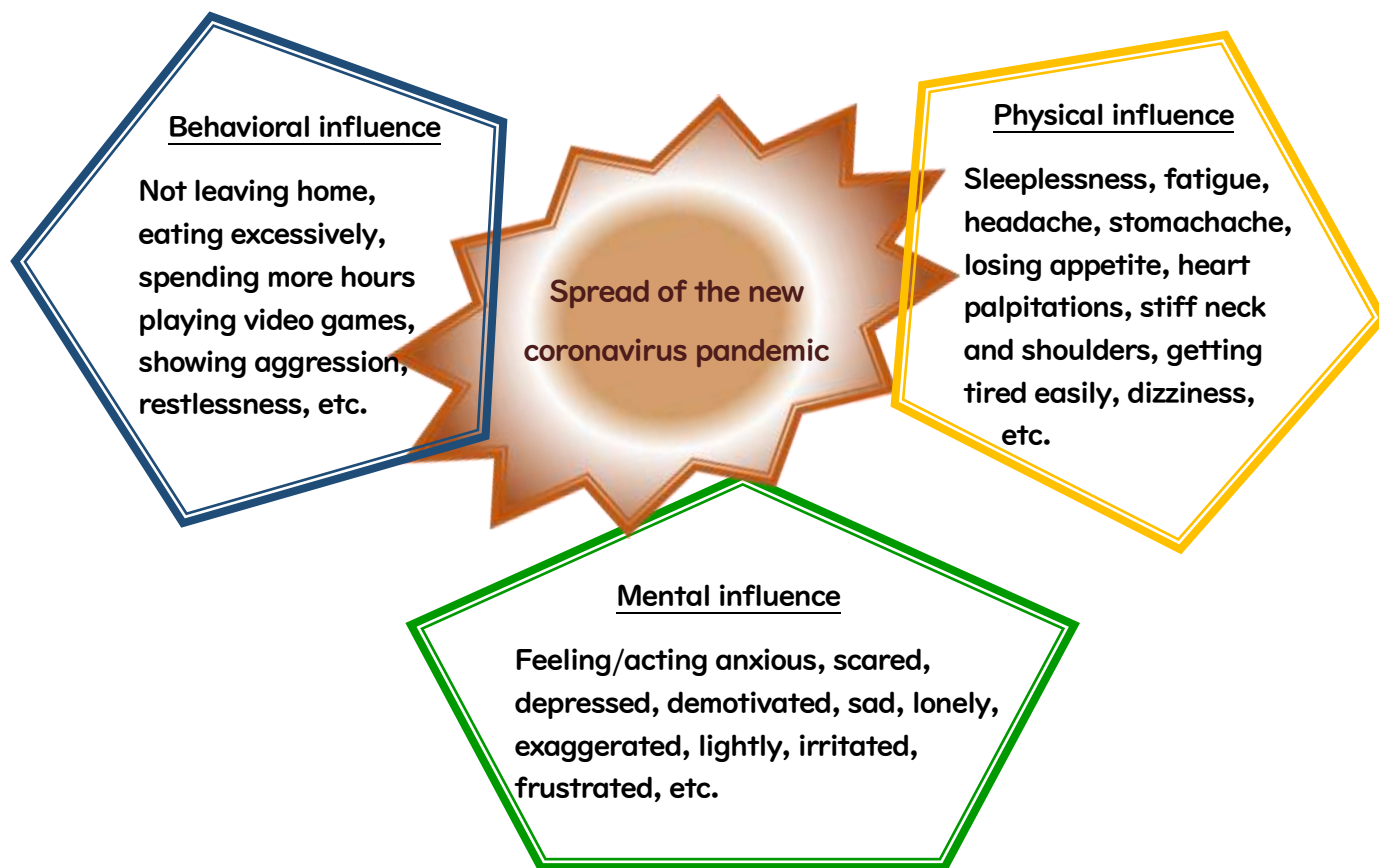
Our schools continue to be closed due to spread of the new coronavirus disease.

Are you feeling worried or troubled by changes unlike anything else you've experienced to your daily life?

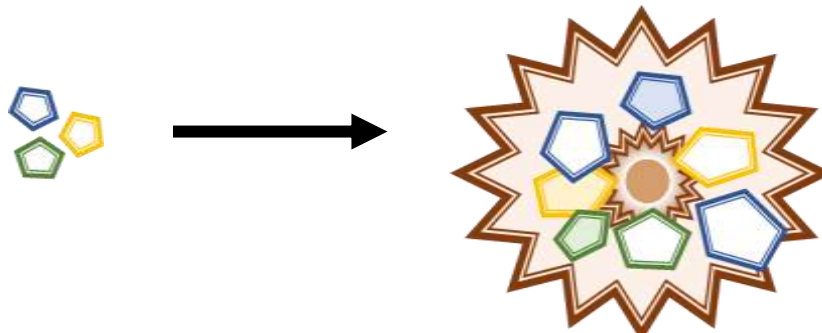
As experts in mental health, we would like to send a message to you. We hope it will help you get through these difficult times!

Our current lifestyle causes stress in various ways.

The stress mainly has influence on our physical, mental and behavioral states.



Even if each stressor is small, the accumulated stress could have serious consequences.



Then, what should we do?

As announced on TV and the internet, it's important to "wash your hands" and "avoid crowds".

In addition, there are more things you can do at home.



Manage your lifestyle

Try to maintain a daily routine of sleep, eating, exercise, etc. It's also good to try new things, but do not push yourself too hard!

Stay relaxed

Take a deep breath, drink hot tea, listen to your favorite music, watch videos on the internet, do your favorite things, etc.

Communication

Chat with your family members and friends. If you have concerns or worries, contact your school, people in your inner circle or the consultation services! (See the list below)

When you are facing difficulties you have never experienced before, it's quite natural for you to have unusual physical and mental reactions.

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

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

Also, please take advantage of the following services.

- 『LINE consultation』 by Osaka Prefectural Education Center

Mondays from 5:00 pm to 9:00 pm (registration ends at 8:30 pm)

※ Pre-registration is required. To create a special LINE account, use the QR code, which is printed on the card provided by your school.

- Multilingual consultation service by AMDA Medical Information Center, a non-profit organization

<https://www.amdamedicalcenter.com/>

- NHK WORLD, the news media which is providing COVID-19 information (available in 19 languages)

https://www3.nhk.or.jp/nhkworld/en/information/202004020600/?cid=wohk-flyer-org_site_pr_info_qr_multiple_lang-202004-001

- Point-and-Speak YUBISASHI for COVID-19 (available in 19 languages)

<https://www.yubisashi.com/covid19/>