



# 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:

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

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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

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- **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

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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

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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

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- 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.

