



HELP FOR

CORONAVIRUS



WORRIES


UNCERTAIN TIMES



INTRODUCTION

Managing uncertainty can be difficult at the best of times for everyone, especially if you were having a difficult time before. At the moment the world can seem a very scary place, but you are not alone, it is okay to feel scared, worried or sad.

This booklet will aim to give you some of the facts around coronavirus, some top tips in managing how you are feeling and some resources to look at that may help you further.



**IT'S NORMAL
TO FEEL SAD,
STRESSED,
CONFUSED,
SCARED OR ANGRY
DURING A CRISIS.**

Talking to people you trust
can help, such as friends
and family or your fellow
community members.

WHAT IS CORONAVIRUS?

You had probably never heard of coronavirus until very recently but what exactly is it? Coronavirus is a virus similar to the flu, It is spread from person to person (within two metres and through coughs and sneezes. It can cause lots of different symptoms but the main ones are:

- a fever
- a cough

WHAT IS



HOW TO STOP IT?

The best way to stop coronavirus spreading is to wash your hands regularly for at least 20 seconds and avoid contact with others. This is why the government have asked us all to stay at home. This means that we should only be with the people who we live with and should stay 2 metres from people outside of our houses, We no longer go to school and we can only exercise out of the house once a day. This can feel very strange but there are ways to manage this.

IS IT



KNOW THE FACTS!

Coronavirus has changed all of our lives for a while and it can be overwhelming and scary to think about, but it is important to know that lots of what we read online is not true. If you want to know what's going on, make sure that you look at sites like BBC News or the NHS website.

There are certain people who are more at risk, but that does not mean that people "not at risk" don't have to follow the rules as we all play a part in looking after each other and anyone can get the disease. But whilst people are getting really ill or dying of the disease it is important to remember that most people have mild symptoms like the flu.

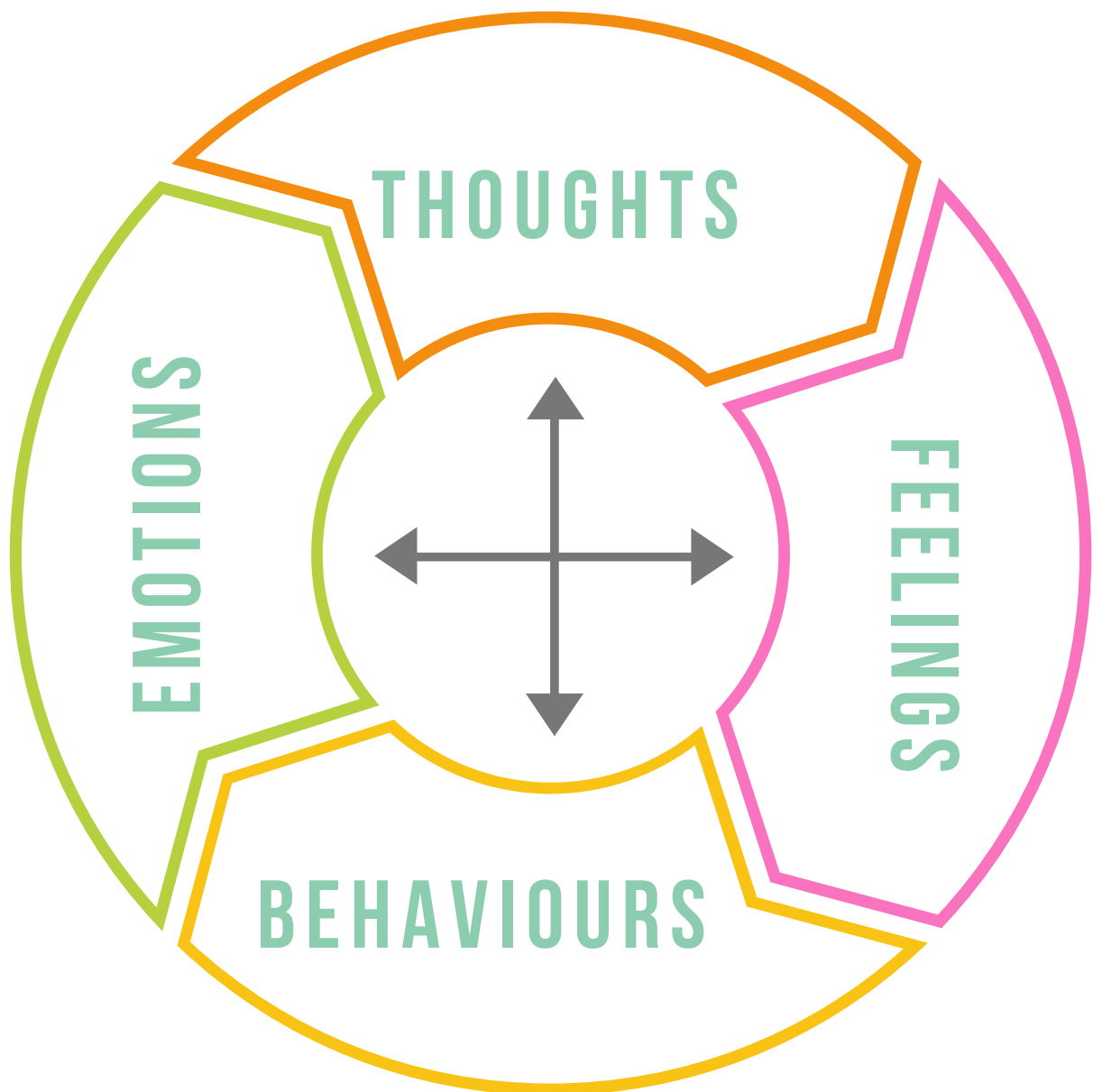
FACTS



FEELINGS

HOW THEY ALL LINK TOGETHER

When we are feeling worried it can impact on everything and cause a downwards spiral that can be difficult to get out of. It can cause us to stop doing things, which give us more time to worry, which can make our bodies feel strange, maybe tired, achy or tense and this in turn makes us feel more anxious.



TOP TIPS

THINGS YOU CAN DO TO HELP YOUR MOOD

1

Look out for each other, that might be your family, your friends or your local community. Stay in touch with people via skype, offer to help people who are vulnerable, help your parents (this is a tough time for them too).

2

Maintain a routine, making sure you get enough regular sleep, get everything you need to do done and have time to enjoy yourself. There are examples online:
<https://alexandrialivingmagazine.com/news/how-to-homeschool-your-children-during-coronavirus/>

3

Practise thought balancing which we will look at further on in this booklet.

4

Be aware of how much time you spend reading or watching information about the coronavirus. The constant stream of information can seem scary and make us feel low. Maybe limit yourself to checking this once a day and only look at reliable sources like the NHS or BBC.

SOCIALISING

STAYING SOCIAL WHILST IN LOCKDOWN

Our social networks directly link to our mood and being in lock down we can feel lonely especially when we are more worried than usual. Therefore it is important that we stay in touch with those who are important to us. Fortunately we live in a world where technology makes it easier for us. On top of your usual online socialising why not try these ways to stay in touch.



- 1 HOUSEPARTY APP or FACEBOOK MESSENGER- These video call platforms allows you to video call multiple friends and play games together.
- 2 Join a virtual quiz night and make a team with your friends, or why not host your own?
- 3 Join the online Task Master challenges with your friends and vote for your winner, or if you are feeling really creative why not host your own Task Master night? Look up #hometasking for ideas.
- 4 Learn something new together, there are so many free amazing classes to join. Why not video call while you paint, cook, learn a language, work out?

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 missing your friends and having structure then next, 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 and 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.

REWARD YOURSELF -

YOU ARE DOING SO WELL JUST TO BE GIVING IT A GO WHEN TIMES ARE TOUGH. SO TREAT YOURSELF WHEN YOU COMPLETE A BIT OF WORK.



TRY TO KEEP UP-

TRY TO DO LITTLE BITS OF WORK REGULARLY TO KEEP UP TO DATE WITH WHAT IS SET, SO YOU DON'T GET OVERWHELMED.

ASK FOR HELP -



IF YOU ARE FINDING THINGS HARD, IT IS OKAY TO ASK FOR HELP. YOUR TEACHERS ARE STILL WORKING AND THEY UNDERSTAND THAT WORKING AT HOME MAKES IT HARDER FOR YOU.



STAYING ACTIVE

Exercise has a huge impact on wellbeing not only physical but mental wellbeing too. It is important to stay active even though we may have to change the way we do this to stick to the rules, as this can improve our mood. Whether you normally exercise regularly or not, the lockdown is likely to have reduced your activity levels.

TRY SOMETHING NEW

There are loads of sites that are making online classes free to access to help keep people moving in lockdown, here are just a few.

Boxing: <https://www.instagram.com/doyourumble/>

Yoga:

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

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

Dance:

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

MAKE THE MOST OF YOUR ONE A DAY

The government has said that we can leave our houses for exercise such as; walking, running or cycling once a day, either alone or with our household. So make the most of that time and get outside. Fresh air is really good for our wellbeing especially when we have been stuck at home.

SCHEDULE EXERCISE IN EVERY DAY

Book in time to exercise in your schedule (see page 15 or join a class like Joe Wick's 9am PE classes.

<https://www.youtube.com/channel/UCAxW1XT0iEJoOTYIRfn6rYQ>

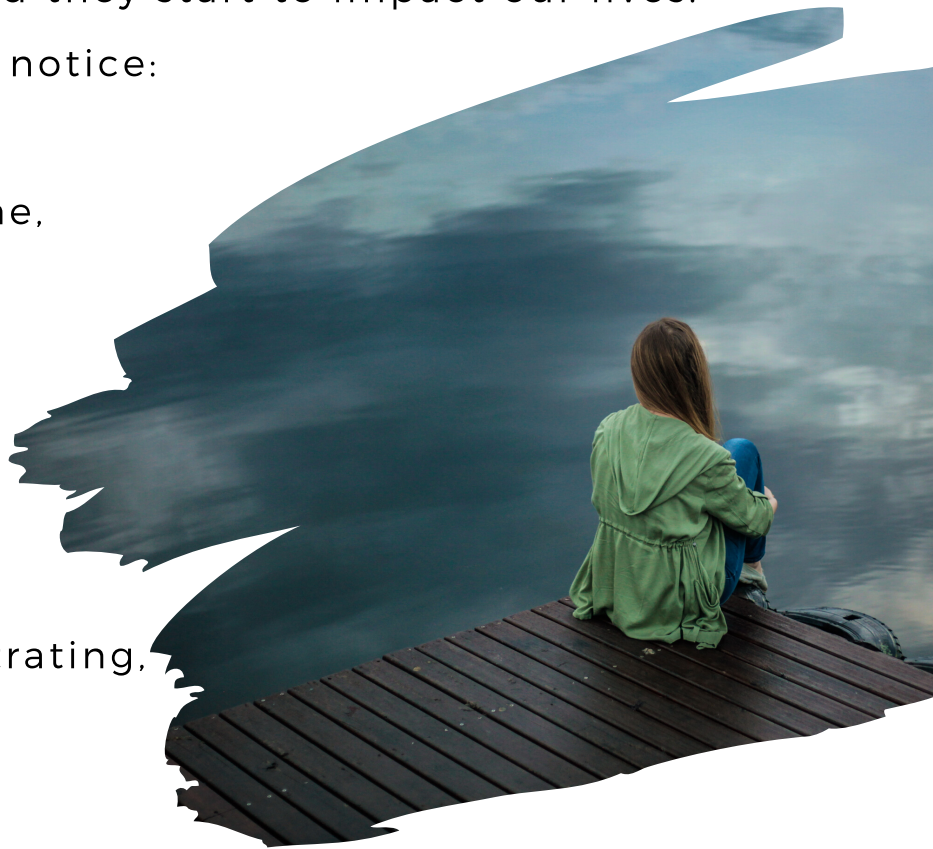
EXERCISE



MANAGING YOUR WORRIES

It is normal to worry, without worries we would not look before crossing the road or work for our exams. But sometimes our worries get too much and they start to impact our lives. When this happens you may notice:

- You feel on edge all the time,
- You feel tense in your body,
- You get tired easily,
- You have problems concentrating,
- You feel irritable,
- You notice changes to your sleep,



MANAGING YOUR WORRIES

There are several steps to managing your worries, the next few pages will guide you through them. The steps are:

1

NOTICE AND RECORD YOUR WORRIES

2

CATEGORISE YOUR WORRIES

3

WORRY TIME OR PROBLEM SOLVING

The first step to managing your worries is noticing that you are having them, what they are about and when they happen.

You can use the worksheet on the following page to do this or you can create your own worry diary. Head to [pinterest](#) for inspiration.





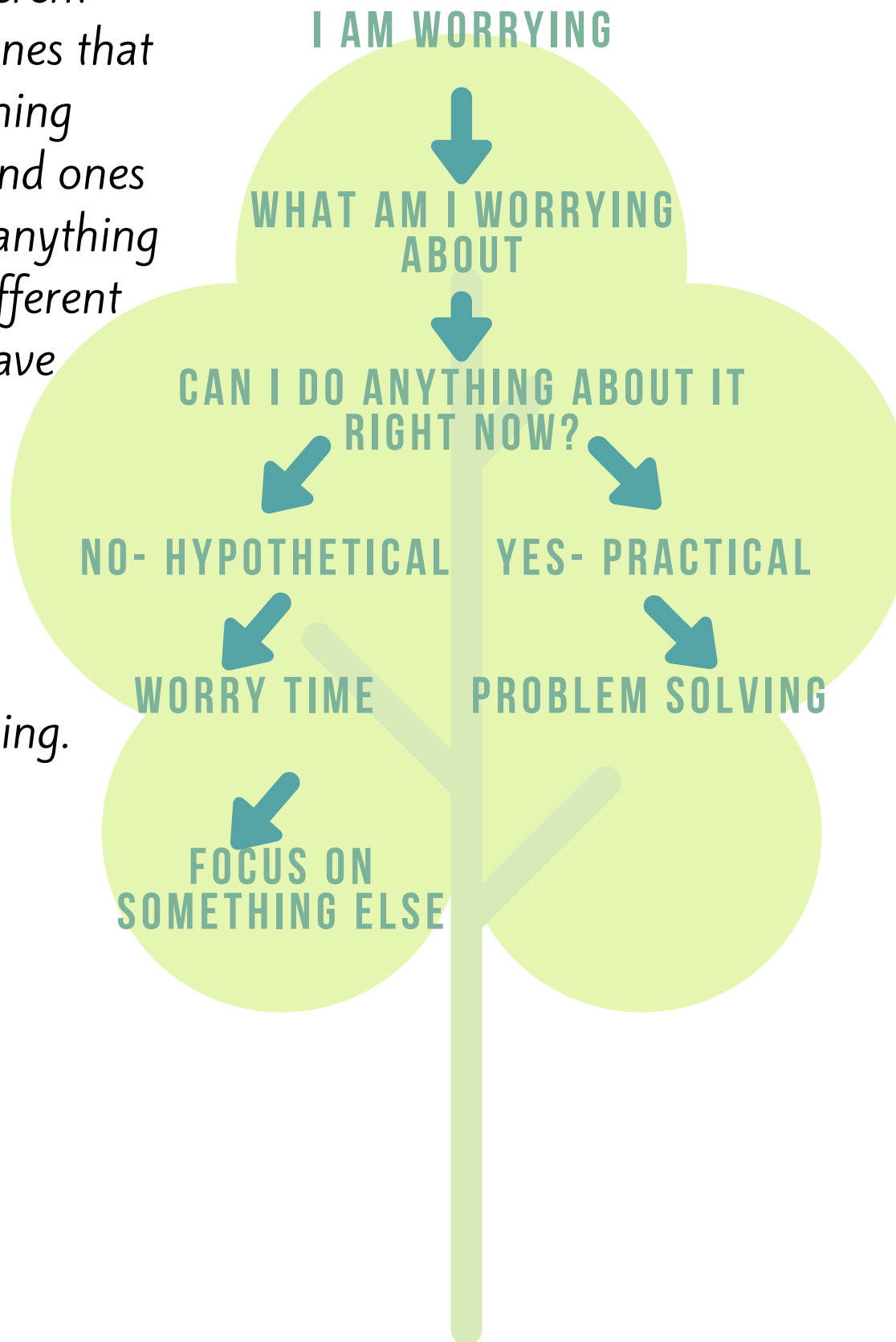
WORRY DIARY

WHEN WAS IT
AND WHAT WAS
THE SITUATION?

WHAT WAS THE WORRY?

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

ACTIVITY SHEET 2

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

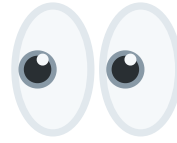
Once worry time is up it is time to refocus on something else until worry time tomorrow.

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 smell.

1

One thing that you can taste.



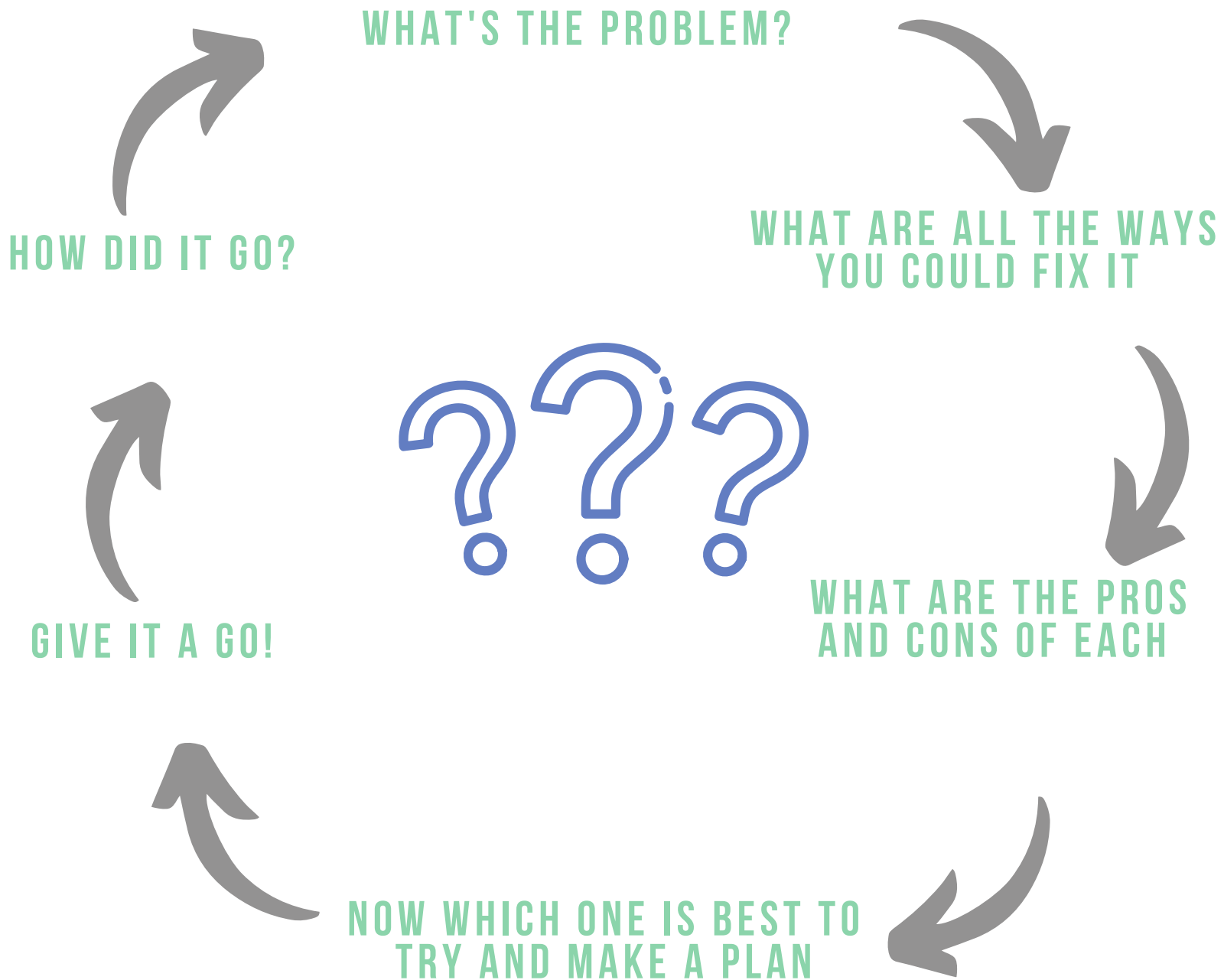
Or you can try going for a walk, practising meditation, doing yoga, playing a game, calling a friend. Anything that takes your mind off these worries and focuses back on the present moment.



PROBLEM SOLVING



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



PROBLEM SOLVING 1

WHAT IS THE PROBLEM?

WHAT ARE THE POTENTIAL SOLUTIONS (NO MATTER HOW SILLY)?

WHAT ARE THE PROS AND CONS FOR EACH ONE?

WHAT IS THE BEST SOLUTION?

MAKE A PLAN!

PROBLEM SOLVING 2

DO IT! WHAT HAPPENED

REVIEW IT! HOW DID IT GO, WHAT ELSE DO YOU NEED TO
DO?

RESOURCES

Young Minds info on Coronavirus

<https://youngminds.org.uk/blog/>

Mind -Looking after your mental wellbeing

<https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/#collapse7546>

Mindful gNATs App (Android only)

Free app with activities to help to relax and manage your thoughts.

Mood Tools App (IOS only)

Free app to help you record your thoughts or schedule activities to help manage your low mood.

Unicef - How to deal with the new normal

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

YoungScot - Looking after your wellbeing in a Coronavirus outbreak

<https://young.scot/get-informed/national/how-to-look-after-your-mental-wellbeing>

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

<https://www.moodcafe.co.uk/media/20326/youngpersonsguide.pdf>

<https://youngminds.org.uk/find-help/conditions/anxiety/>

https://www.nhs.uk/oneyou/every-mind-matters/anxiety/?WT.tsrc=Search&WT.mc_id=Anxiety&gclid=CjwKCAjw4KDOBRBUEiwA7MFNTcX543EZDDHzPkdhbgISUmF2wTAmV1LLqCXIV7ULeiCUBixO_h5GOhoCIU0QAvD_BwE

<http://teenmentalhealth.org/learn/mental-disorders/generalized-anxiety-disorder/>

<https://www.amazon.co.uk/My-Anxious-Mind-Managing-Anxiety/dp/1433804506>

<https://www.crchealth.com/troubled-teenagers/teenage-anxiety/>

<https://www.dosomething.org/us/facts/11-facts-about-anxiety>

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.

