



# Covid-19 Wellbeing Pack

# Sources of Support

## Year Group Support

Year 7	<a href="mailto:2024@ypant.co.uk">2024@ypant.co.uk</a>
Year 8	<a href="mailto:2023@ypant.co.uk">2023@ypant.co.uk</a>
Year 9	<a href="mailto:2022@ypant.co.uk">2022@ypant.co.uk</a>
Year 10	<a href="mailto:2021@ypant.co.uk">2021@ypant.co.uk</a>
Year 11	<a href="mailto:2020@ypant.co.uk">2020@ypant.co.uk</a>
6th Form	<a href="mailto:sixthform@ypant.co.uk">sixthform@ypant.co.uk</a>

## Young people Support

<b>Samaritans</b>  Whatever you're going through, you can call us any time, from any phone for FREE. People contact us with all sorts of concerns and what might be a small issue to you may be huge to someone else.	Free call 116 123  Website: <a href="https://www.samaritans.org/?nation=wales">https://www.samaritans.org/?nation=wales</a>
<b>Anxiety UK</b>  Practical advice and information for anybody affected by anxiety, stress and/or anxiety based depression – as well as for parents, family and friends.	Free Call: 0344 477 5774  Website: <a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>
<b>Childline</b>  You can talk anonymously and get support with all sorts of things like family worries, eating problems, self-harm, phobias, puberty, hobbies, and much more. Exam stress of eating problems, sexting or self-harm, relationships or racism. Childline has info to help you with all sorts of worries.	Free Call: 0800 1111  Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a>

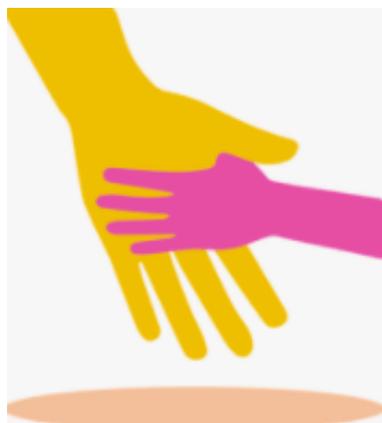
<p><b>Kooth</b></p> <p>Free, safe and anonymous online support for young people</p>	<p>Website:  <a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
<p><b>Young Minds</b></p> <p>This anonymous text service provides free, 24/7 crisis support across the UK. The service address issues such as: suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues.</p>	<p>Free Text: 85258</p> <p>Website:  <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>
<p><b>Meic</b></p> <p>Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you and will help by giving you information, useful advice and the support you need to make a change.</p>	<p>Free Call: 080880 23456</p> <p>Text Free: 84001</p> <p>Chat online:  <a href="https://www.meiccy.mru.org/">https://www.meiccy.mru.org/</a></p>
<p><b>The Mix</b></p> <p>Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money &amp; jobs.</p>	<p>Free Call: 0808 808 4994</p> <p>Website:  <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a></p>
<p><b>Young Carers RCT</b></p> <p>The Young Carer Project supports children and young people under 18 who provide or intend to provide care for a sick or disabled parent, adult or sibling.</p>	<p>Call: 01443 425006.  If out side of office hours call the Emergency Duty Team on – 01443 743665.</p>
<p><b>Eye 2 Eye Counselling</b></p> <p>Eye to Eye Young People's Counselling Service offers free and confidential counselling to young people aged 10 to 25 years in schools and the community in Rhondda Cynon Taf.</p>	<p>Website:  <a href="https://www.eyetoe.ye.wales/">https://www.eyetoe.ye.wales/</a></p>

## Parent, grandparent and carers Support

<p><b>Family Line</b></p> <p>The Family Line service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.</p>	<p>Free Call: 0808 802 6666</p> <p>Free Text message: 07537 404 282</p> <p>Email: <a href="mailto:familyline@family-action.org.uk">familyline@family-action.org.uk</a></p>
<p><b>Family Lives</b></p> <p>Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline). for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.</p>	<p>Free Call: 0808 800 2222</p> <p>Website: <a href="https://www.familylives.org.uk/how-we-can-help/confidential-helpline">https://www.familylives.org.uk/how-we-can-help/confidential-helpline</a></p>
<p><b>Gingerbread</b></p> <p>One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.</p>	<p>Single Parent Helpline: 0808 802 0925</p> <p>Website: <a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a></p>
<p><b>Grandparents Plus</b></p> <p>Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.</p>	<p>Free Call: 0300 123 7015</p> <p>Website: <a href="http://www.grandparentsplus.org.uk">www.grandparentsplus.org.uk</a></p>
<p><b>Turn2Us</b></p> <p>Information about benefits and coronavirus.</p>	<p><a href="https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus">https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus</a></p>

## **Parents: Looking after yourself, looking after your children**

There is a lot of uncertainty around the current COVID-19 outbreak, particularly given that the situation is constantly developing and the information about the virus remains incomplete.



Understandably, this is causing a lot of worry and anxiety for people. Having children and young people at home, often when people are trying to work themselves, adds another layer of stress. It is therefore important to not only consider your physical health during such challenging times, but also to pay attention to your mental health. It is normal to feel worried, stressed and anxious when we are faced with uncertain situations, but the sooner we acknowledge and learn to take care of our mental health, the healthier and better equipped we'll be to cope with the situation we're having to face.

### **Looking after yourself, looking after your children**

For the most part, children will need what they've always needed; love, attention and opportunities to learn and play. If children are home for long periods because of social-distancing or self-isolation, the following tips might be helpful:

<p>Try and keep to a <b>structure and routine</b> that suits you. Keep bedtime and morning routines close to existing ones to promote a sense of normality that children will find reassuring.</p>	<p>Expect children to do <b>some learning every day</b>. Continuing with their learning helps promote a sense of normality and purpose as well as keeping them up to date for when they are back at school.</p>
<p>Keep <b>boundaries firm</b> and make it clear that you expect the same standards of behaviour as usual. Boundaries show that adults are still in control and taking care of them, which helps children to feel safe.</p>	<p>Make sure they get some <b>time to burn off energy</b> every day. Take daily walks, or run and cycle with your children, or even try the Joe Wicks workout.</p>
<p>Find opportunities for them to <b>interact with their friends remotely</b>. Technology provides lots of opportunities for children to connect, chat and game together.</p>	<p>Give children opportunities to <b>have a say in what will be happening</b>. They may have had a lot of their freedoms and choices removed for a while and may feel powerless or angry.</p>
<p><b>Balance screen time</b> with other activities. Challenge children to learn new skills that don't involve screens. Older children might want to set their own goals.</p>	

## Daily Schedules

There are some example timetables below These are just shared as a guide but may be helpful in terms of thinking about how to maintain some structure and routine throughout days at home. Remember to intersperse activities with breaks, and don't forget healthy snacks and drinks!

### Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

---

**45 mins Academic learning**

---

**45 mins Creative Activities**

---

**45 mins Exercise**

---

**Have lunch**

---

**Downtime**

---

**45 mins Academic learning**

---

**45 mins Help around the house**

---

**Free time**

---

**Have dinner**

---

**Contact family and friends - phone, Facetime, email**

---

**Free time**

---

**Get ready for bed**

# 5 Ways To Wellbeing



5 Ways to Wellbeing video: <https://www.youtube.com/watch?v=LCA4FFyCBCE>

Connect	<p>There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.</p> <p>It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.</p>	<ul style="list-style-type: none"> <li>• Talk to someone instead of sending an email</li> <li>• Skype/Facetime an elderly relative instead of calling by phone</li> <li>• Ask how someone's week was and really listen when they tell you</li> <li>• Put five minutes aside to find out how someone really is</li> </ul>
Be Active	<p>Regular physical activity is associated with lower rates of depression and anxiety across all age groups.</p> <p>Exercise is essential for slowing age-related cognitive decline and for promoting well-being.</p> <p>But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.</p>	<ul style="list-style-type: none"> <li>• Go for a walk, run or cycle</li> <li>• Complete a Joe Wicks PE session</li> <li>• Play a game in the garden with your family</li> <li>• Do some 'easy exercise', like stretching, or try yoga</li> <li>• Walk or dance in the garden</li> </ul>

Take Notice	<p>Reminding yourself to 'take notice' can strengthen and broaden awareness.</p> <p>Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.</p> <p>Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.</p>	<ul style="list-style-type: none"> <li>• Get a plant for your bedroom</li> <li>• Have a 'clear the clutter' day</li> <li>• Take notice of how your family or friends are feeling or acting</li> <li>• Visit a new place on your daily walk</li> <li>• Be aware of the world around you and how you are feeling</li> </ul>
Learn	<p>Continued learning through life enhances self-esteem and encourages social interaction and a more active life.</p> <p>Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.</p> <p>The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.</p>	<ul style="list-style-type: none"> <li>• Read the news or a book</li> <li>• Set up a book club</li> <li>• Do a crossword or Sudoku</li> <li>• Research something you've always wondered about</li> <li>• Learn a new word</li> <li>• Learn a new language or to play an instrument</li> <li>• Learn to cook a new meal</li> </ul>
Give	<p>Participation in social and community life has attracted a lot of attention in the field of wellbeing research.</p> <p>Individuals who report a greater interest in helping others are more likely to rate themselves as happy.</p> <p>Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.</p>	<ul style="list-style-type: none"> <li>• Do something nice for a friend or family member</li> <li>• Thank someone</li> <li>• Smile more</li> <li>• Volunteer your time e.g. write a thank you letter to our Key Workers</li> <li>• Plan to join a new club or community group</li> </ul>

**Parents:** How to support your child's wellbeing  
([https://www.childrensociety.org.uk/sites/default/files/TCS\\_FIVE\\_WAYS\\_TO\\_WELLBEING\\_CHILDREN.pdf](https://www.childrensociety.org.uk/sites/default/files/TCS_FIVE_WAYS_TO_WELLBEING_CHILDREN.pdf))

# Wellbeing Activities

School is closed for a while and you might already be getting bored of being at home during the Coronavirus lockdown. Below are some fun things to do where you can learn new facts and skills, keep fit and be entertained.

Topic	Description	Website
Art	American artist Steve Harpster of Harptoons is also offering daily live drawing lessons at 6pm our time on Facebook live	<a href="#">Link</a>
Museums	Travel the world taking in virtual museum tours like the British Museum in London or the Museum of Modern Art in New York.	<a href="#">Link</a>
Cooking	Chef Theo Michaels hosts live cooking sessions with his kids at home every Monday and Wednesday at 4pm. He posts the ingredients you'll need on his website beforehand so you can be ready to join in.	<a href="#">Link</a>
Meditation	Headspace is offering free content to help people struggling with anxiety and stress. Their 'Weathering the Storm' collection is available through their app.	<a href="#">Link</a>
Music	Myleene's Music Klass – learn the basics of reading music, clapping out rhythms, and some piano practice. Lessons twice a week.	<a href="#">Link</a>
Stories	David Walliams is offering daily audio stories of his books every morning at 11am.	<a href="#">Link</a>
Languages	Rosetta Stone is offering three months free access to her language learning resource. You can choose from 24 different languages including Italian, Spanish, Chinese and German.	<a href="#">Link</a>
Minecraft	Minecraft have released free educational games. Available to download free on Minecraft Marketplace until 30 June 2020 with your Hwb sign in details. You can use your creativity and learn how to code on your own or with friends	<a href="#">Link</a>
Science and Nature	American YouTuber Marc Rober is hosting live science demonstrations on his YouTube page (so far there are no specific days or times set). Classes already taught have been Why does helium make your voice higher? and Does farting make you weigh less?	<a href="#">Link</a>

# Wellbeing Apps

	<p><b>Smiling Mind</b> was the brainchild of two mindfulness and meditation enthusiasts in Australia. They set out to make mindfulness and meditation accessible to everyone, whatever their budget, and wherever they might be. <b>FREE to use.</b></p>
	<p><b>Happier</b> was created to be a “personal mindfulness coach,” and to help you observe and regulate your emotions throughout the day while maximizing joy, peace, and happiness. It offers inspirational quotes, meditation exercises, a place to record things for which you’re grateful, courses on happiness and well-being, and an opportunity to communicate with likeminded people who are also using the app. <b>FREE to use.</b></p>
	<p>The aim of <b>The Mindfulness App</b> is to make the practice of mindfulness accessible to everyone. Research has shown that many of the benefits of mindfulness and meditation happen with consistent practice, but many people struggle to remember or make time each day. This app offers gentle reminders throughout the day, guided meditations for both experienced and novice meditators (as well as those in between), and timers for those who prefer silent meditation. <b>FREE to use.</b></p>
	<p><b>Breathe2Relax</b> teaches diaphragmatic breathing, a technique that increases oxygen capacity that's been shown to lower the heart rate, lower blood pressure, and help relieve stress. This type of breathing can help people who are experiencing panic, anxiety, PTSD, or anger. The app features videos, reading materials, and ways for users to track their progress. <b>FREE to use.</b></p>
	<p><b>For me</b>, is made and supported by the charity Childline. For Me provides help and guidance for those that need it, both within the app and through easy connection to a counsellor. This is a free app, so encourage your child to have it on their device. That way, if ever they do need help, they have a starting point and it is one that has always been there, not one that has been pushed on to them because of their problems. Even if they do not need it for themselves, it might help them support a friend who does. <b>FREE to use.</b></p>
	<p><b>Headspace</b> is a great and simple app for beginning meditators looking to learn as well as more advanced meditators who want to deepen their practice. It offers meditation series that address various topics, like anxiety, stress, sleep, and physical exercise. <b>Cost to use.</b></p>

# Mindfulness

There is a growing body of research to support the many benefits of mindfulness practice. In order to help make it more accessible, we can teach mindfulness in a way that is more interesting and interactive than the traditional sitting meditations.

Here are a few **activities to teach mindfulness to teens** that we've found helpful.

<p>Mindful breathing</p>	<p>With this exercise, you focus your attention on breathing. You want to pay attention to your breath in an easy way — on purpose, but not forced.</p> <ul style="list-style-type: none"> <li>• Sit up in a comfortable way. Close your eyes.</li> <li>• Notice your breathing as you inhale and exhale normally. Just pay attention to your breath as it goes in and out. Can you feel the place where the air tickles your nostrils?</li> <li>• Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving as you breathe?</li> <li>• Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out.</li> <li>• When your mind starts to wander and think about something else, gently guide your attention back to your breathing.</li> </ul> <p>Mindful breathing exercise:  <a href="https://www.youtube.com/watch?v=SEfs5TJZ6Nk">https://www.youtube.com/watch?v=SEfs5TJZ6Nk</a></p>
<p>Mindful colouring</p>	<p>Mindful colouring is something that has gained in popularity in the West in recent years, but has its roots in <u>Tibetan mandalas</u>. In mindful colouring exercises, we are just bringing our attention to the present moment through the act of creating something. Our awareness is wrapped up in the colouring, and we may find ourselves naturally mindful in these moments.</p> <p><b>There are mindful colouring sheets at the back of this pack.</b></p>
<p>Mindful muscle relaxation</p>	<p>This activity is perfect prior to going to sleep because it helps the body <b>release tension</b>. Have your child try this activity lying down after they get into bed for the night.</p> <p>Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing. You can also point the toes up and then back down for a gentle release.</p> <p>Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.</p> <p>Notice how much <b>calmer</b> you feel already.</p> <p><a href="https://www.youtube.com/watch?v=9x3tl81NW3w">https://www.youtube.com/watch?v=9x3tl81NW3w</a></p>

# Physical Health

Exercise is very good for your brain, your heart, and your smile. It releases hormones called endorphins, which make you feel happy! It's also great to do if you're feeling a bit frustrated with your family or the new rules from the Government.

You are allowed to go out for important things like exercise, but if somebody in your home isn't well, you aren't supposed to go out at all. So how do you stay healthy and active when you have to stay away from everyone? We have the answers! (*You could even turn these into a TikTok challenge to keep in touch with friends!*)

## Circuit makers



Clear a space where you can stretch out both of your arms and not hit anything. Write down a list of on-the-spot exercises you like (like skipping with a rope, sit-ups, press-ups, burpees, star jumps, squats, or using the stairs to do step ups,). Do each exercise as fast as you can for 60 seconds, using a clock or timer, and count how many you can do in that time. Try it a couple of times a week, and see if you can beat your record!

Website: <https://qalo.com/blogs/qalo-life/12-at-home-workouts-to-do-with-your-kids>

## **Invent a dance routine that would make Beyoncé proud**



Put on your favourite happy song and don't stop dancing until the end! You can work on it until it's perfect, or you can just make up a routine every day. If you have brothers or sisters come up with a group dance together.

## **Wakey wakey!**



If you have access to YouTube, you can follow Joe's daily sessions online! They're super fun, and will give you a bit of a jump-start before you settle down to do some schoolwork.

Joe Wicks youtube:

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

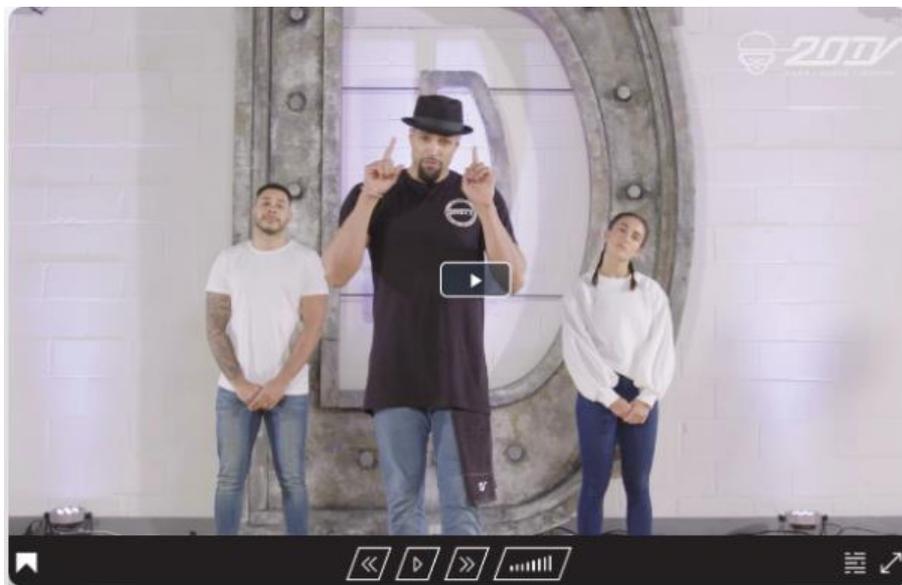
## **Stretch it out**



It's really important to stretch properly after exercising. But it can also be a good way to chill out if things are getting a bit much for you. Yoga is a really easy way to do this at home. All you need is something soft on the floor (like a mat or a couple of blankets), and some comfy clothes.

Yoga class video: <https://www.youtube.com/watch?v=dF7O6-QabIo>

## **Learn to dance with Diversity**



Learn to dance with famous dance troupe Diversity. There is usually a monthly cost for this but classes are being offered for free until 1st May.

Diversity website: <https://20dv.co.uk/>

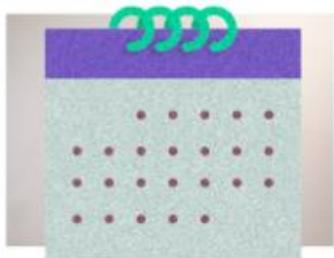
## **Self-care is about the things we can do to look after our own mental health**

Young people told us that when they are struggling, they are usually told to see a professional. They don't often get much advice about how they could help themselves.

We're sharing these strategies with you to help you to manage your wellbeing. It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. And you can help us build an evidence-base for these activities by letting us know what works by clicking on the 'Did this activity help your mental wellbeing' button on each page. This will help us decide which ones to research further.

These activities are *not* a substitute for seeing a mental health professional. Sometimes we need outside help and advice. Getting help is good. No-one should feel bad about it.

**Website:** <https://www.annafreud.org/on-my-mind/self-care/>



Organise your day



Spending time with supportive people



Books & Reading



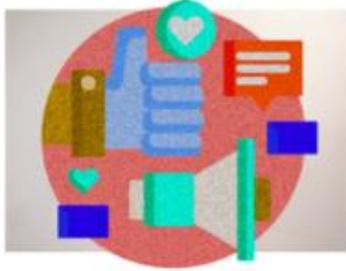
Silence



Warm bath



Relaxation techniques



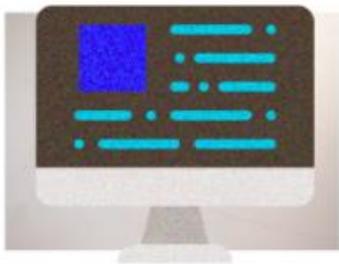
Online chat or peer group support



Listening to podcasts



Problem solving



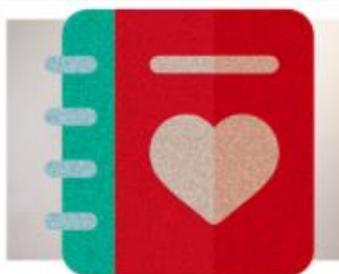
Coding



Daydreaming & Visualisation



Watching YouTube, TV or Films



Writing things down



Laughter / humour



Mindfulness



Apps delivering self-help strategies



Little actions to release tension



Thinking about things

## **10 Rules for Improved Sleep Hygiene**

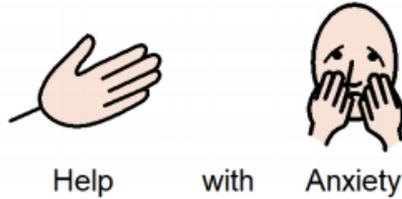
If you have problems sleeping, then it is important that you practise good Sleep Hygiene. This means doing things which are known to improve sleep, and avoiding those things which are known to disturb sleep. Here are 10 things you should know about getting better sleep; each of these points is based on scientific research, and could help you to get the most out of your sleep.

**Remember, this advice applies only if you have a sleep problem:**

<b>1</b>	Products containing caffeine (tea, coffee, cocoa, chocolate, soft drinks, etc.) should be discontinued at least 4 hours before bedtime. Caffeine is a stimulant and can keep you awake.
<b>2</b>	Avoid nicotine (including nicotine patches or chewing gum, etc) an hour before bedtime and when waking at night. Nicotine is also a stimulant.
<b>3</b>	Avoid alcohol around bedtime because although it can promote sleep at first, it can disrupt sleep later in the night.
<b>4</b>	Avoid eating a large meal immediately before bedtime, although a light snack may be beneficial.
<b>5</b>	Try to do regular (even mild) physical exercise if you are able, but avoid doing this in the 2 hours before bedtime.
<b>6</b>	Keep the bedroom calm and tidy. Select a mattress, sheets, and pillows that are comfortable.
<b>7</b>	Avoid making your bedroom too hot or too cold.
<b>8</b>	Keep the bedroom quiet and darkened during the night, but try to spend some time in daylight (or bright artificial light) during the day.
<b>9</b>	Keep your bedroom mainly for sleeping; try to avoid watching television, listening to the radio, or eating in your bedroom.
<b>10</b>	Try to keep regular times for going to bed and getting up.

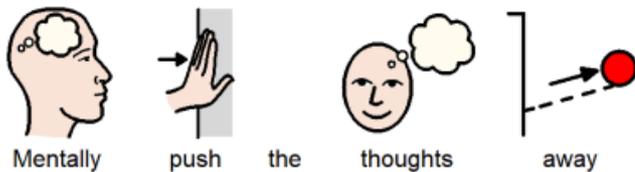
Sleep Tips – Website and Video:  
<https://www.aboutkidshealth.ca/article?contentid=647&language=english>

# Help with Anxiety for Students

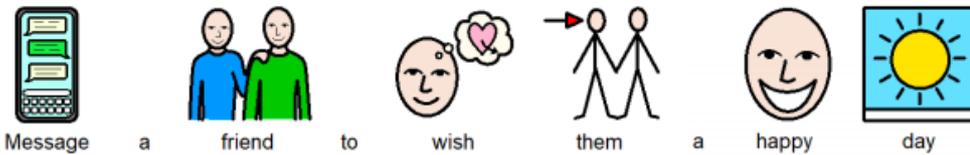


When anxiety feels overwhelming some people find these suggestions helpful

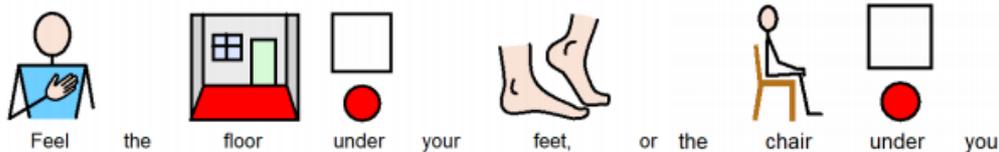
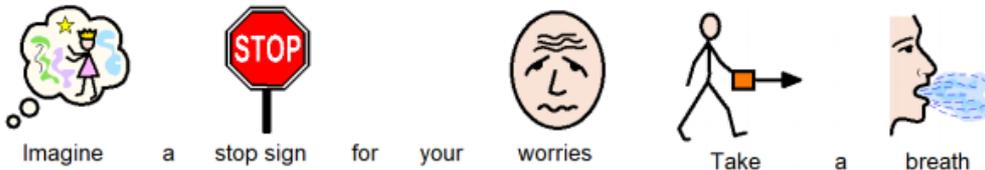
1. Mentally push/swipe the anxious thoughts away, sometimes it can help to do the action of swiping something away, just make sure there is nothing in your way!



2. If you use social media/email select a couple of friends and send them a message wishing them a happy day - personalise it a bit to what you know they like/enjoy. If you're not online mentally send the messages to them



3. Picture a stop sign for your worries - take some deep breaths, feel the ground under your feet or the chair under your bum and focus on a nicely coloured object in the room



4. Take a deep breath.



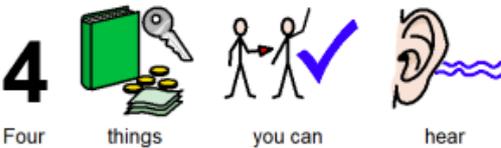
breath

Name five things you can see. Name them out loud, or in your head.



Five things you can see

Name four things you can hear. Name them out loud, or in your head.



Four things you can hear

Name three things you can feel. Name them out loud, or in your head



Three things you can feel

Name two things you can smell. Name them out loud, or in your head



Two things you can smell

Name one thing you can taste. Name them out loud, or in your head



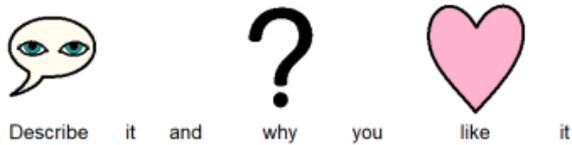
One things you can taste

5. Whilst you are calm/not worrying and if you know what you're likely to worry about, write down three facts that challenge your worrying thoughts - you can do this on your phone or on a piece of paper. If you start to feel overwhelmed check them out



Three facts that challenge your worries

6. Choose a mindful object - it's good if it is small and transportable and has sensory interest (nice texture, colours or a scent) focus on your object when you are feeling anxious. Describe its properties to yourself, what do you like about it?



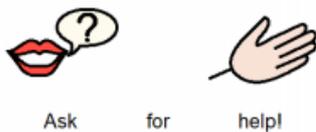
7. It sounds cheesy - but where is your happy place? - Mine is Kathmandu - I can picture it in my mind and be transported back there when I am worried - take a virtual trip!



8. Create a playlist of calming happy songs to listen to when you begin to feel overwhelmed - make it really easily accessible/clearly labelled on your phone so other people can find it if you need them to .



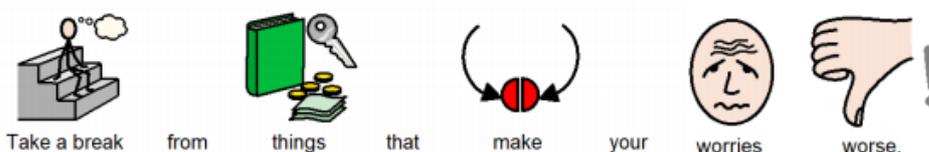
9. Reach out for help - in person or remotely - use social media to its best advantage - people will want to help you



10. Download a mindfulness app - there's loads out there - some people find them really helpful.



11. Take a break from situations that you know might make your worries worse - limit time on social media, or with people who are constantly talking about the things you are worrying about. Whilst it's good to stay informed about the world - we all need time out now and then.



# Helping Your Child With Anxiety

**Website:** <https://youngminds.org.uk/media/3673/anxiety-updated-dec-2019.pdf>

## How can I help my child?

All children and young people get anxious at times, and this is a normal part of their development as they grow up and develop their 'survival skills', so they can face challenges in the wider world. We all have different levels of stress we can cope with - some people are just naturally more anxious than others, and are quicker to get stressed or worried. There are many ways you can help your child to manage their anxiety.

If you feel your child's anxiety is not getting any better or is getting worse, and your efforts have not worked, contact your GP to get professional support.

## These are things that can really make a difference:

1. Talk to your child about anxiety, what is happening in their body and why it happens. Many children and young people don't know what they are feeling when they are anxious, and it can be very frightening and overwhelming. They might even think they are very ill or that they are having a heart attack.
2. Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.
3. Tell your child it will be okay, and the anxiety will pass. It can be helpful to describe the anxiety as a wave to ride or surf that gets smaller after it peaks.
4. Get your child to breathe deeply and slowly, in through their nose for three counts and out through their mouth for three counts.
5. Distract them by focusing on something else.
6. Give them a cuddle or hold their hand if they will let you - touch can be soothing.
7. It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy. It may be a grandparent's or friend's house or a holiday beside the sea which they can picture when 'wrong thoughts' come into their head or they are feeling anxious. Sometimes holding a memento, like a seashell or pebble, can help.

8. If your child is feeling the need to check things or repeat certain actions, suggest they count up to 10 before they start checking as a delaying tactic. [This website](#) has some good ideas.
9. Encourage your child to notice what makes them anxious. Talking it through can help but your child could also try keeping a diary or a 'worry book'.
10. Make a 'worry box'. Your child can write each worry down and post it in the box out of sight. Small children will enjoy decorating the box too. They can leave the worries in there for, say, a week to see if they were worth worrying about (if not they can be torn up). Alternatively, you could designate a specific 'worry time' for around 10 or 20 minutes, (but not too close to bedtime, or when the child is in bed), so worries can be saved up for that time. This gives the message that we are in control of their worries and not vice versa.
11. Work on positive-thinking. Name their worst case scenarios and think through together how to sort out the situation if it happens, e.g. 'I'm worried that we'll miss the bus.' 'What do you think we could do if that happens?' 'We could get the next bus'.
12. Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones, good sleeping habits, calm bedtime routines, limited screen or computer time in the evening, and a healthy diet.

## Questions to ask your child in self-isolation

**YOUNGMINDS**

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

## **Talking to children about Coronavirus (COVID-19)**

Although it's tempting to try and protect children from difficult topics, they are more likely to worry when they're kept in the dark. Children and teenagers will be aware of what is happening but may not have all the facts they need to understand it.

These tips will help you communicate about Coronavirus with your child:

- Take time to talk and listen. Be clear that you are happy to answer any questions that they have. Be led by your child as they may not be that interested or want to know everything all at once. Try to answer any questions honestly but keep things in context e.g. "Sadly, some people do die, but the vast majority of people will recover, and children seem to be only mildly affected".
- Reassure them that their own risk is very low but that we all need to 'do our bit' to look after people who might be very unwell. Underline how helpful they are being by following the rules about hygiene and social-distancing. Knowing we're being altruistic helps us to bear the tough times.
- Give positive messages about everything you are doing as a family to keep yourselves safe. Talk about all the work people around the world are doing to find treatments and a vaccine.
- Keep explanations developmentally appropriate.
  - o Young children up to about age seven will need very simple explanations that relate to their own experiences. Explain that, like other germs, Coronavirus can spread between people and make them ill. But because Coronavirus is a new germ that we don't know everything about, we need to take more care and so things might be a bit different for a while.
  - o Older children and tweens will want to know more. They may have heard partial explanations and 'filled in the gaps' themselves with their own ideas, so check what they already think they know about it.
  - o Teenagers will have a similar capacity to understand what's going on as adults. They will need calm, factual information and opportunities to talk through their worries and disappointments.
- Give them an opportunity to talk about their feelings. Our instinct might be to 'make it all better', but it is normal to feel scared, sad and angry in the face of what's happening. Tell them that what is happening is not normal but that their feelings are.

# Mindful Colouring

