



Coping with your symptoms



You have attended the Children's Emergency for one or more of the following symptoms:

- Chest pain
- Shortness of breath
- Abdominal pain
- Headache
- Others:

The following investigations have been performed and the results are normal:

It is possible that these symptoms may recur. Some red flags symptoms to monitor for include:

It is common for symptoms to be linked to lifestyle factors such as stress, poor sleep, an unbalanced diet and a lack of exercise.

Stress and difficult emotions can also arise from difficult situations at home, with friends or at school. Sometimes, emotions can also make the symptoms of a medical condition even more pronounced.

Our team has specially made this video for young people and their families to have a better understanding of how physical symptoms can be caused or affected by stress and emotions.

Scan the QR code below to access the video of ways to manage your symptoms!



Parents/ caregivers, please watch this together with your child!



1) Lead a healthy lifestyle

- **Don't shortchange your sleep!** Make sure you have a minimum of 8 to 9 hours of sleep every night.
- **Have a balanced diet!** Avoid unhealthy snacks and don't starve yourself either.
- **Exercise regularly!** Aim to exercise 60 minutes, for at least 3 times a week



2) Distraction

Pick any activity you enjoy!

How about drawing, exercising, listening to music, reading poetry, gardening, or cooking?

Remember, we all have different likings, and that is OK!

3) Mindfulness

Mindfulness is a mind-body approach to life that helps us relate differently to experiences.

One useful app that can help with the practice of mindfulness:

Link: <https://www.smilingmind.com.au>

4) Box breathing

- Take a deep breath through your nose for a count of 4
- Hold your breath for a count of 4
- Breathe out through your mouth for a count of 4
- Pause for a count of 4

Repeat a few cycles of this breathing pattern.

