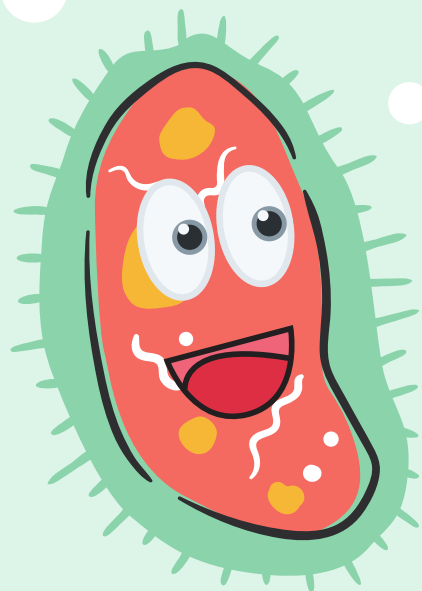


HELP FOR WHEN I AM FEELING WORRIED

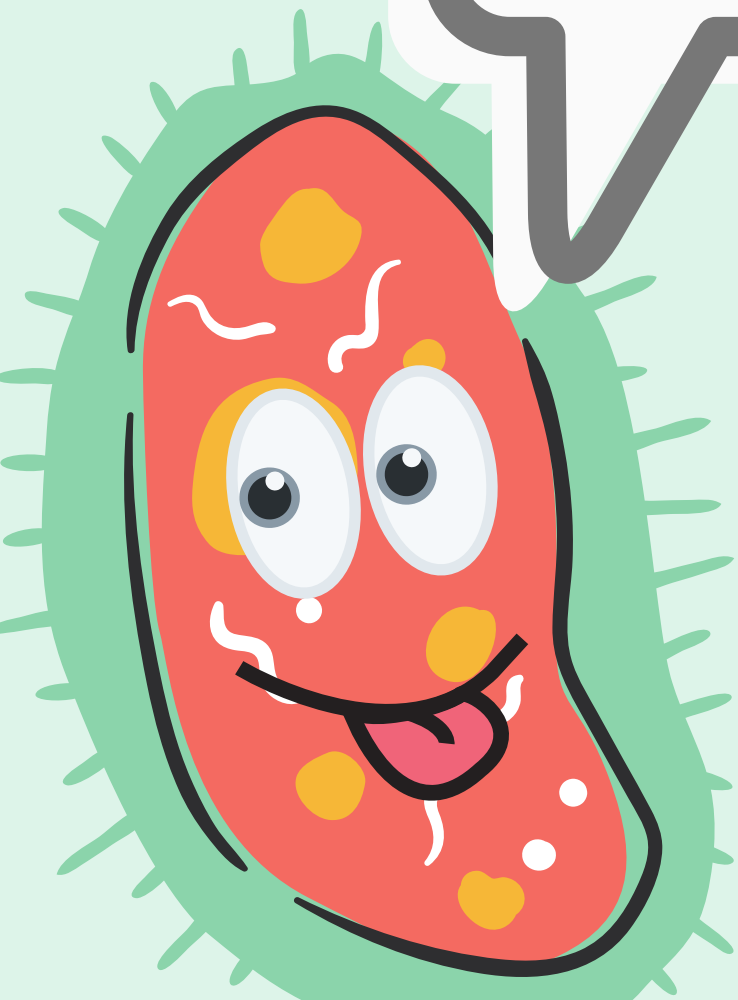


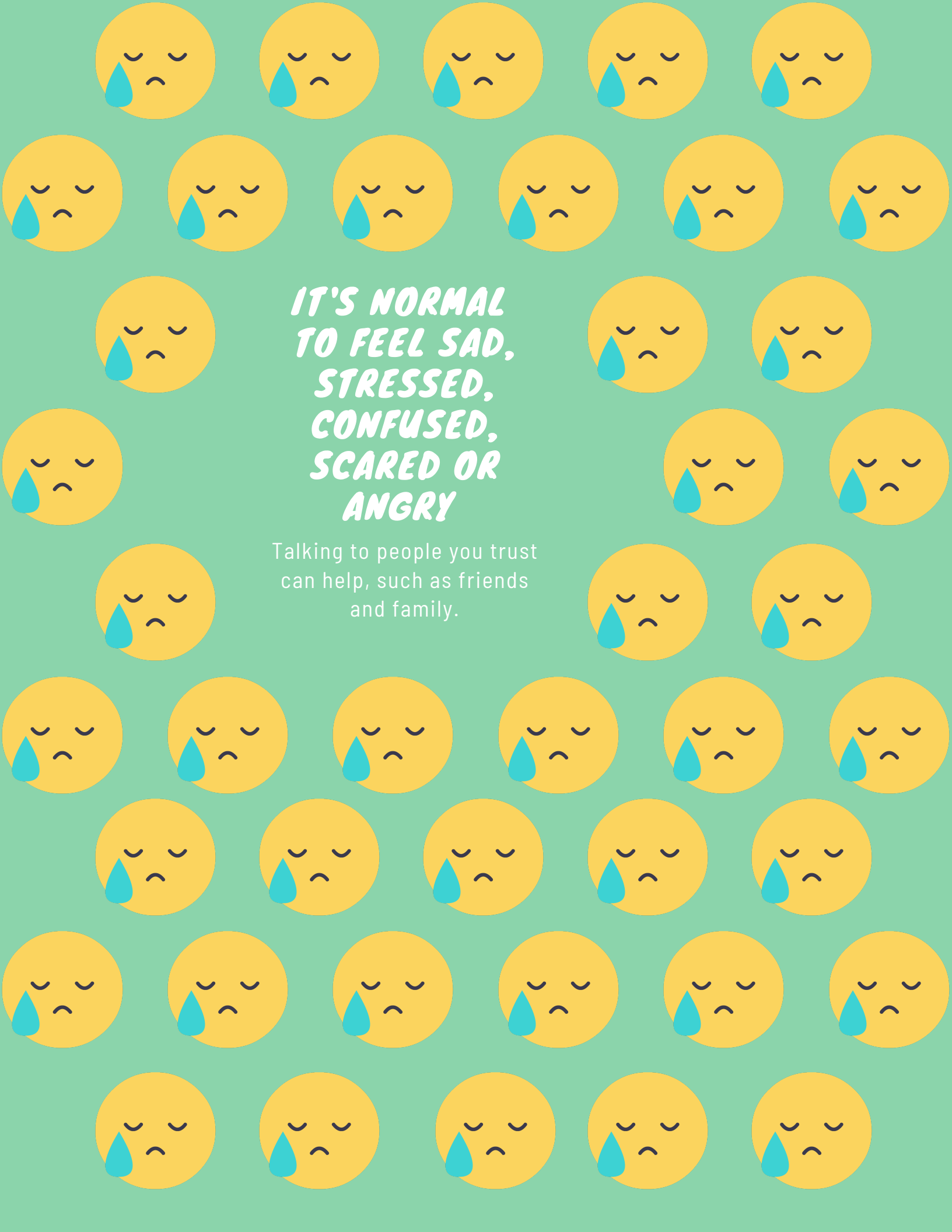
MANAGING WORRY IN A CORONAVIRUS
OUTBREAK

SCARY TIMES

Hello! I am the coronavirus, you may have heard of me and my brother and sister, cold and flu!

I have made everything change for a little while which can be very scary and make you feel worried.





***IT'S NORMAL
TO FEEL SAD,
STRESSED,
CONFUSED,
SCARED OR
ANGRY***

Talking to people you trust
can help, such as friends
and family.

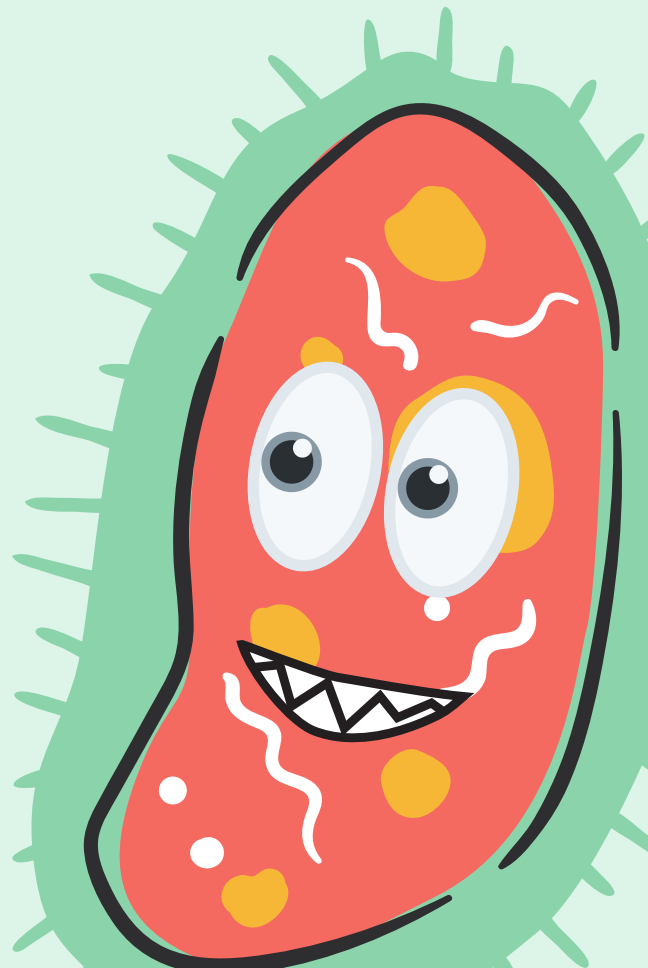
ABOUT ME!

1 I can make people poorly and give people a cough or make them too hot

2 I jump from one person to another

3 I have made schools close so I do not spread

4 I have asked you all to stay at home to stay away from me



HOW TO STOP ME!

Wash your hands for at least 20 seconds with hot soapy water.



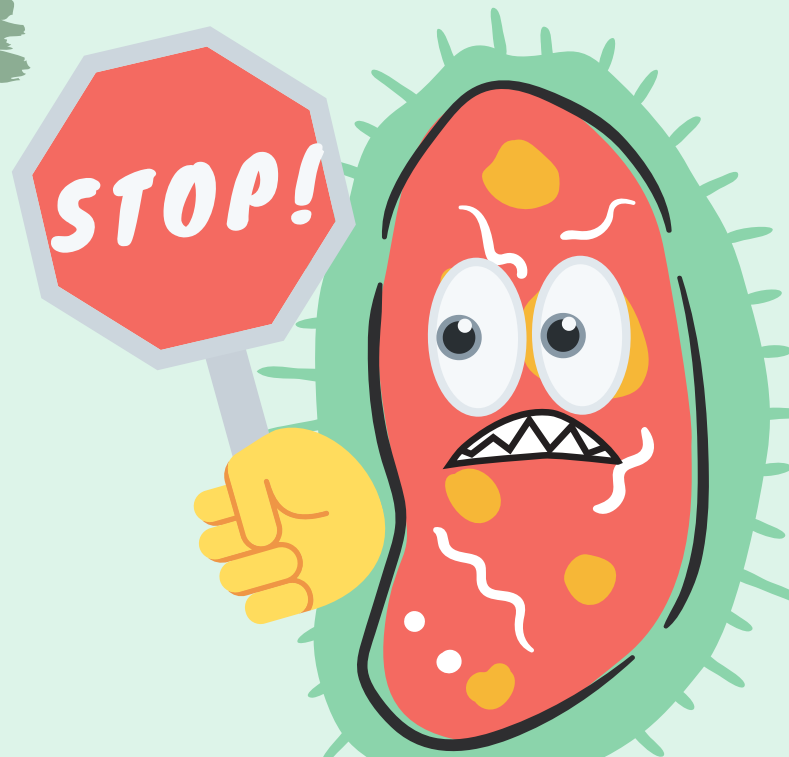
Stay 2 metres away from other people when you are out of your house.



Sneeze or cough into a tissue and put it in the bin.

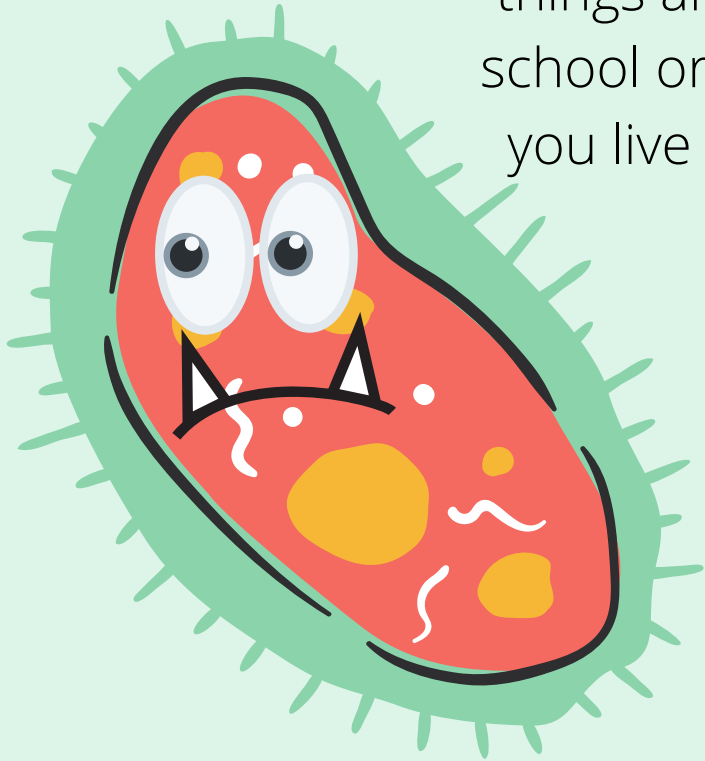


Stay home when you can.

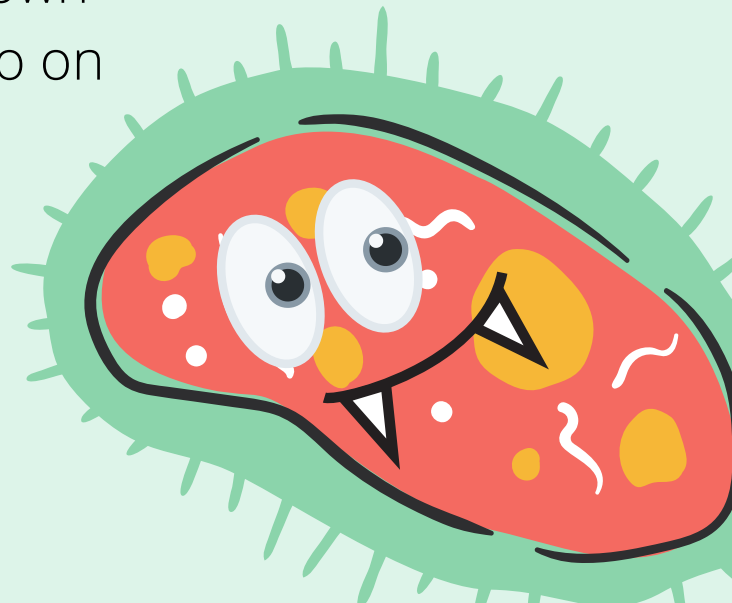


EVERYTHING IS DIFFERENT.

Everything might seem a little bit scary and it might be making you feel worried. Lots of things are different now, you might not be at school or able to go out as much. The people you live with might be worried and the news might be scary.

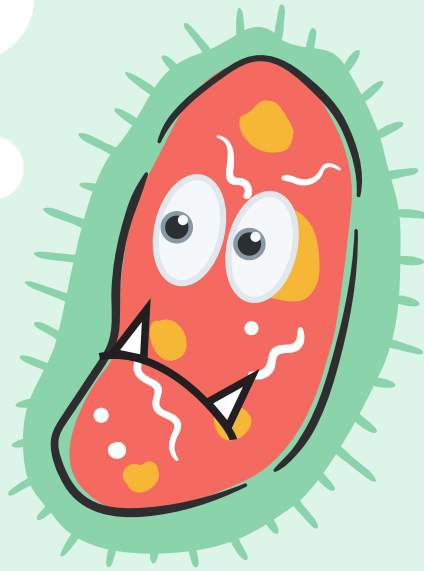


This booklet will give you some ideas of things to do to help you when you are worried. You may need to ask a grown up to help with some things or to go on the internet.



WHY DO WE FEEL WORRIED?

WHAT IF?

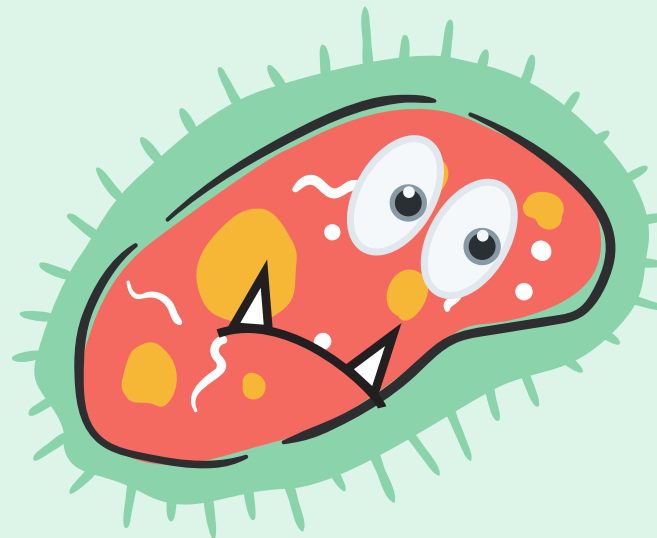


It is normal to feel worried or anxious sometimes, especially at the moment, because everything is not normal.

WHAT HAPPENS WHEN YOU WORRY?

You might notice:

- that you feel on edge all the time
- you feel like you can't relax or sit still
- you can't concentrate
- you feel tired all the time
- you get grumpy quickly
- you ask more questions
- you may get cross if things don't go right
- you might need a cuddle or you might want to be on your own.



WHY DO WE FEEL WORRIED?

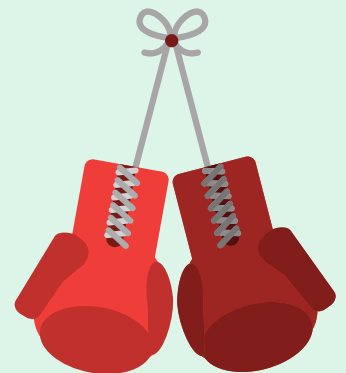


Back in the time of cavemen we had to be on the look out all the time for sabre tooth tigers. If we saw one we had to make a quick decision....do we fight it or do we run away?

This is why we learnt to worry, so that we could escape scary situations.

Worrying got our bodies ready which is why you might feel a funny feeling in your body when you are worried.

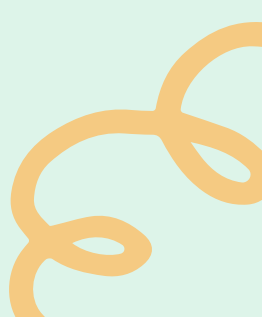
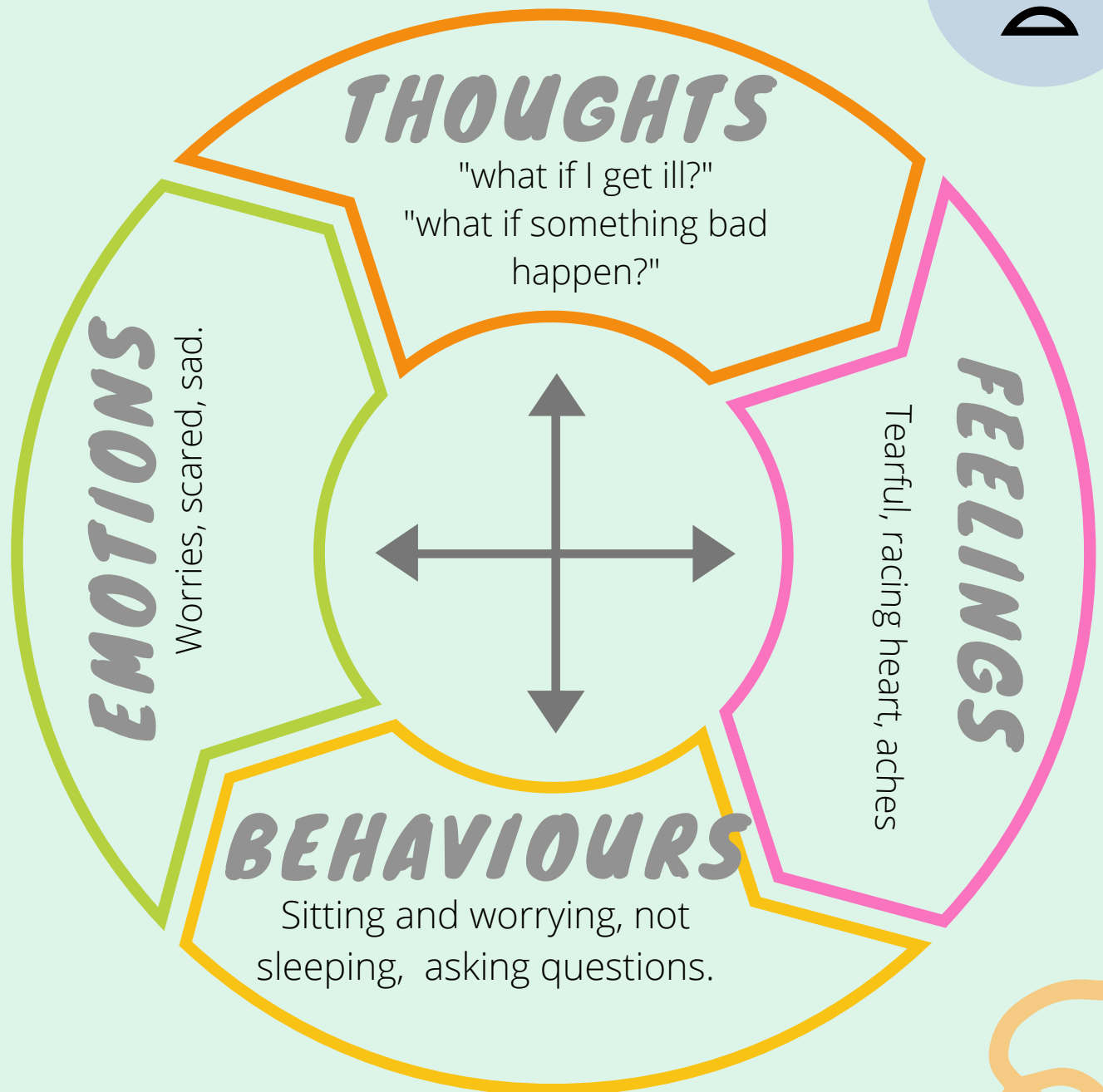
But now scary things are a bit different we can't always run away or fight them.



HOW YOU FEEL

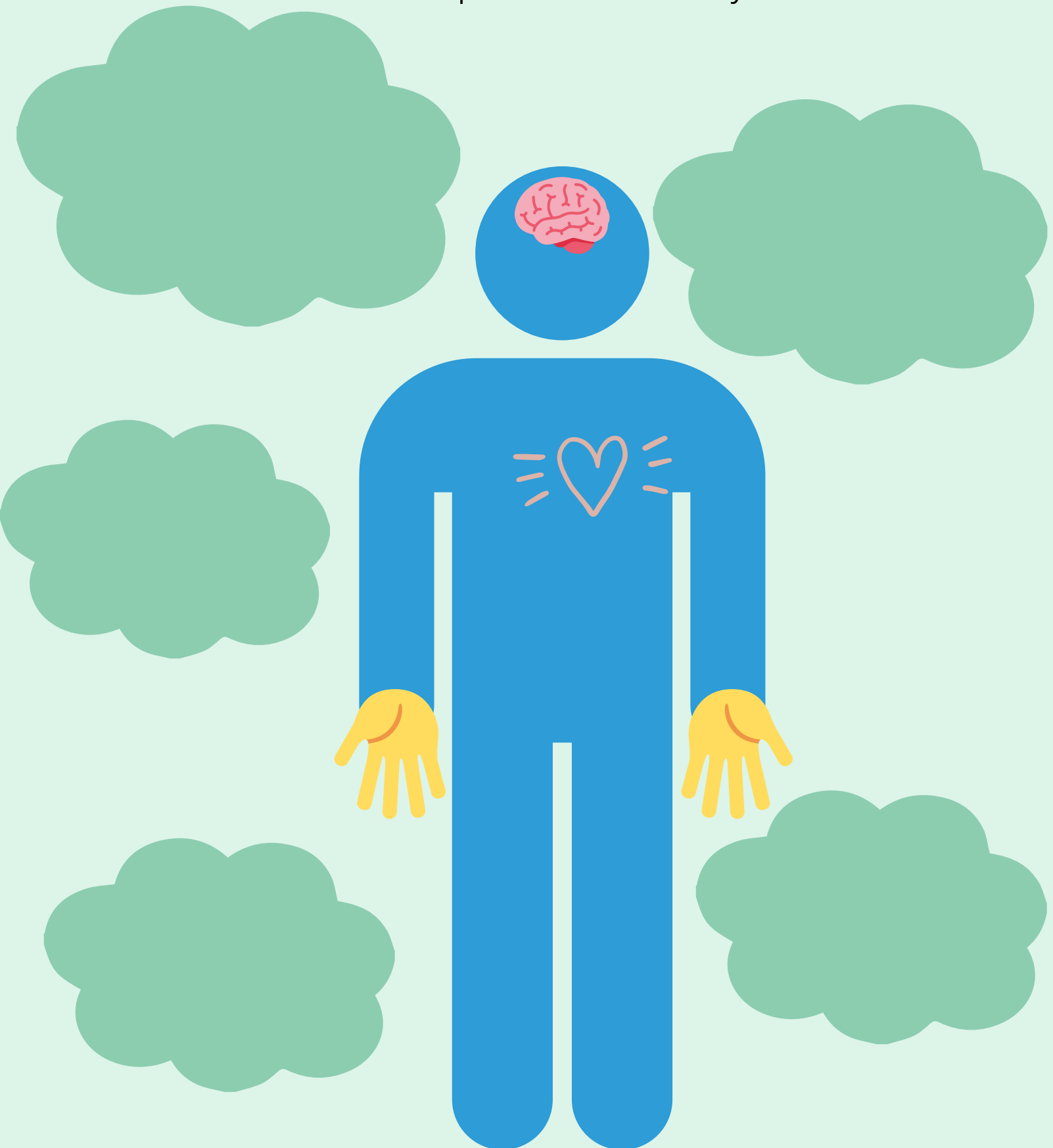
When you are feeling worried, the thoughts in your head, change how you are feeling in your body, and this can affect the things you do.

This can make you feel worse.



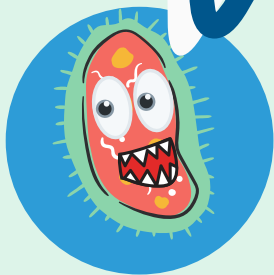
HOW YOU FEEL?

Write or draw in the bubbles how you feel in your body when you feel worried and put arrows to where you feel like this.



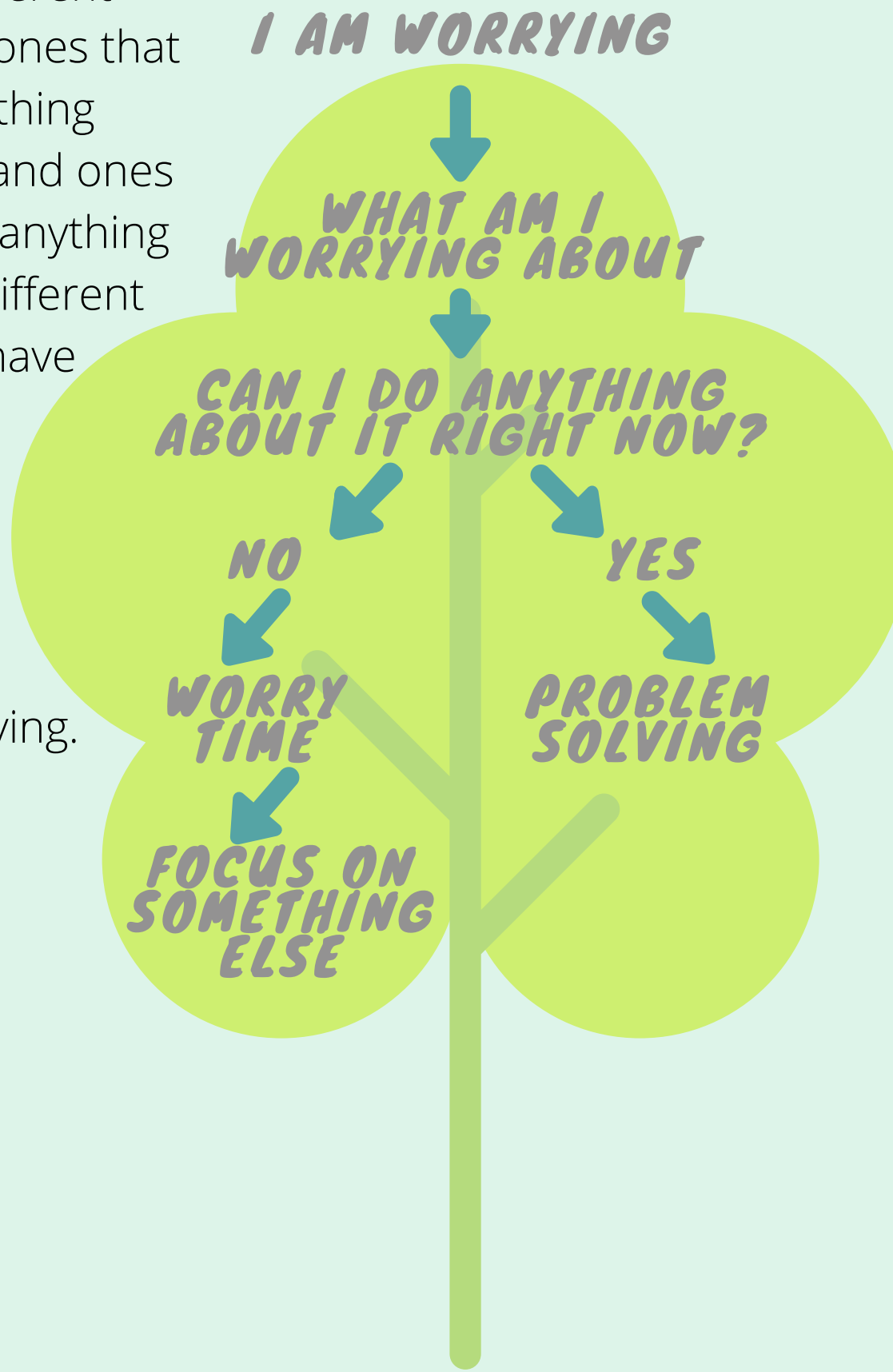
WHAT DO YOU THINK?

What thoughts go through your head when you are worried? Do you think of me?



DIFFERENT TYPES OF WORRIES

There are two different types of worries, ones that you can do something about right then and ones that you can't do anything about now. The different types of worries have different ways of managing them. Use the worry tree to help you see what type of worry you are having.



WORRY TIME

Worry time is a way to help you manage those worries that you can't do anything about right now.



1

Write down your worries when you have them, try to write down what was going on at the time. Then get back to what you are doing (help on this on the next page).

2

Schedule in a particular time each day for your worry time and how long you would like this to be. This should not be just before bed.

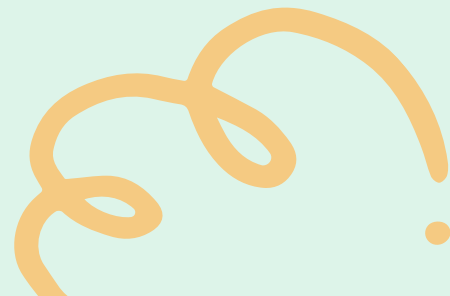


3

When worry time comes around look back at what you have written down that day and you can worry about it until the time is up.

4

Once worry time is up it is time to refocus on something else until worry time tomorrow.



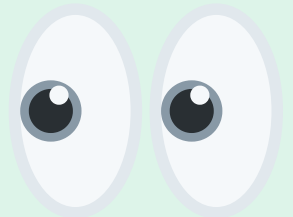


REFOCUS

When you have had a worry or when worry time is over it is important to refocus. There are lots of ways to do this but why not try this one.

5

Notice five things that you can see.



4



Four things that you can touch.

3

Three things that you hear.



2



Two things that you can taste.

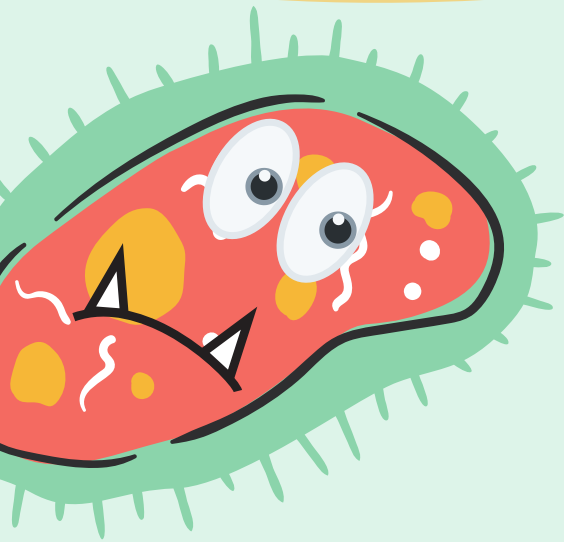
1

One thing that you can taste.



WORRY DIARY

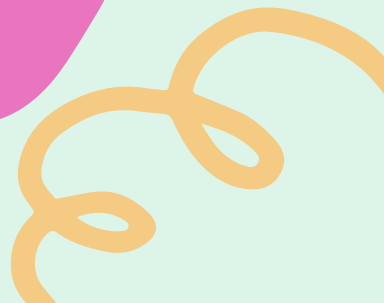
Oh no, you seem worried. See if you can tell me what's going on, what you are worried about and use your worry tree to see what to do next.



Day:
Time:
What is happening?

What are you worried about?

Can you do something about it right now?



PROBLEM SOLVING

Problem solving can help you to manage worries that you can do something about.



WHAT'S THE PROBLEM?

HOW DID IT GO?

WHAT ARE ALL THE WAYS YOU COULD FIX IT (NO MATTER HOW SILLY)

GIVE IT A GO!

WHAT ARE THE POSITIVES AND NEGATIVES OF EACH ONE

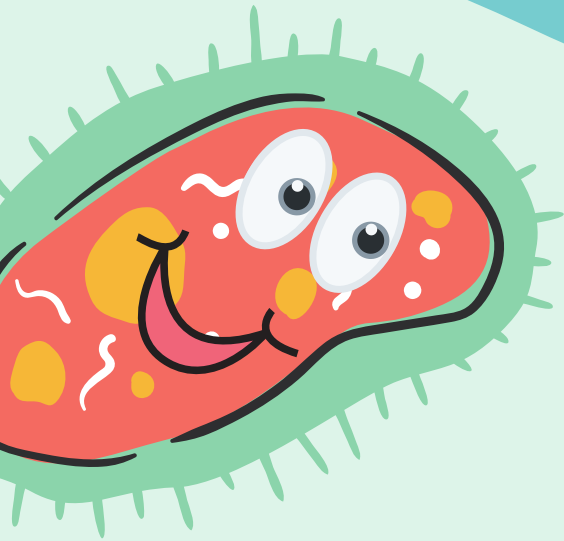
NOW WHICH ONE IS BEST TO TRY



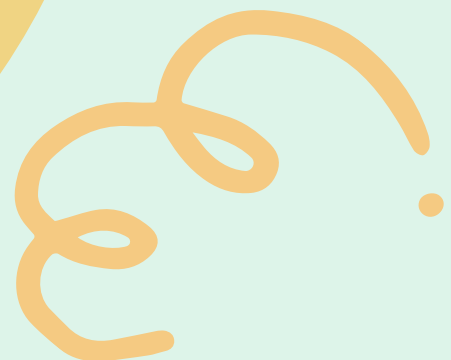
PROBLEM SOLVING 1

1) What is the problem?

2) What can you do about it? It does not matter how silly it is?



3) What are the positives and negatives of these solutions?



PROBLEM SOLVING 2

4) Pick a solution

5) Make a plan

6) Test it out.
Write down what you did.

7) How did it go?

SCHOOL

DOING SCHOOL WITHOUT GOING TO SCHOOL

It is okay to have mixed feelings about not being at school. You might be happy one moment and then miss your friends and teachers. It might seem easier to just avoid doing your work altogether, but keeping up with your school work can help keep routine which is really important when you are feeling low. It will also help you when school returns to normal.

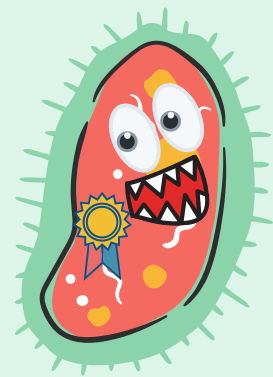


GET ORGANISED -

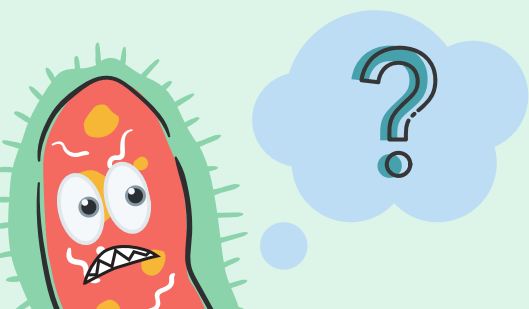
MAKE SURE YOU HAVE EVERYTHING YOU NEED TO DO YOUR WORK AND SCHEDULE TIME TO DO EACH BIT.

REWARDS-

YOU ARE DOING SO WELL JUST TO BE GIVING IT A GO WHEN TIMES ARE TOUGH. SO DO LITTLE BITS AT A TIME AND TREAT YOURSELF WHEN YOU COMPLETE A BIT.



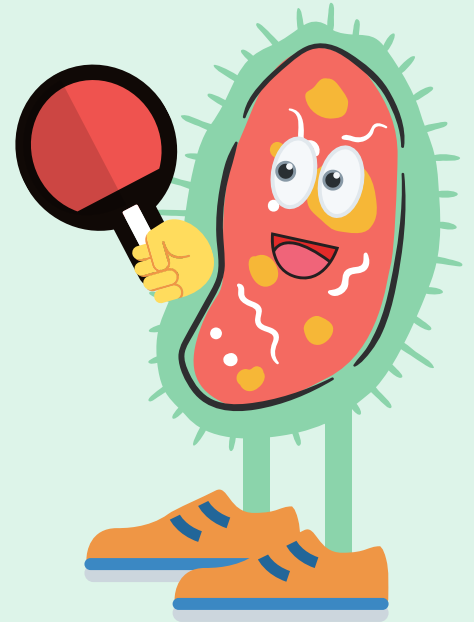
ASK FOR HELP -



IF YOU ARE FINDING THINGS HARD, IT IS OKAY TO ASK FOR HELP. YOUR TEACHERS CAN HELP OR ASK YOUR FAMILY.

EXERCISE

Staying active can change how we feel and can make us feel happier, so it is important that we keep our bodies moving when we can't do P.E. Why not ask your family to video call your friends or family while you exercise, so you can do it together.



Try something new!

Yoga:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.facebook.com/lvyogafareham/>

Dance:

https://www.youtube.com/channel/UCJIZkpEAHfJ4kS_kbkB8krDg

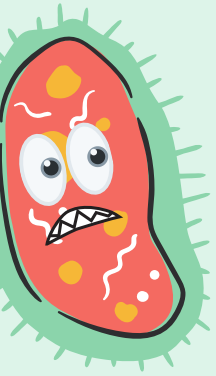
<https://www.youtube.com/user/popsugartvfit>

Exercise every day

Get your whole family to join you for PE and join a class like Joe Wicks' 9am PE class.

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





RESOURCES

Relaxation exercises - <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>

Understanding coronavirus workbook - <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Coronavirus social story - <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Worksheets to support wellbeing during coronavirus - <https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

<https://www.twinkl.co.uk/search?term=mental+health>

Build your happy place - <https://www.childline.org.uk/toolbox/games/build-your-happy-place/>

Children's guide to coronavirus - https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?utm_source=Children%27s+Commissioner+for+England&utm_campaign=55b235e7e4-EMAIL_CAMPAIGN_2020_03_31_04_29&utm_medium=email&utm_term=0_5e06e44c59-55b235e7e4-395746454

Comic and help explaining why you are at home, what hospitals are like, the importance of washing hands, Resources to help whilst at home.

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Mindful gNats app (free on Android) - relaxation exercises and help managing negative thoughts.



RESOURCES

5 Things to do or try out

<https://goodbyeanxietyhellojoy.com/wp-content/uploads/2019/08/Homemade-Playdough-with-Calming-Scents.pdf>

Emotionary - Emotionary guides you through five primary emotions to find the right category of feeling, with all definitions pared back to the essentials and displayed so they can be easily compared.

Super Stretch Yoga - Super Stretch is an educational yoga tool to use and teach the fun of physical activity and breathing to children. This app is free.

A child friendly book about worries and anxieties <https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Worries-and-anxiety-factsheet-for-kids-Counselling-Directory-and-Happiful-Kids-2.pdf>

<https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/>

<https://www.counselling-directory.org.uk/blog/2017/09/28/new-free-resources-to-help-anxious-children>

<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety>



Local support:

Gloucestershire Healthy Living and Learning - <https://www.ghll.org.uk/>

Teens in Crisis - <https://ticplus.org.uk/>

On Your Mind Gloucestershire - <https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

