

Supporting the Emotional Health and Wellbeing of Children and Young People.

A guide for schools, colleges, parents/
carers & keyworkers



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Introduction

School communities around the UK are currently facing unprecedented changes due to coronavirus (COVID-19). School teachers, children, young people and parents/ carers may be feeling overwhelmed, anxious, scared, uncertain or stressed, wondering what life will look like in the next few weeks and months.

During this time of reduced physical interaction, event cancellations and intense media coverage, it's important to help young people and members of the school community to feel a sense of control, and to develop strategies for maintaining their wellbeing.

This collection has been put together to help teachers and parents/ carers support young people and the whole school community to cope with the challenges they are currently facing. While supporting your young people, remember the importance of also tending to your own self-care. We have provided information sheets and worksheets that you can complete with the young person. We have also provided useful websites/ links and Apps which will help to support the young person during this uncertain time.

We also want to thank all schools, parents/ carers & keyworkers for the amazing work you have already done in supporting children & families.

For children and young people who are generally anxious, talk to them about what they're worried about – their worries may be different to adult concerns, and they need to know that's okay. If they appear particularly anxious and clearly need extra support, work with the child, their parents or carers, and those who are close to them to agree together how best to help them. The resources in this pack will help provide tools to encourage them to speak about and share their experiences, if and when they are ready, in a safe manner. If they are worried about what will happen if they or those close to them become ill, talk openly about this too.

If children prefer to talk to someone outside the home, school or college they can be referred to organisations like Childline, The Mix and the Youth Wellbeing Directory, Kooth.com as well as local services.

There are other ways that children and young people can be encouraged to take care of themselves. For example, through exercise, practicing breathing or mindfulness techniques, healthy eating, talking to someone, writing a journal and getting enough sleep. Encourage pupils to identify their own self-care strategies. We have provided some ideas and you can also have a look on the 'On My Mind' website and the Anna Freud Self-care page.



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Anxiety

(age 11+)

What is anxiety?

- Anxiety is a **NORMAL EMOTION** – it helps us cope with difficult, challenging or dangerous situations.
- Anxiety is **COMMON** – there are times when we all feel worried, anxious, uptight or stressed.
- But anxiety becomes a **PROBLEM WHEN IT STOPS YOUR** child from enjoying normal life by affecting their school, work, family relationships, friendships or social life.
- This is when **ANXIETY TAKES OVER** and your child has lost control.

HOW ANXIETY FEELS

Anxiety can sometimes make you feel tired, upset, worried, shaky, light-headed, frustrated or like you might 'go crazy'. Some people experience panic attacks. Really strong anxiety can leave you feeling like you might be sick. Whenever you feel like this, remind yourself that this is just anxiety, it can't harm me, it will pass and I'm in control.

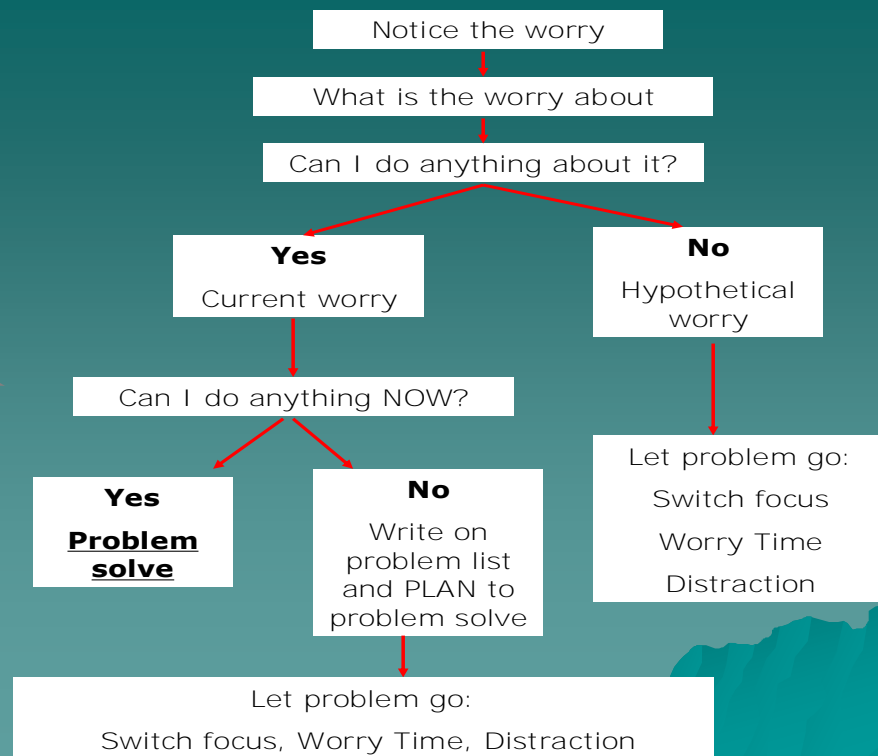
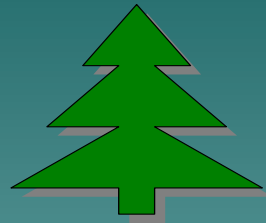
HOW TO MANAGE YOUR ANXIETY

Talk about things

Talking with a friend, family member or someone you trust about how you feel can often help. Talking can leave you feeling calmer and more comfortable. Why not visit [Kooth.com](https://www.kooth.com) and get support from a counsellor or use their support forums. It's a good way to get things off your mind. The worry tree below is a useful tool to discuss worries.

If you don't feel like talking right away, you could write it down. Writing a diary can be very helpful for some people. It can help you understand your feelings more clearly, making things easier to deal with. You

Worry Tree



Worry Diary

Date and time	Situation (Where you are, what you are doing and what is going on around you)	Your worry (e.g. What if..?)	How anxious do you feel on a scale 0-10 scale. (0= not at all anxious, 10 the most anxious you have every been)	Classifying worries using worry tree	
				H	P

Challenge negative feelings

The same way you might if a friend was feeling down on themselves, it can really help to think of some reasons to question your negative feelings. We can be very hard on ourselves and it's much easier to fall into a pattern of self-criticism than it is of self-compassion - but practicing being kind to yourself can help to lift your spirits. For example, if you feel anxious and self-critical, you can try telling yourself that that is your anxiety speaking, not you, and that it will eventually pass without harming you.

Some people find it helps to visualise their negative thoughts in the mind's eye as balloons, and let them fly away.

Positive thinking

Positive thinking sounds a bit like it might be 'easier said than done', especially when we're going through a tricky situation. However, it can actually just mean treating yourself with the same level of compassion and kindness that you extend to other people.

We are often told that it's important to empathise with other people, but it actually takes a lot of skill and practice to empathise with ourselves as well. Sometimes, if we don't like what we see in the mirror or we feel that we should have been more productive or behaved differently in a certain situation, we think things about ourselves that we wouldn't dream of saying to a friend or loved one, such as 'you're not good enough'. Even if you make a mistake that you wouldn't usually make, which may feel disappointing, it can really help to rephrase the way you think about that, such as changing thoughts like 'I'm a failure' to 'I know I can do better than this.'

The NHS have developed their [Positive Thinking](#) app for over 18's and there are [podcasts](#) which offer advice on using positive thinking to help manage your wellbeing

CHALLENGE THIS NEGATIVE THOUGHT

Negative Thought

- For example, 'I'm rubbish at netball.'

Positive Thought

- 'I tried my best, I can't be the best at everything, I will practise my shooting skills and see if I improve next time.'



I AM. I CAN. I WILL.



Flight–Fight Response

When we see something scary or think frightening thoughts, our bodies prepare us to take some form of action.

This can either be to run away (flight) or to stay and defend yourself (fight).




(flight)





(fight)


To do this the body produces chemicals (adrenalin and cortisol).

These chemicals make the heart  beat faster so that blood can be pumped around the body to the muscles.

The muscles need oxygen and so we start to breathe  faster in order to provide the muscles with the fuel they need.

This helps us become very alert and able  to focus on the threat.

Blood gets  diverted away from those parts of the body that aren't being used (tummy) and from the vessels running around the outside of the body.

Other bodily functions shut down. We don't need to eat at times like this and so you may notice the mouth  becoming dry and it being difficult to swallow.



The body is now working very hard. It starts to become hot.



In order to cool down the body starts to sweat and pushes the blood vessels to the surface of the body, resulting in some people becoming flushed or red in the face. Sometimes the body may take in too much oxygen, resulting in people feeling faint, light headed, or as if they have wobbly or jelly legs.

Muscles that continue to be prepared for  action (tensed) start to ache and people may notice headaches and stiffness.

Fortunately there aren't any dinosaurs anymore, but we still end up feeling stressed. The dinosaurs have become our worries.

So what are your dinosaurs??

My Anxiety Body Signals

When you feel anxious you may notice a number of changes in your body. Circle the body signals you notice when you get anxious.

Light-headed/feel faint

Red face/Feel hot

Headache

Dry mouth

Blurred eyesight

Lump in throat

Shaky voice

Butterflies in tummy

Heart beats faster

Sweaty hands

Difficulty breathing



Jelly legs

Want to go to the toilet

Which body signals do you notice most?



Use relaxation techniques

When we're anxious, we tend to over-analyse things and thoughts start buzzing around our heads. Meditation is a helpful way to relax your mind. Find somewhere quiet, away from any distractions and let your mind clear, focusing on your breathing. You can learn more about how to meditate on the Smiling Mind website.

You could also try some deep breathing exercises. Anxiety can make your breathing faster and less deep. This can make panic symptoms worse, so it's good to practise deep breathing. Gently breathe in and out from low down in your chest, nearer your stomach. Make an effort to slow your breathing down. Breathing exercises are also a good way of controlling panic attacks.

Relaxation

Current toolbox

- Anything you have used in the past that helped? ie
 - Make a warm drink and have it outside in the garden?
 - Listen to music
 - Have a bath or something else to pamper yourself
 - Watch a movie or box set
 - Read
- Do any of your friends or family have any ideas as to how they relax?
- Plan enjoyable and relaxation activities into your day/week

Diaphragmatic Breathing

- Sit somewhere comfortable and quiet.
- Place one hand on your chest and the other on your stomach
- As you breath in, the hand on your stomach should be pushed out while the hand on your chest should not move
- As you breath out, your stomach should pull in and your chest should not move
- To help breath in through your nose, purse your lips and breath out slowly through your mouth.
- Breathe in for 3 and out for 3.

Statements you might want to repeat:

- **“With each breath I can feel my body sinking into the chair”**
- **“With each breath my body feels heavier and warmer”**
- **“With each breath I feel myself becoming more relaxed and calm”**



Progressive Muscle Relaxation

- PMR helps you to develop an awareness of when your muscles are becoming tense and teaches you to relax them. It works by relaxing the muscle groups in turn. Not only relaxes tense muscle, but induces a sense of mental calm and deep physical relaxation. Use the online apps or worksheets. The more you practice the technique, the easier and quicker it becomes to relax on future attempts. Eventually you might not need to use the App or worksheet. Your body will remember what it is supposed to do and how it feels to be fully relaxed.

Visual Imagery

- Sit comfortably in a chair. Close your eyes and take a few deep breaths
- Imagine a scene. Somewhere that feels positive and calm for example a beach, or a holiday with friends or a forest
- Focus entirely on this image, visualise the scene
- Notice the smells, the sounds, the taste and the feelings you experience in the scene
- Find a path in the image and travel deeper and deeper into the image.
- Feel the calm and peacefulness of the scene. Notice how your body feels.

If it's all getting a bit much...

Sometimes things can get overwhelming, even if you've been practicing self-care. As most people will be physically distancing or self-isolating a great option is telephone and online services. Kooth.com is a great online service and Childline can be contacted by phone.



Looking at the evidence

Creating “evidence for and against” tables can really help to retrain our mind and help us solve our problems or put our worries to bed. These tables can be used to look at all sorts of topics. Practice this using the tables provided below:

Evidence that my worry will happen	Evidence that my worry won't happen

Filtering Unimportant Worries

1. Write the worry down

-Sometimes seeing the worry and writing it down “dampens down” the worry in your mind. Seeing it can often help you get new perspective and helps you let go of the worry.

2. 5 Year rule

-Will this worry still matter to me in 5 years' time? If I make the wrong decision, will I still worry about the outcome in 5 years?

3. The measuring rod

-Think about a very bad experience that you have had, how does the content of this worry measure up? With all the things you have ACTUALLY dealt with, is this worth your negative emotion? Have you actually COPED with worse scenarios before?

4. The calculator

-“How much worry is this worth?” – allow only a certain amount of time and energy on the worry....and then move on.

If after using these filters, the worry seems unimportant.....

Sadness and Worry (Primary aged)





What is Worry?



Worries are unpleasant thoughts that you can't get out of your head. They're like annoying bugs that keep buzzing around and won't leave you alone.

It's normal to have worries—everyone has them from time to time. It's only a problem when your worries get in the way of other parts of your life, or if they make you unhappy. What do you worry about? **Circle your worries in the lists below:**

 Family	 School	 Friends	 Other
Arguments or Fights	Following Rules	Fitting In	Getting Hurt
Upsetting Family	Grades	Making Friends	Being Embarrassed
Family's Safety	Presentations	Being Teased	Appearance
Getting in Trouble	Homework	What to Talk About	Money
Not Seeing a Family Member	Tests	Bullies	_____

When you worry, your body goes through a number of changes. These changes can be uncomfortable, and for some people they're scary. **Circle each of the worry symptoms that you've experienced:**



**Fast
Heartbeat**



Sweating



Feeling Sick



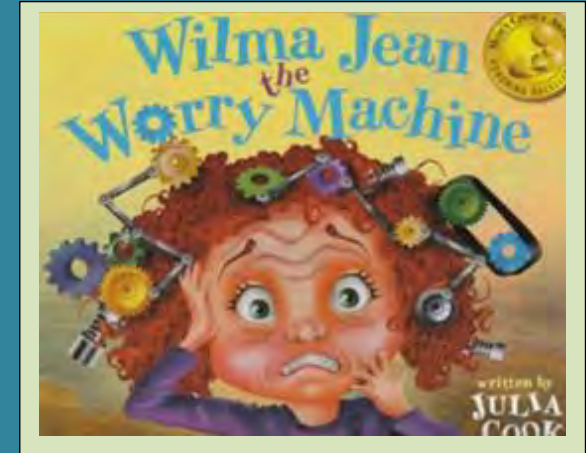
Shaking



Feeling Hot

The good news about worry is that it can't hurt you. Worrying might be uncomfortable, but you can learn to control it with a little practice. Is there anything you already do that helps you control your worry?

To control my worry, I.... _____



The above book describes how worries can feel in our bodies. The book is called 'Wilma Jean the Worry Machine'. If you want to look through this book with your child or read it for yourself there is a read aloud version on YouTube

<https://www.youtube.com/watch?v=gpAijfP99Ng>

**She feels like she swallowed
an elephant playing the
banjo.**

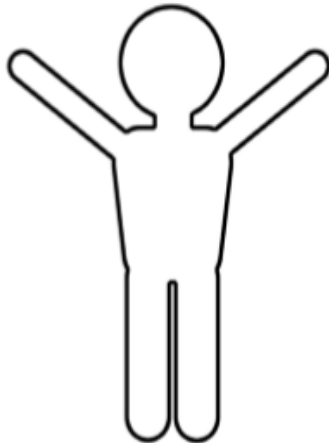


My Fears

What are some things
that make you feel
nervous or scared?

What do you think about when you are nervous or scared?

How does your body feel when you are nervous or scared? Color the areas
where you can sense these feelings.



What's something you can do to feel better next time you are afraid?

My Worrying Thoughts

Write the situation that makes you worried in the box. When you think about facing
that situation, fill out the thought bubbles with some of the thoughts that race through
your mind.



My scary or worrying situation is

Worry time

During these **10** minutes about your worries and fears. The adult should listen lovingly and won't try to fix anything during this time (they can help you with it later). If you run out of worries just sit together chatting until



the time is up.



After **10** minutes do **10** slow, deep breaths together.

Then have a **10** second hug.

Record your worry time with a tick on this grid:

[illegible]

Here are some good ways to listen lovingly. Which ones would you like your adult to use?

- It's okay to be afraid.
- How do you feel now you've told me these worries?
- I can support you to be brave.
- I'm here for you.
- What do you want to change or do differently?
- It's really hard for you right now.
- I'm listening.
- Tell me more about it.
- I hear you.

Letting Go Of Worries

Imagine that there is a tree called the **Hug Me** tree. It is so big and has so many branches that it can take away all your worries for you. Draw or write about any worries you might have and hang them on the branches. You can use the Hug Me tree at night to hang up your worries before you go to sleep....just picture it in your mind!



Imagine yourself giving the **Hug Me** tree a great big hug!

Helping Hand



Draw the outline of your hand on paper. Follow the outline with your finger to trace the shape as you take a slow, deep breath. Start at the thumb, move to your other fingers and end with your little finger as you breathe in. Trace back from the little finger to the thumb as you breathe out.

Coping Strategies

YOGA VIDEOS



Lots of people use yoga to feel calm. It can help you relax, gently build your fitness and keep you active. And Nicole from Yotism has created a few short activities and routines for you to try.

Remember to take breaks when you need to and only try poses you're comfortable with. If you're worried about your health or mobility, it can help to ask an adult you trust for advice before you start.

GAMES

Games and puzzles are a great way to distract yourself, lift your mood or settle your mind. When you need to feel calm, playing games that help you work through your feelings or give you a different focus can be really helpful. Create your ideal room on a piece of paper and fill it with things that make you feel happy, calm & safe. Write your worries & attach them to a balloon, watch/ feel them float away. Send your worries into the sky watch them disappear.

Build your happy place



Balloon game



Aeroplane



YOGA

FEED YOUR WARRIOR

Inside your me-brain there's a warrior who's already overcome lots of difficulties. The beliefs you have about yourself depend on which ones you feed. Let's feed your inner warrior!

YOGA - WARRIOR 1

Stand straight then step forwards with one leg, with the front knee bent and your back leg straight out behind you. Arch your back, stretching your arms and hands up to the sky. Look straight ahead.

SAY 'I AM STRONG'.



YOGA - WARRIOR 2

From Warrior 1 pose, stretch your arms out in front of you and turn your chest to one side. Keep one arm stretched forwards, the other stretched behind you.

SAY 'I AM POWERFUL'.

YOGA - WARRIOR 3

From Warrior 2, bring both arms in front of you, straighten your front leg, lifting your back foot off the ground slightly. Open your arms for balance if needed.

SAY 'I AM BRAVE'.



You can also strengthen your turtle-brain and mouse-brain to be even more courageous.

TURTLE POSE

With your legs stretched to the sides and your knees bent, push your head and tummy forwards, tucking your hands under your ankles.

SAY 'I CHOOSE CALM'.



MOUSE POSE

Kneel on the floor, feet together. Rest your chest on your thighs and your chin on your knees, with your arms and hands by your sides, palms up.

SAY 'I AM SAFE AND PROTECTED'.

Stand up to those lions with this...

...LION POSE.

Kneel on the floor, feet together. With your hands on your knees or on the floor in front, arch your back. Lift your head and stretch out your tongue as if you're roaring for three seconds.

THEN SAY 'I AM JUST AS FIERCE AS YOU'.



Mindfulness Exercises for Children

The Feeling Exercise



Collect a number of interesting objects such as feathers, putty, stones, or anything else that might be interesting to hold. Give each child an object, and ask them to spend a minute just noticing what it feels like in their hand. They can feel the texture, if their object is hard or soft, and the shape. Afterwards, ask the children to describe what they felt. With bigger groups, pair children off to take turns completing the exercise together.

The Seeing Game



Ask the children to spend one minute silently looking around the room. Their goal is to find things in the room that they've never noticed. Maybe there are some big things like a poster or a picture, or just little details like cracks in the ceiling or an interesting pattern on the door. After the minute is up ask the kids to share the most interesting new things they noticed.

Ocean Breathing



Have the children sit or lie down in a comfortable position. Ask everyone to slowly breathe in through their nose, and then out through their pursed lips (as if they are blowing through a straw). Point out that the slow and steady breathing sounds like ocean waves, gently crashing on shore. Let the children continue breathing and making the ocean sound for one to two minutes.

The Power of Listening



Ring a bell, a wind chime, or anything else that creates a long trailing sound. Ask each child to listen, and silently raise their hand when they can no longer hear the sound. After the ringing ends, ask the children to continue listening to any other sounds they can hear for the next minute. When the minute ends, go around the room asking everyone to tell you what sounds they heard.

Build a Stress Ball



If you're feeling brave, and are prepared to clean up a mess, provide the children with balloons, flour, and funnels to build their own stress balls (you may want to double-layer the balloons). Some other filling options include rice, small beads, or the leftover dots from punched paper. Once the kids have built their own stress balls, try using them with *The Feeling Exercise*.

The Body Squeezing Exercise



Have the children sit or lie down in a comfortable position, and ask them to squeeze and relax each of the muscles in their body one-by-one. They should hold each squeeze for about five seconds. After releasing the squeeze, ask the kids to pay attention to how it feels when they relax. Children understand this exercise better if you help them visualize how they can squeeze a particular muscle using imagery, such as the following:

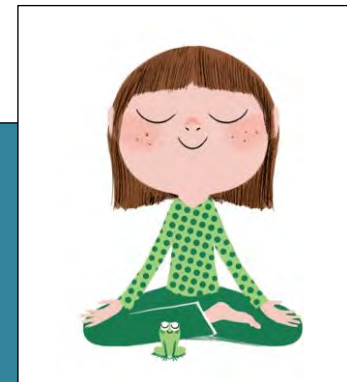
1. Curl your toes tight like you are picking up a pencil with your feet.
2. Tense your legs by pretending like you are standing on your tippy-toes, trying to look over a fence.
3. Suck in your stomach as if you are trying to slide through a narrow opening.
4. Make fists with your hands and pretend like you are trying to squeeze all of the juice out of an orange.
5. Pretend like a bug landed on your nose, and you're trying to get it off without using your hands. Try to scrunch your face and move your jaw to make it fly

away!

The Five Senses Exercise



Take the children outside if the weather is nice, and have them lie silently in the grass. Begin to call out each of the five senses in turn (sight, smell, sound, taste, touch), and ask the children to notice everything they can with that particular sense, until you call out the next one. This exercise can also work well on walks, and in a number of other situations.



Low Mood (age 11+)

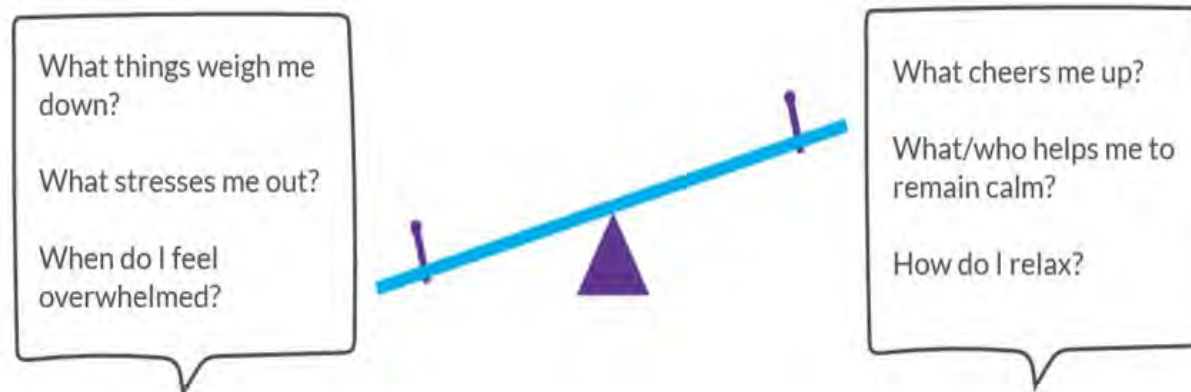
Emotional Health is an important part of our overall **health**.

It is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events and the ability to acknowledge our own emotions, as well as those of others.

Feeling low in mood and fed up is normal part of everyday life. When difficulties or upsetting events occur it is not unusual to feel down and to not enjoy what is happening. Likewise when good things happen, a person may experience pleasure and a sense of achievement. Usually the reasons for feeling down are clear (e.g. a **stressful situation**, or a **practical problem**) and the drop in mood only lasts for a short period of time.

When considering emotional health, it can be useful to think of the elements that play a role in affecting it. Thinking of this as a balancing act can enable us to identify times, people and conditions that may help us to cope and feel more settled when things get tough.

Balancing Act: An activity for parents/ carers and young people:



Developing a balanced sense of self

This sounds quite tricky - but it's not as complicated as it sounds! Rather than setting your expectations sky high and working towards perfection, this is about realising that there is no such thing as 'the perfect person' and that we all have different strengths and weaknesses. Society puts a lot of pressure on people, especially young people, and sometimes that leads us to forget about the little things that make us unique, because we're so busy trying to meet someone else's standards.

You could try making a list of things you like about yourself, and asking your friends to help if you get stuck. Some people find that it helps to say kind, positive things to themselves in the mirror in the mornings before they leave the house. You can also find information on improving self-esteem on the [NHS website](#).

Hope box/Happy box

A hope box (or a whatever-you'd-like-to-call-it box) is a place to put special memory items or little trinkets, such as photos of an important day, concert or train tickets, gifts or notes that friends or family have given, or even receipts for things you'd like to remember enjoying. You could put in letters from your friends with words of encouragement, or birthday cards from loved ones. Some people might like to include smells that make them happy, such as a perfume tester or some dried lavender.

Whether it's a stress toy that calms you down or an emergency chocolate bar, anything that helps you feel better in a moment of need can go inside. You can find guidance on how to create a hope box online from organisations such as [Papyrus UK](#) and [Box of Hope](#) and there are also [virtual hope box apps](#) available.

Self-talk

We all have an inner dialogue with ourselves. Sometimes the things we say or think about ourselves can be very negative or critical and aren't things we'd say to a friend or loved one. Practicing positive self-talk can help increase our self-confidence and curb the negative or harmful thought patterns that bring us down. It can be done by saying affirming things to yourself out loud, possibly in the mirror, or simply by rewording some of your thoughts so that they exhibit more self-compassion:

For example, 'I didn't know the answers today in class - what an idiot!' could become 'I know I can do better than that, it was just a bad day. If I prepare for next time, I'll get more right.' That is much closer to something kind you might say to a friend or loved one.

Understanding negative thoughts and feelings

It's often useful to recognise that a lot of our fears or negative thoughts about ourselves are events happening internally in our heads rather than in 'reality' around us, though they feel very real to us when we experience them. Becoming aware of them, noticing them or analysing them a bit can help us to prevent them from taking over, shaping the way we see ourselves or affecting our self-esteem. You could try asking yourself when these thoughts started and looking for any triggers:

When I sat down to think about it, I noticed that I hated the way I looked much more when I was following certain accounts on Instagram. After unfollowing them or spending less time on there, I felt better about myself because my idea of beauty became less unattainable.

Relaxation techniques

There are lots of different kinds of relaxation techniques that you can try out. Lots of people find these helpful particularly when they are feeling overwhelmed, stressed or anxious. Relaxation techniques are also often recommended in a lot of therapies.

A few different types of relaxation techniques are:

- Slowing down your breathing
- Progressive Muscle Relaxation
- Guided Visualisation
- Repeating Mantras to yourself (e.g I can handle whatever comes my way)

'Relaxation is a big one I use when I notice my thoughts speeding up...I try to just go with it and see what happens, not being too bothered about the small things or if I feel self-conscious.'

There are a range of [relaxation apps](#) which you may wish to try which you can find including the free [NHS Chill Panda](#) app.

Communication

In line with the child's age, level of understanding and language development, **explain in clear, simple terms, what coronavirus is**. Let them know that adults are working hard to keep everyone safe and why there is a need for changes to their normal routine. The following resources may be helpful:

- [Coronavirus story by Elsa Support](#)
- [My Story About Pandemics and the Coronavirus - Carol Gray](#)
- [COVIBOOK](#) (translated into 21 languages)

Focus on what will stay the same

For children who find change particularly stressful, **reassure them about what will stay the same in their lives**, despite all the changes. Many children will find it reassuring to be reminded that there is some consistency, for example, in where they live, who looks after them, the fact that school work and home work still needs to be done, the fact that they can still watch their favourite TV programmes etc.

Extra support

Some children may need **particular support to help manage their anxiety or low mood**. They may be particularly triggered by events such as seeing supermarket shelves emptying quickly - especially if they have experienced neglect or if particular foods become scarce or unavailable. Remember that a **change in behaviour**, such as restlessness, being more disruptive than usual or becoming quieter, may be underpinned by stress and anxiety.

The following resources may be helpful:

- [Puppy mind](#)
- [Cosmic Kids Yoga](#)
- [Stop, Breathe & Think for kids app](#)

10 Ways to take care of yourself

The world is pretty topsy-turvy right now, because of the global panic around coronavirus (COVID-19). If you're feeling overwhelmed or stressed by it all, be reassured that this is a very normal response. However, it's important to go easy on yourself and to take time for self-care. We've put together this list of self-care activities that you can do from home. They'll help you feel a little better and give you a sense of control during a very uncertain time. You can also access the self care page on the Anna Freud website which has an extensive list of ideas.

1. Stay active

It's well known that exercise is really good for both our physical and mental health. There are heaps of different types of exercise you can do from home, thanks to YouTube and apps. We've listed a few free activities or continue doing whatever works for you.

[Yoga with Adrienne](#) is a well-loved yoga channel, with over six million subscribers. She's quirky and down-to-earth, and offers yoga classes lasting from five minutes through to an hour.

[Nike Training Club](#) can help you stay active during this time by offering heaps of free workouts you can do from home. It also features wellness and nutrition guidance from experts.

Seven – 7 Minute Workout app ([iOS](#) and [Android](#)). These seven-minute workouts are based on scientific studies and are designed to provide the maximum benefit in the shortest amount of time. You can also link up with friends in the app to encourage each other (or, let's be honest, compete!) – it's a great way to stay connected. If you play sport and your games and training have been cancelled, you could consider linking up with your team on this app.

These are just three ideas, do whatever works for you.

2. Take 10 to be Zen

When we're stressed about something (such as coronavirus), our thoughts tend to speed up. Taking 10 minutes or so to practice mindfulness can help produce a sense of calmness. Here are some suggestions for free mindfulness apps to try:

[Insight Timer](#) has over 25,000 free guided meditations, from 1 to 90+ minutes. Try searching by a topic that interests you (e.g. stress, learning to meditate, sleep).

[Smiling Mind](#) might be a good option if you don't want to be overwhelmed by choice. The meditations are organised by structured programs, such as Mindful Foundations, Sleep, Relationships, etc.

[If meditation isn't for you](#), try doing an everyday activity in a mindful way – in other words, put aside distractions and focus fully on one small task. For example, while you're having a cup of tea, pay attention to your senses (the smell of the tea, the warmth of the cup in your hand, the taste).

3. Chat with your friends

Even if an in-person meet-up is off the table, try to stay in touch with your friends via text, Messenger, WhatsApp, FaceTime, or (gasp!) a good old fashioned phone call. Ask them how they're feeling and share your own experience if you feel safe to do so. You could even start a group chat where each person shares one good thing that happened in their day.

4. Check out our forums

If you're feeling (or literally are) isolated, jump on to our [Kooth.com forums](#) or Young Minds they are a safe, supportive and anonymous space where you can chat to other young people. Share what you're doing for self-care in the Forums.

5. Make a homemade meal

Good nutrition is always important, but during stressful times there's nothing better than a tasty, healthy homemade meal – especially if you made it yourself. You could ask a friend or family member for their favourite recipe, or check out tasty recipes on the internet.

For many people it may be challenging to get some ingredients at the moment. If you're running low or not able to get certain things, it's totally fine to keep it really simple. You could also get creative with substitutions or Google '[ingredient] substitute' for ideas.

6. Take a break from the news

Between the news and social media, we're all feeling saturated by coronavirus updates right now. It's important to stay informed, but try to limit your media intake to a couple of times a day and use [trusted news sources](#). If you catch yourself turning to social media because you're feeling isolated, take a break and spend time on another activity, such as those we've suggested here.

7. Make a music playlist

Music can make us feel so much better. Hop on Spotify and make a playlist with your fave songs. You could make a group playlist and ask your friends to add five of their favourite songs as well. If you want to get fancy, you could make several playlists for different moods/vibes (e.g. rainy day, feeling happy, etc.).

8. Declutter for five minutes

If you're suddenly spending a lot more time at home, it can help to have an environment that feels good to you. Tidying your room or try decluttering for five mins a day. Pick a shelf to start with, or pick up five things and find a home for them.

9. Watch or read something uplifting

Distraction can be a good thing. Watch something that you find uplifting and allow yourself to zone out from what's going on in the world.

YouTube is a great option they have a great [collection of different relaxing videos](#) that are sure to help you chill out. If reading is more your thing, go to your bookshelf and choose an old favourite or something you've been meaning to get to for a while, or if you don't have physical books then e-books are a great option.

10. Learn something new

Have you wanted to get into drawing or learning a musical instrument? Now's a great time to make a start. If you want to learn a new language, [Duolingo](#) is an awesome free language learning program you can access from your computer or phone. YouTube has great free online tutorials for pretty much everything.

Anger: A powerful emotion

Anger is one of the most basic human emotions. It is a physical and mental response to a threat or to harm done in the past. Anger takes many different forms from irritation to blinding rage or resentment that festers over many years.

At any point in time, a combination of physical, mental and social factors interact to make us feel a certain way. It's different for each of us. Our feelings are influenced by our emotional make-up, how we view the world, what happens around us and our circumstances. Like other emotions, anger rarely acts alone.

We all feel angry at times and it's a natural response to threats and attacks, injustice and disappointment. Anger is a powerful emotion and releasing the pressure that builds inside you is often essential to let you deal with problems and move on. But if anger isn't dealt with in a healthy way, it can have a significant effect on your daily life, relationships, achievements and mental wellbeing.

The following worksheets will outline how anger works and explain the benefits of keeping your anger level under control or expressing it in a constructive way.

“I get this bubble of rage. I go wild. I feel like crying cos I don't know how to control myself. It happens too quickly.”



Anger Iceberg

In some families, anger is seen as more acceptable than other emotions. A person might express anger in order to mask emotions that cause them to feel vulnerable, such as hurt or shame.

Anger triggers are people, places, situations, and things that set off anger. Your triggers can provide clues about the emotions behind your anger.

Anger is an emotion that tends to be easy to see. However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.

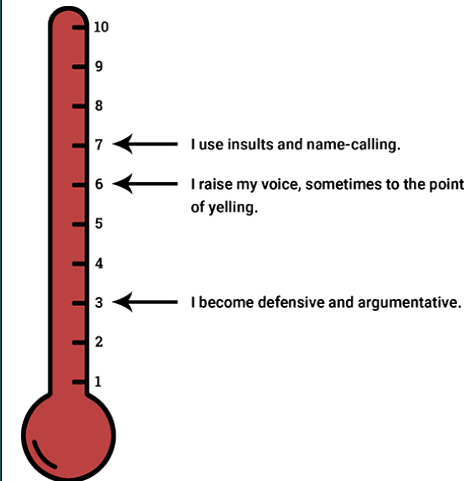
Anger may be fueled by different emotions at different times, or by a combination of emotions. Sometimes, however, anger is just anger.



The anger thermometer is a technique that will help the young person learn about their anger symptoms and warning signs, and how these progress as anger escalates.

An anger thermometer is a 10-point scale where a “10” represents a person’s maximum anger, and a “1” represents no anger at all. Symptoms of anger—such as balled-up fists, argumentativeness, or frustration—are recorded on the anger thermometer at the point where they begin.

Example: Someone who is just starting to feel angry might act defensively and argumentative. As they become more angry, they become aggressive by raising their voice and using insults. Here’s how these symptoms are recorded:



Exploration Questions

- “Tell me about a time you were at a 10 on the anger thermometer.”
- “When you’re at a 6 on the anger thermometer, what sort of things are you thinking about?”
- “How do you feel differently when you are at a 1 on the anger thermometer compared to a 5?”
- “If a stranger saw you when you were at an 8 on the anger thermometer, how would they describe you?”
- “Try thinking about your symptoms in reverse: What do you lose as you go up the anger thermometer? For example, maybe you are friendly and talkative at a 1, but not at a 5.”

You may choose to use the anger thermometer to discuss anger triggers, as well. On the thermometer, record triggers based upon their intensity. This is a helpful way to associate specific symptoms and reactions with triggers. **Tip:** Instruct your child to begin by filling out the two

extremes of their anger thermometer. What are they like at their most angry (“10”) and at their least angry (“1”)?

Anger Warning Signs

Often times, people feel that they “snap,” instantly going from having no anger to having a full-blown outburst. Using an anger thermometer can help your young person recognise their anger warning signs. **Anger warning signs** are the earliest symptoms of anger, which often go unnoticed, but can be used to alert a person when their anger is growing.

It's important to help your client take note of even the most subtle warning signs (the ones that appear when the young person is below a “5” on the thermometer). Be thorough when completing the lower half of the anger thermometer, because recognising these symptoms can be the deciding factor in stopping anger, or letting it grow out of control.

Anger warning signs are different for everyone, but often include some of the following. What are your client's early anger warning signs?

becoming argumentative	slightly raising voice	going quiet or "shutting down"
sweating	becoming defensive	feeling hot
nagging about the problem	pacing	using personal attacks

Coping Strategies by Anger Level

Use the completed anger thermometer to plan coping strategies according to anger intensity. At what point should someone use a relaxation skill, and at what point should someone simply walk away? What coping skills should be used in the case of extreme anger, when a situation has grown out of control?

For example, if a person's “3” on the anger thermometer is “becoming argumentative”, a good coping strategy may be to practice deep breathing. It is likely safe to practice a relaxation skill at this low level of anger, and deep breathing is an incompatible behaviour with arguing (you cannot argue while practicing deep breathing).

However, if the situation escalates to a “5” and is at risk of escalating further, it may be best for the person to walk away. At an “8”, it is probably more appropriate to make a plan to call a friend, or resort to a safety plan.

Keep in mind that the best coping strategies vary from person to person, but using an anger thermometer provides an excellent framework for discussion.

Anger Stop Signs



Anger starts out small, and slowly grows. When your anger is small, you might not even notice it. This is when you are just starting to feel upset about something, but it still doesn't seem like a big deal. Someone at this point might say they are "annoyed".

Draw what you look like when your anger is *small*. This is when you're just a little bit angry.



If your anger has the chance to grow too big, it becomes hard to control. It's like a car without brakes, crashing through everything in its path. It's very hard to stop. Someone who's this angry might yell, hit, cry, or try to break things.

Draw what you look like when your anger is *big*. This is when you're very angry.

Anger Stop Signs



Anger stop signs are clues that your body uses to let you know your anger is growing. These clues start to appear while your anger is still small. If you notice them in time, you can hit the brakes, and take control of your anger before it grows too big.

Everyone has their own anger stop signs. It's important to learn what yours are, so you can spot them in the future. Write your anger stop signs in the space below.



Common Anger Stop Signs

My face feels hot.

I start to shake.

I raise my voice.

I go quiet.

My eyes get watery.

I try to bother people.

I can't think straight.

I feel annoyed.

I want to hit something.

[illegible]

Anger Discussion Questions

- 1** Although it might sometimes feel like your anger “explodes” and comes out of nowhere, this is almost never the case. Anger builds slowly, and if you aren’t paying attention, it can happen entirely outside of your awareness. Can you think of a time when your anger caught you by surprise? In retrospect, were there any warning signs you could’ve picked up on?

- 2** Some people describe anger as a “secondary emotion”. This means that anger is a response to a *primary* emotion, such as hurt, fear, or sadness. For example, someone might feel hurt, and lash out with anger in response. Do you think anger is a secondary emotion? Why or why not?

- 3** Many of us pick up life-long habits related to anger when we’re children, based off of the examples set by our parents. Do you notice any similarities between how you and your family members deal with anger? What are your family’s strengths and weaknesses in dealing with anger?

- 4** Everyone experiences anger—it’s a completely normal emotion, and it’s healthy within limits. But as we know, anger can become a problem when it gets out of control. When is anger healthy, and when does it become unhealthy or harmful?

- 5** People can express their anger through words, actions, art, or any number of other ways. Do you express your anger in any healthy ways, and if so, what are they? What do you think might happen if you *never* expressed your anger?

- 6** How you think about a situation can influence how you feel about it. For example, if you think that someone “has it out for you”, you will probably see all of their actions in a negative light. Can you think of a time when your thoughts affected your anger? In what ways could changing how you think help you control how you feel?

- 7** What would it look like if someone was really good at managing their anger? Not just hiding their anger or ignoring it, but managing it in a genuinely healthy way. Do you know anyone who manages their anger well?

Anger Management Skills

- | | |
|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Recognize your Anger Early | If you’re yelling, it’s probably too late. Learn the warning signs that you’re getting angry so you can change the situation quickly. Some common signs are feeling hot, raising voices, balling of fists, shaking, and arguing. |
| Take a Timeout | Temporarily leave the situation that is making you angry. If other people are involved, explain to them that you need a few minutes alone to calm down. Problems usually aren’t solved when one or more people are angry. |
| Deep Breathing | Take a minute to just breathe. Count your breaths: four seconds inhaling, four seconds holding your breath, and four seconds exhaling. Really keep track of time, or you might cheat yourself! The counting helps take your mind off the situation as well. |
| Exercise | Exercise serves as an emotional release. Chemicals released in your brain during the course of exercise create a sense of relaxation and happiness. |
| Express your Anger | Once you’ve calmed down, express your frustration. Try to be assertive, but not confrontational. Expressing your anger will help avoid the same problems in the future. |
| Think of the Consequences | What will be the outcome of your next anger-fueled action? Will arguing convince the other person that you’re right? Will you be happier after the fight? |
| Visualization | Imagine a relaxing experience. What do you see, smell, hear, feel, and taste? Maybe you’re on a beach with sand between your toes and waves crashing in the distance. Spend a few minutes imagining every detail of your relaxing scene. |

Coping Skills

Anger

Be Aware of Triggers

Anger triggers are the things that set you off. Knowing your triggers, and being cautious around them, will reduce the likelihood of your anger getting out of control.

How to use triggers to your advantage:

- ✓ Create a list of your triggers and review them daily. Reviewing your triggers will keep them fresh in your mind, increasing the likelihood you notice them before they become a problem.
- ✓ Oftentimes, the best way to deal with a trigger is to avoid it. This might mean making changes to your lifestyle, relationships, or daily routine.
- ✓ Because it isn't always possible to avoid triggers, have a plan when you must face them. For example, avoid touchy conversations when you are tired, hungry, or upset.

Practice Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.



Keep an Anger Log

Following an episode of anger, take a few moments to record your experience. This practice will help you identify patterns, warning signs, and triggers, while also helping you organize thoughts and work through problems.

- ✓ What was happening *before* the anger episode? Describe how you were feeling, and what was on your mind. Were you hungry, tired, or stressed?
- ✓ Describe the facts of what happened. What events triggered your anger? How did you react, and did your reaction change as the event continued to unfold?
- ✓ What were your thoughts and feelings *during* the anger episode? Looking back, do you see anything differently than when you were in the heat of the moment?

Coping Skills

Anger

Use Diversions

The goal of diversions is to buy yourself time. If you can distract yourself for just 30 minutes, you'll have a better chance of dealing with your anger in a healthy way. Remember, you can always return to the source of your anger later—you're just setting the problem aside for now.

go for a walk	read a book	play a sport	listen to music
watch a movie	practice a hobby	go for a run	clean or organize
do yard work	draw or paint	do a craft	cook or bake
play a game	go for a bicycle ride	write or journal	take a long bath
play an instrument	call a friend	lift weights	go swimming
go hiking in nature	take photographs	play with a pet	rearrange a room

Take a Time-out

Time-outs are a powerful tool for relationships where anger-fueled disagreements are causing problems. When someone calls a time-out, both individuals agree to walk away from the problem, and return once you have both had an opportunity to cool down.

How to use time-outs effectively:

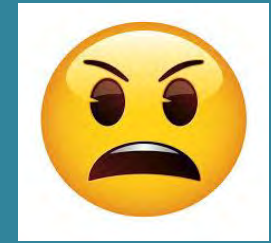
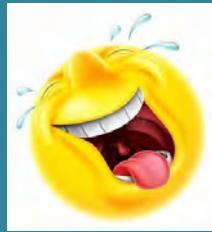
- ✓ With your partner, plan exactly how time-outs will work. Everyone should understand the rationale behind time-outs (an opportunity to cool down—not to avoid a problem).
- ✓ What will you both do during time-outs? Plan activities that are in different rooms or different places. The list of diversions from above is a good place to begin.
- ✓ Plan to return to the problem in 30 minutes to an hour. Important problems shouldn't be ignored forever, but nothing good will come from an explosive argument.

Know Your Warning Signs

Anger warning signs are the clues your body gives you that your anger is starting to grow. When you learn to spot your warning signs, you can begin to address your anger while it's still weak.

sweating	can't get past problem	feel hot / turn red	clenched fists
headaches	becoming argumentative	raised voice	using verbal insults
pacing	aggressive body language	feel sick to stomach	go quiet / "shut down"

Managing your emotions

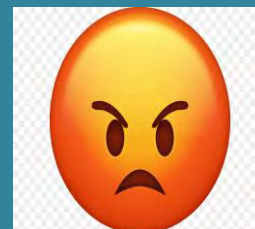
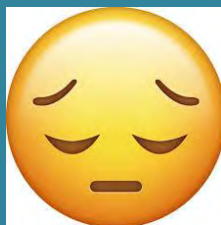


Emotional intelligence means having the capacity to recognise your own emotions and use techniques to control them. Reflection on your emotional triggers and areas for improvement can help you to develop greater emotional intelligence and awareness.

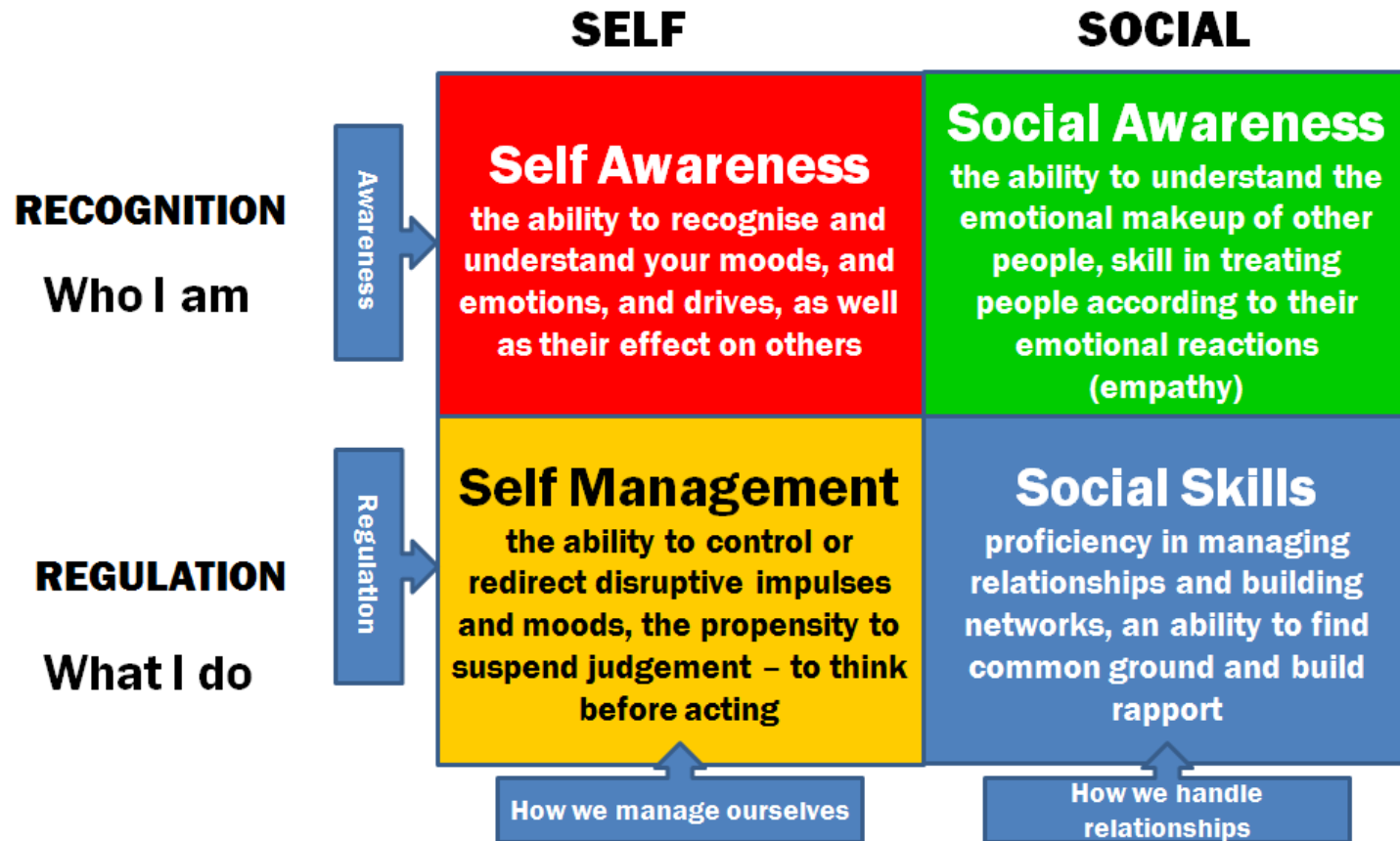
As well as this, being aware of other people's emotions and how to handle these empathetically is another important aspect of emotional intelligence. Understanding our emotions is key to having emotional stability. Through dialogue children can demonstrate their understanding of the different emotional zones that all people experience, supporting increased self-awareness and self-regulation.

The **How I Feel** worksheet is a CBT-inspired activity that will encourage children to learn more about their thoughts and feelings, and how to manage them. First, your young person will describe their feelings, and consider the consequences of several actions they could take to deal with them. Finally, with your help, they will identify a new and healthy way to manage their emotions.

This worksheet uses examples and prompts to help children improve their emotional literacy. They will be prompted with common emotion words, and a list of helpful coping skills.



Emotional Intelligence




How I Feel


I feel: _____

Happy	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous


I feel this way because:



This is what I did about it:



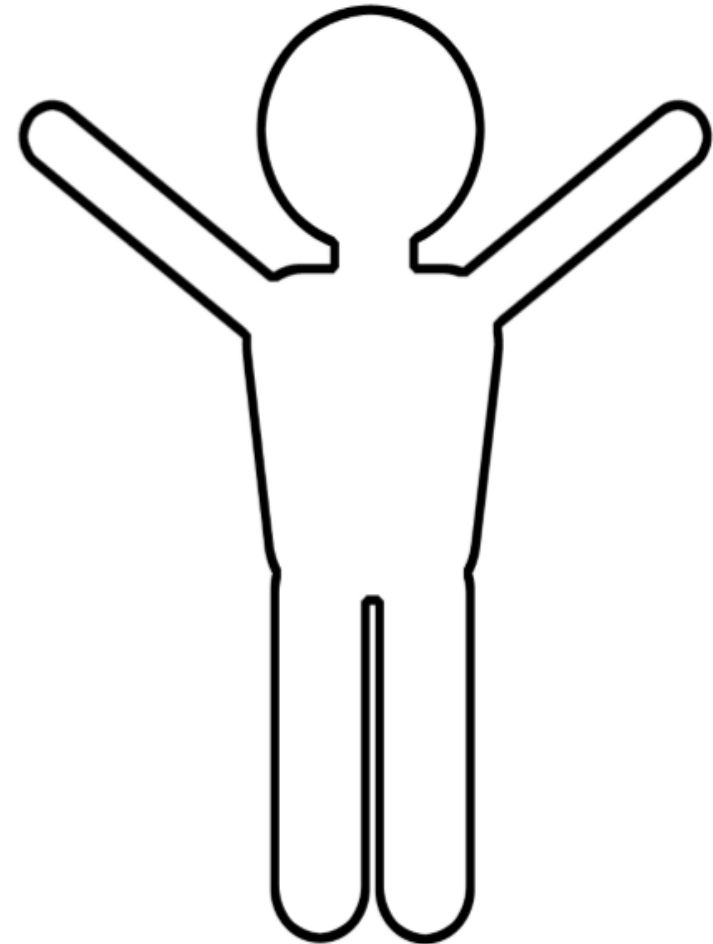
Something else I could have done is:



Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend

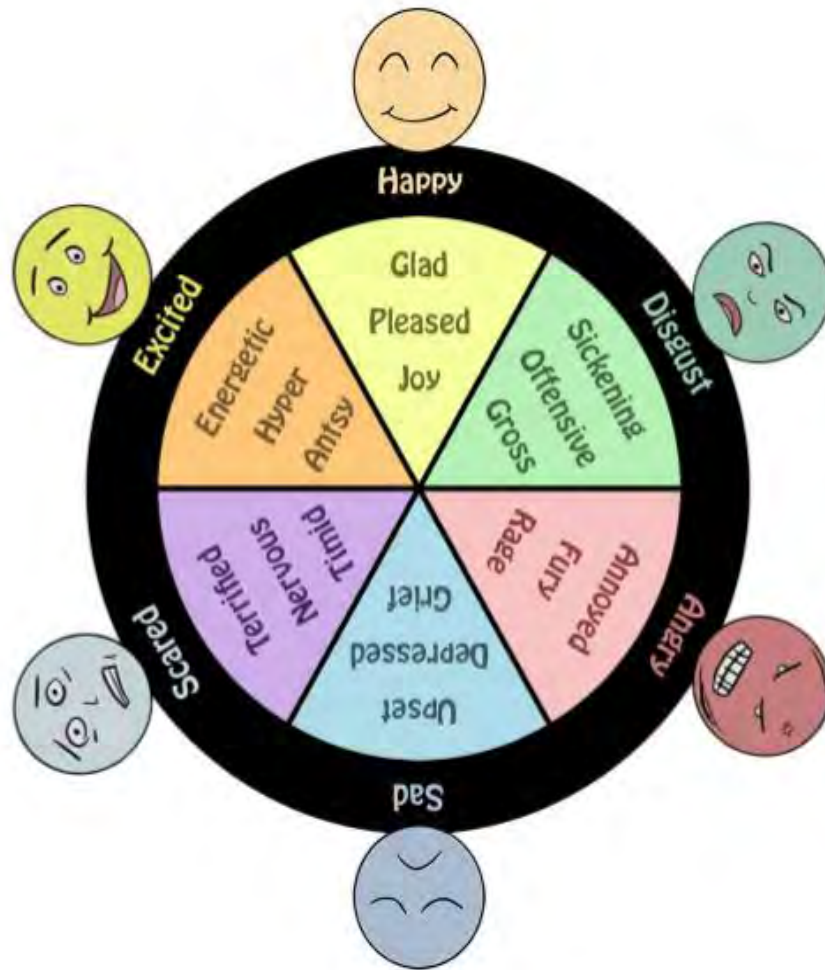
Where Do I Feel?

We can recognize emotions by feeling them in our body. Color in where you feel each emotion.



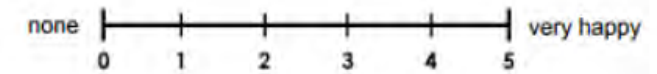
	Sadness	Happiness	Fear	Anger	Love
Color:					

Emotion Wheel

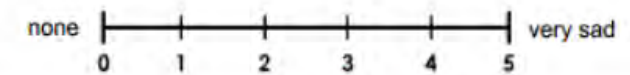


Basic Emotion Assessment

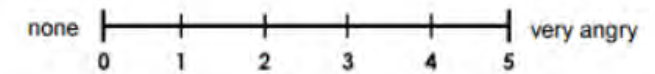
Happiness



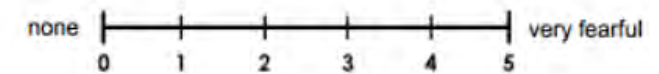
Sadness



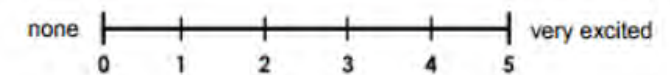
Anger



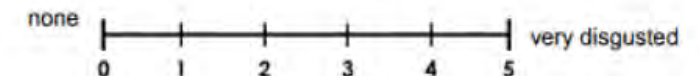
Fear



Excitement

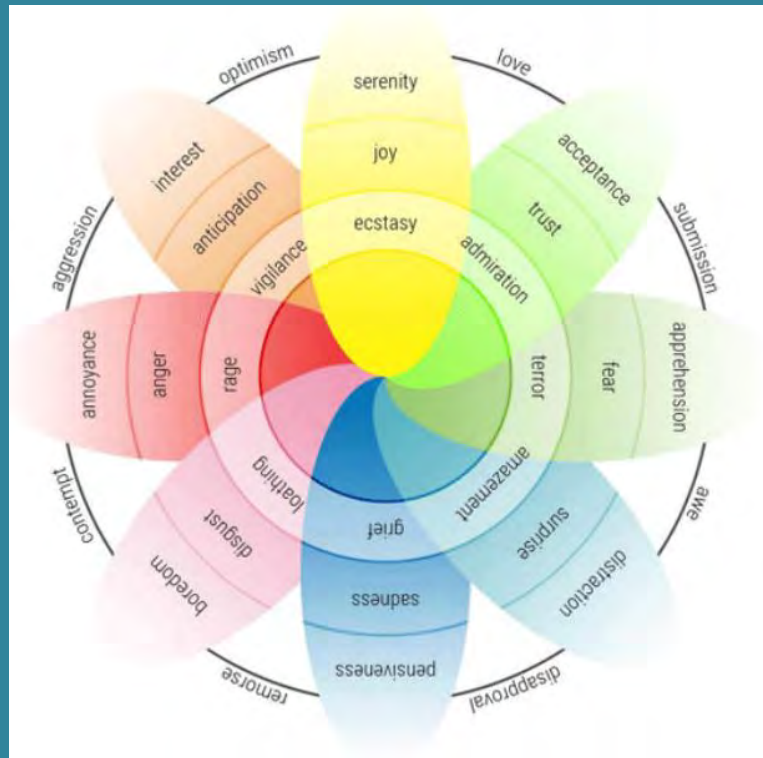


Disgust



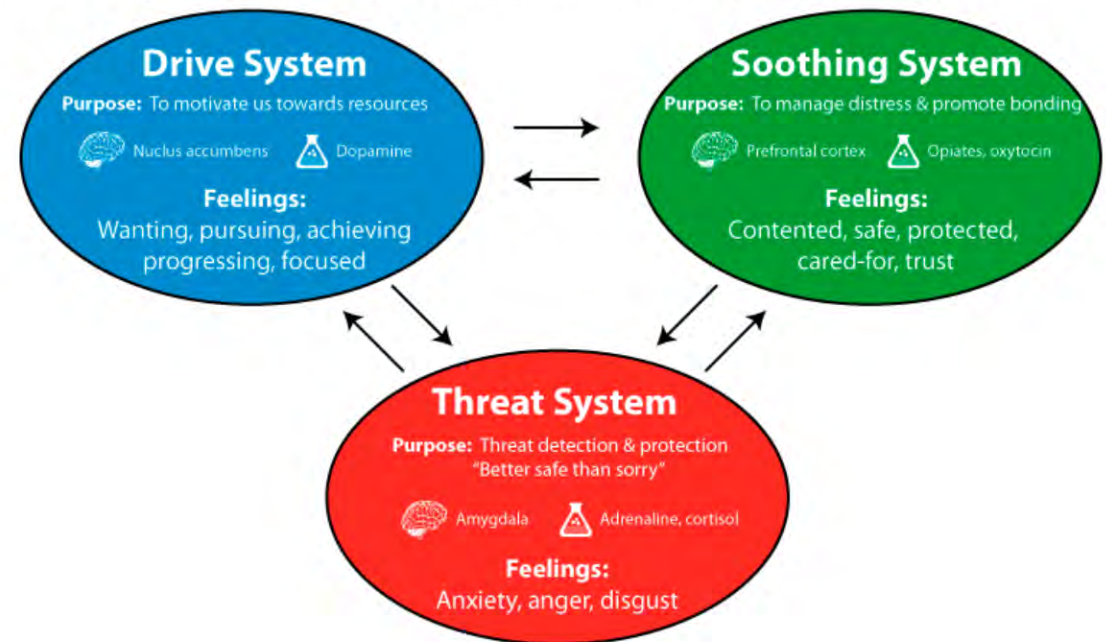


What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control



Emotional Regulation Systems

Paul Gilbert's evolutionary model proposes that human beings switch between three systems to manage their emotions. Each system is associated with different brain regions and different brain chemistry. Distress is caused by imbalance between the systems, often associated with under-development of the soothing system.



Rating			Looks/Sounds/Feels Like	I Can Try To/An Adult Can Help
	5	Angry Mad Furious	I can't handle it! Hitting, Kicking, Screaming, Crying	Use my words Take a break Lay in blankets, listen to music Ask for something else Make a different choice Earn Points!
	4	Upset	Whining, Demanding Can't Wait! Didn't get my way	Use my words, Take a break Lay in blankets, listen to music Ask for something else Make a different choice Ask again later Earn Points!
	3	Frustrated Disappointed	Sometimes hungry, tired, or can't go to bathroom. Things aren't going my way Something's broken, lost, doesn't work...	Use my words Eat a snack Lay in blankets, listen to music Ask for something else Make a different choice Earn Points!
	2	Scared Nervous Anxious	I'm not sure... I don't know... I want Mom or Dad	Ask for something else Take deep breaths Lay in blankets, listen to music Earn Points!
	1	Feeling Good Happy	Everything's okay Smiling I give people hugs	Keep being a good friend Use nice words Share with friends Earn Points!

Looking after your Mental Health

What Is Mental Health?

'A person's condition with regard to their psychological and emotional well-being.'

Mental health problems can affect how a person feels, thinks and behaves. Around one in four people in Britain and about one in ten children and young people suffer from mental health problems (that's about three in every classroom).



Positive Mental Health

Discuss some of the ways you can deal with a mental health problem.

Have a go at one of the following activities and after, discuss how it made you feel while you did it.



Plenary

Who could you go to if you feel worried about mental health?



Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself?
Draw a picture in the box to show a way of looking after yourself.



Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself? In each box, complete the sentence and draw a picture to show different ways of looking after yourself.

To look after yourself, you should ...

To look after yourself, you should ...

To look after yourself, you should ...

Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself? Can you draw a picture in each box to match the sentence?

To look after yourself, you need to talk to others about how you are feeling.

To look after yourself, you need to eat a balanced diet.

To look after yourself, you need to do some exercise.

To look after yourself, you need to look after your personal hygiene.

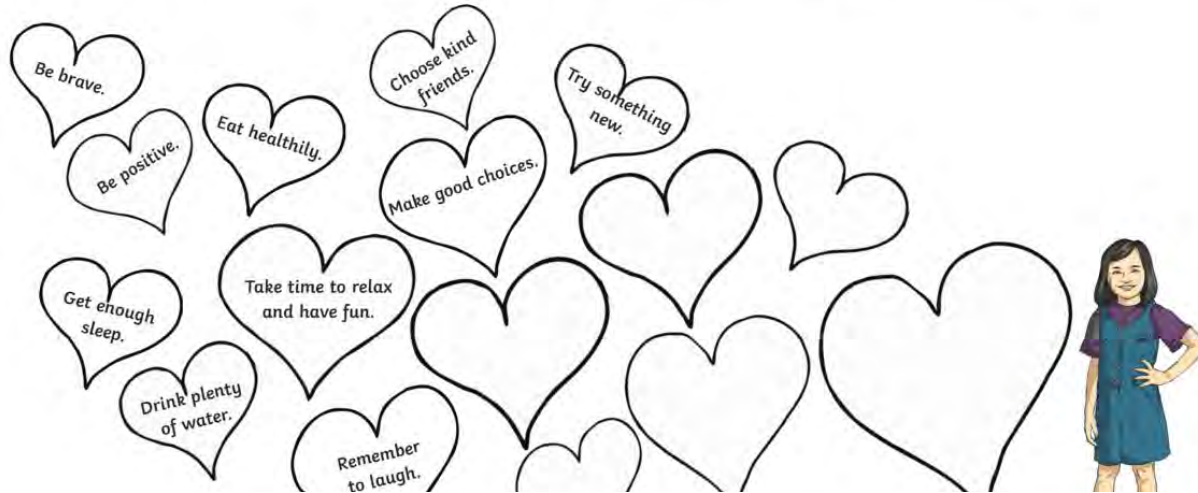
To look after yourself, you need to think about what you wear.

To look after yourself, you need to rest and sleep.

How Can You Be Kind to Yourself?

We often think about how we can be kind to others and what effect our behaviour has on other people.

Have you ever thought about how you can be kind to **yourself**? Using the hearts below, write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off. Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.



Write a Diary

People write diaries for all sorts of reasons and it's amazing what you can learn about yourself from just one week of diary writing.

There's lots to think about, including nominating a person who had the most positive impact on your day.

When you've written a diary for a week, see what you have learnt about yourself and staple the diary together with a cover... you never know, you might get a taste for it!

Monday

Date: __/__/__

Time I got up: _____

Time I went to bed: _____

What happened today? Use emojis to show how you felt at each point.

My biggest achievement today:

My aim for tomorrow:

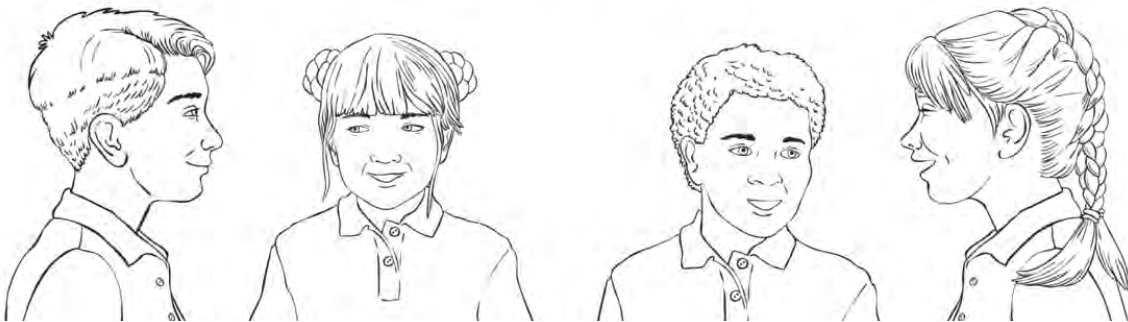
Person of the day:

What I ate and drank today:



Exercise I did today:

Bucket of Kindness

- Cut out each row on the next page so that you have several slips of paper. You may wish to make a photocopy.
- Ask the pupils in the group to sit together in a circle.
- Give each pupil a slip of paper.
- Ask each pupil to write the name of the person they are writing about on the blank side of their slip. Alternatively, you could write these out beforehand so you ensure each pupil has something written about them.
- Pupils should then fill in each side of the slip and then fold it down the line in the middle so that its contents are hidden.
- Ask the pupils to then put their slips into a large bucket or other container.
- You could then either read the slips out, or give them to each child to read privately and take home



Bucket of Kindness

	
I think you are kind because...	I saw you being kind when...
I think you are kind because...	I saw you being kind when...
I think you are kind because...	I saw you being kind when...
I think you are kind because...	I saw you being kind when...

Resilience Spin Wheel

The resilience spin wheel is designed to give young people ideas about how to deal with difficult situations.

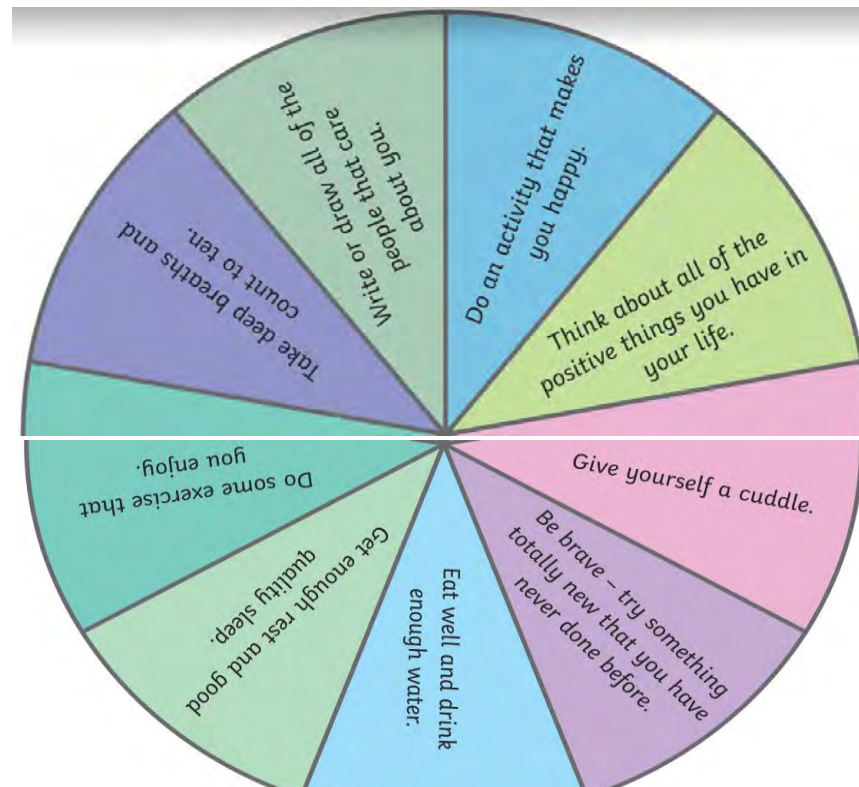
There are some ideas included on the resilience spin wheel but there is also a blank spin wheel template if the young person would prefer to add their own ideas.

You will need to make the resilience spin wheel below. Please cut it out and put a split pin in the middle. You could also paint or draw on a lazy Susan if you want to be more creative.

Encourage the young person to spin the wheel and practise doing the resilience exercises together.

Whenever there is a difficult situation and the young person needs to find a positive solution or coping strategy, they can take the resilience spin wheel out of their pocket or their bag and choose which strategy to use.

The more they use the spin wheel, the easier they will find it to react positively to a difficult situation.



Processing Your Emotions

Can you think of two different times when you have experienced two different emotions?

Can you think of one **positive** and one **negative** emotional situation? These may include situations where you felt anger, worry, happiness, excitement, pride, jealousy, envy and/or empathy.

Answer the following questions about each of these emotional situations. You could write down your answers or discuss them with the adult you are with.

Once you have completed the questions for both emotional situations (positive and negative), then try to talk about any similarities or differences that you notice.



1

Describe what happened.

- What caused the situation?
- Who was there?
- What did people say?
- What did people do?

2

How did you feel when the situation was happening?

- What feelings did you experience?
- What do you think your body language told other people?

3

On a scale of 1-10, with 1 being the weakest and 10 being the strongest, how strong do you think the emotion was that you were feeling?

- How do you know it was that score?

4

What do you think your effect was on the other people involved?

- How do you think other people felt?
- How do you know they felt like that?
- What did their body language show you?

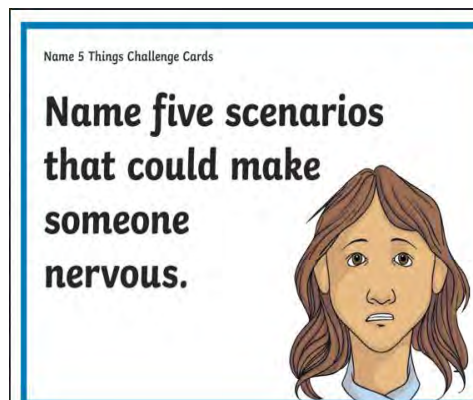
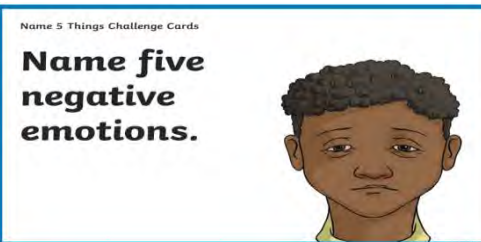
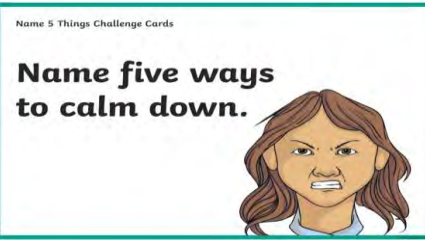
5

What was the effect on you after the event had finished?

- How did your body feel physically?
- How did you feel emotionally?

6

What would you change about the event or situation to make it more positive?



You Are What You Eat... and Do!

It's obvious, if you don't look after a car and don't put in the right petrol, it's not going to work properly.

What many people do not realise is that our body is the same and what it becomes depends on how we choose to treat it.

We need to think carefully about the areas of diet, exercise, drugs and lifestyle, as these are the things that can have an impact on your body.



The Effect of Your Diet



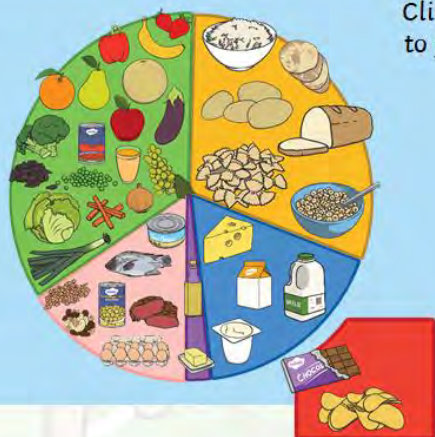
The word 'diet' simply means all the food and drink you choose to put into your body.

People can have a healthy diet or an unhealthy diet. Some people have a special diet, perhaps because they are diabetic, have coeliac disease, are vegetarians or because they need to lose weight.

Your body is set up to be the best with a certain diet.

The Effect of Your Diet

The standard healthy diet for a person with no medical needs (such as diabetes) contains a balanced mix of different types of food and drink highlighted in the Eat-well Plate.



Click on each area to find out more...

The Effect of Exercise

Doing one hour of exercise per day has a huge positive effect on your body.

Exercise = better blood circulation, better stamina and fitness, stronger bones and a whole host of other benefits.





THE HEALTH BENEFITS OF SLEEP

The National Heart, Lung, and Blood Institute Sleep Recommendations:

Age:	Hours per day:
0-2	16-18
3-5	11-12
5-13	at least 10
13-17	9-10
adults 18+	7-8

Sleep Stages

Stage 1: Light sleep, eyes and muscles move slower
 Stage 2: Light sleep, brain waves slow down
 Stage 3: Deep sleep, some short, fast brain waves
 Stage 4: Deep sleep, very hard to wake up
 REM: rapid eye movements and heart beat, stage where dreams occur

THE HEALTH BENEFITS OF SLEEP:

Improves memory and problem solving

The brain organizes our memories and reviews important information we learned during the day

Improves mood

The brain rests its social and emotional parts while we sleep, "recharging" our desire to interact with those around us

Maintains good health

During sleep your body produces hormones that help cellular growth and repair, as well as support the immune system to fight infections

...AND WHAT HAPPENS WHEN YOU DON'T GET ENOUGH



You are more likely to develop chronic depression

You are at a higher risk of having high blood pressure and heart disease, and more likely to be overweight

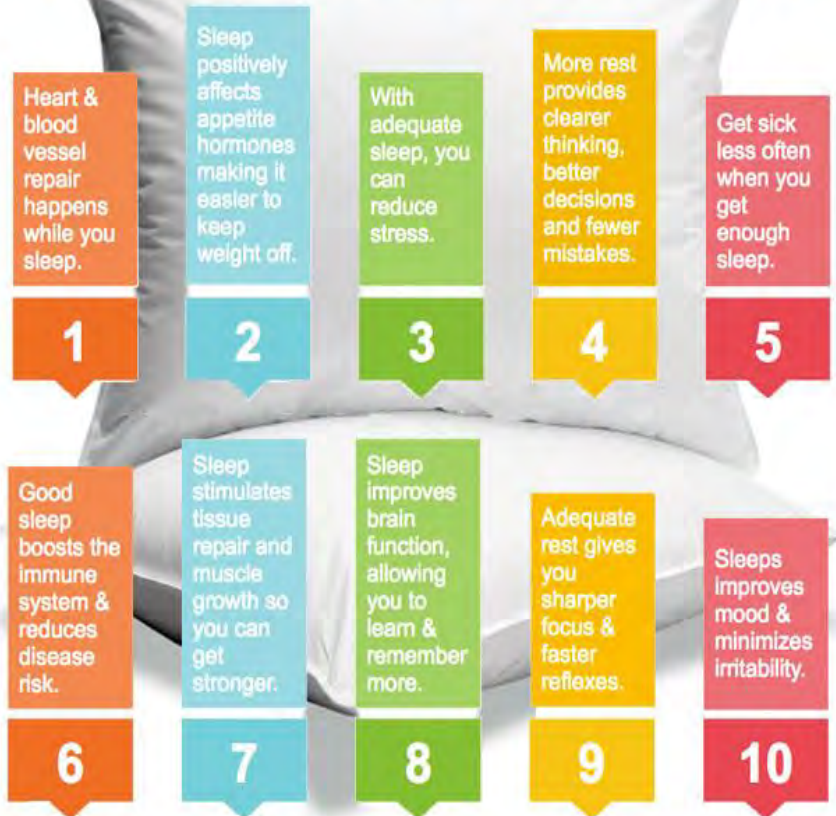
Children ages 5-12 who don't get enough sleep are more likely to:

**develop behavioral problems
have mood swings**

Adolescents ages 13-18 who don't get enough sleep are more likely to:

**be overweight
develop symptoms of depression**

10 Big Health Benefits of Sleep



WHAT HAPPENS WHEN YOU SLEEP



Avoid large meals, caffeine and exercise before bed

Set a nightly routine. Go to bed and wake up around the same time each night

Keep your sleep environment relaxing, avoid TV, electronics and loud noises

Tips for managing anxiety with Covid-19 (Corona virus)

Self-care

Introduce activities/times to help you relax and reduce any anxiety/worry. This might be a home workout, having a bath, cooking, cleaning, organising areas of your house, watching TV, DIY projects, anything that you enjoy and find pleasure in!



Routine

We are all used to routine, be that going to work or school or getting up at particular times. If you are now working from home, in self-isolation or home-schooling children, try and create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching the tv and doing household activities.



Social media

For some social media is highly important in keeping connected and in touch with family/friends/vulnerable people. But it can also be a source escalating your worry. Consider whether it might be better to reduce social media use, perhaps by time (10 minutes at a time) or only at certain times of the day (when taking work/school breaks).



*This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.*

Tips for managing anxiety with Covid-19 (Corona virus)

Time and space

Give yourself a space to worry: It is natural and normal to worry, particularly in times of crisis, however this can get the better of us. You could consider planning small time frames where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all consuming all of the time.



Exercise

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the body coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy! Follow the guidance from the government.



Support

If you have existing mental health problems reach out to your support network and professional if you have one. If these feelings are new also reach out to people that you find supportive. Many people are feeling the same way and it will help you to feel less alone. You can share your own tips for staying calm and managing the situation. If you don't feel that you have support you can text SHOUT for free from most UK mobiles, check out their website "giveusashout.org" for more information.



*This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.*

TOP TIPS FOR POSITIVE WELLBEING

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to destress. .

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills



Breathing exercise. Practice breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.



Find a creative activity. Finding a way to expressive yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.

Limit phone time. Social Media can be a very negative environment and hyperfiltered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.



TOP TIPS FOR POSITIVE WELLBEING



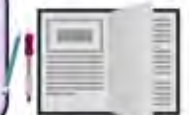
Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to anything else but witness your thoughts and feelings.



Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms

Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.



Emotional Health & Wellbeing Apps



Breathe, think, do with Sesame. In this free app it shows children a short video about why the monster is feeling frustrated, nervous etc. The child then helps the monster to breathe; taps on bubbles to create thought bubbles so

the monster can think of a solution and then choose a solution to solve the problem.



Mindful gNats is another free app it has different mindfulness activities that children can do such as breathing, body scan and visualisations. It uses videos and cartoons to talk through the different strategies. 'Leaves on a stream' is a really good

visualisation.



Worry tree is a strategy we often teach in MAST for dealing with worries. Your child might need some adult support to use this free app as it involves typing. The child writes down their worry; then they can categorise their worry (you can add extra

categories like school and friends); then the child has to consider if they can do something about this worry or not. Then the app helps you create an action plan to solve the worry or suggests distractions. You can review current and past worries and how you solved them.



Positive penguins is a paid app – it costs 61p. In this app the child chooses a penguin and chooses their emotion. If the emotion is a negative one it gives strategies how to manage these emotions. Your child might need a bit of

help with this part as it does involve typing. The app also has a game and a guided meditation.



Smiling mind is another free app. This does involve creating a login. It has lots of different options and has specific mindfulness courses for 7-9 year olds and 10-12 year olds. The app includes child friendly videos with different visualisations and breathing activities.

Further Reading/ Useful links

- <https://www.annafreud.org/selfcare/>
- Kooth.com – online counselling service for young people 11+
- The Mental Health and Wellbeing Workout for teens, Paula Nagel
- <https://youngminds.org.uk/>
- Relaxation apps on Playstore
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/>
- www.epicfriends.co.uk Epic Friends offers advice on various issues surrounding mental health and gives guidance on when to seek help and support.
- Free worksheets/ resources from: Therapist Aid and Twinkl.

Free Websites and Apps to support with ... Mindfulness and Keeping Active

- Smiling Mind**
Short audio sessions to help with mindfulness.
<https://app.smilingmind.com.au/>
- Cosmic Yoga - YouTube**
Yoga videos designed for kids aged 3+
www.youtube.com/user/CosmicKidsYoga
- BBC Supermovers**
Interactive videos to support with KS1 and KS1 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.
www.bbc.co.uk/teach/supermovers
- Go Noodle—YouTube** (More videos on their own website)
Hundreds of 'brainercise', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.
www.youtube.com/user/GoNoodleGames/featured
- Premier League Stars**
Videos and activities to support with Maths, Literacy, PSHE and PE.
www.plprimarystars.com
- Newsround**
Keeping children up to date with the world around them—creating opportunities to talk about the news with children.
www.bbc.co.uk/newsround

Free Daily Resources For Children

- PE with Joe Wicks On YouTube**
Week days at 9am but you can visit any time on youtube to view the workout.
- Wildlife With Steve Backshall On Facebook**
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.
- Science with Maddie Moate on YouTube**
Weekdays 11am. Maddie & Greg chat about science and nature!
- Dance with Oti Mabuse On Facebook**
Every day at 11:30am but children can view the class at any time.
- Maths With Carol Vorderman**
Free access to the her maths website:
www.themathsfactor.com
- Music with Myleene Klass on YouTube**
Twice a week. Next one Friday 27 March 10am, but can view any time.
- Storytime With David Walliams**
Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

For More Ideas Join Our Facebook Group
Extreme Couponing and Bargains UK Group