

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

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



Multi Agency Support Team: EHWB@sheffield.gov.uk

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.



Contents

1. Anxiety
2. Sadness and Worry
3. Low Mood
4. Anger
5. Managing your emotions
6. Looking after your Mental Health
7. Emotional Health & Wellbeing Apps



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.

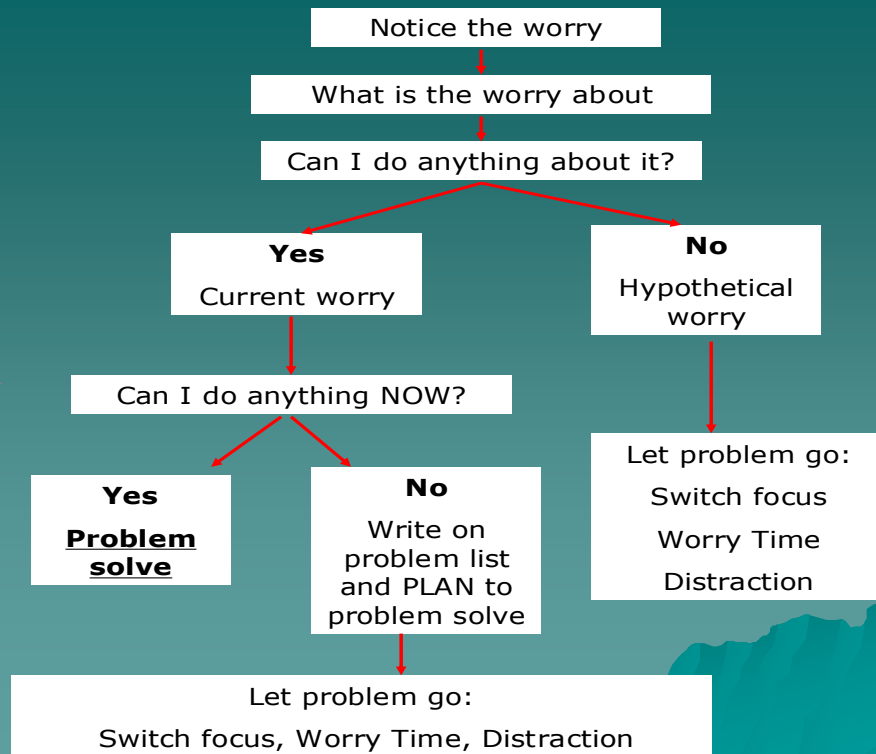
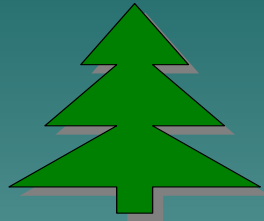
HOW TO MANAGE YOUR ANXIETY

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 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 ever been)

Classifying worries using worry tree

|| 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.'





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).



To do this the body produces chemicals like adrenaline 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 (stomach) 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 lightheaded, or as if they have wobbly or jelly legs.



Reactions that continue to be prepared for and people may notice headaches and stiff joints.



Fortunately there aren't any diseases anymore, but we still end up feeling stressed. The symptoms 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/felt faint

Eyes feel hot

Headache

Dry mouth

Blurred vision

Lump in throat

Stuffy nose

Butterflies in tummy

Heart beats faster

Sweaty hands

Difficulty breathing



Shy eye

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.

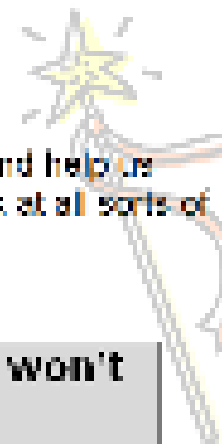
If it's all getting a bit much...

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

Pinching Your Concerned Worry

1. Write the worry down

Write down exactly the worry and asking yourself "Does this worry do anything for me? Does it solve a problem? Does it help me get what I want? Does it help me get out of the worry?"

2. 5 Year rule

• Will this worry still matter to me in 5 years time? If I make the worry disappear, will I still be happier five years from now?

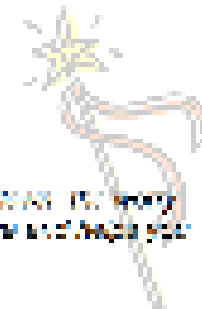
3. The measuring rod

• Think about a very bad experience that you have had. How does the concern of this worry measure up? Will it be things you wish you had done? Will it be worth your regular emotion? Have you actually GOTTEN what you wanted before?

4. The calculator

• How much worry is in the world? - allow only a certain amount of time and energy on the worry - and then move on

Pinching your Concerned Worry, 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	Rules	_____

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.**

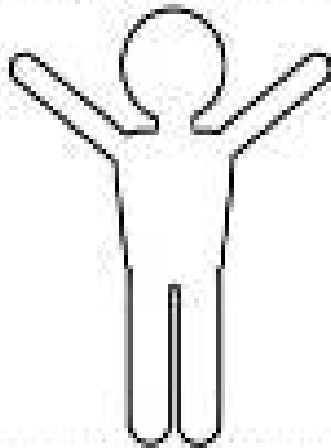


My Fears

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 when these feelings affect you?

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 come through your mind.



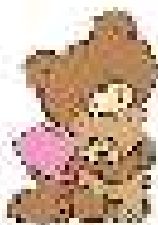
My scary or worrying situation is _____

Worry time

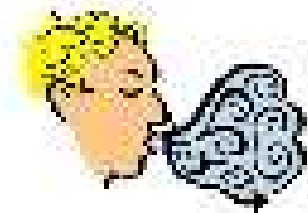
During these 10 minutes about your worries and fears. The adult should listen lovingly and won't try to fix anything during this time (they can help you with it later). If you run out of worries just sit together chatting until



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.

10 minutes talk						
10 minutes hug						
10 minutes hug						

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.
- This feeling will pass.
- You've got what it takes.
- I can see why that is scary for you.
- I'll stay close so we can deal with it together when you're ready.

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

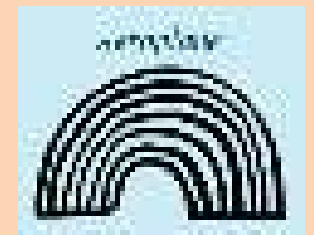
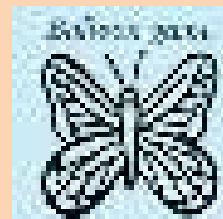


Lots of people use yoga to feel calm. It can help you relax, gently build your fitness and keep you active. And Nicole from Yotism has created a few short activities and routines for you to try.

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.



YOGA

FEED YOUR WARRIOR

Make your new breath faster & normal when you feel overcome lots of difficulties. Be brave, you have what you need, depend on what you see you feel. Let's build your inner warrior!

YOGA - WARRIOR 1

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

SAI MYSTRON



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.

SAI TAN KUNDELL

YOGA - WARRIOR 3

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

SAI TAN SHANE



The warrior is strong but your turtle is slow and remember to be with every movement.

TURTLE POSE

With your legs stretched to the sides and your knees bent, pull your head and tummy forwards, tucking your head under your armpits.

SAI CHROCHKAUF



FROG POSE

Squat on the floor, feet together. Push your chest in your thighs and your arms in your knees, with your wrists and heels by your sides, come up.

SAI TAN SADE AND PASTETTER

Show up in these lines with this.

LION POSE

Grow on the floor, flat together with your hands on your knees or on the floor in front, open your back, lift your head and stretch out your tongue as if you're roaring.

THEN SAI TAN JUST AS FORCE AS YOU!



Mindfulness Exercises for Children

The Feeling Exercise



Collect a variety of interesting objects such as leaves, pebbles, stones, or anything else that might be interesting to hold. Give each child an object, and ask them to spend a minute just holding something in their hand. They can feel the texture, if their object is hard or soft, and the shape. Then, ask the children to describe what they feel. With bigger groups, pair children off to take turns completing the exercise together.

The Seeing Game



Ask the children to close their eyes and look 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 floor. After the minute is up, ask the kids to share the room, mentioning new things they noticed.

Deep 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 mouth (just like if they are blowing through a straw). Then, call out a descriptive and steady breathing sound like ocean waves, gentle crashing or others. As the children continue breathing and making the ocean sound for up to five minutes.

The Power of Listening



Ring a bell, a wind chime, or anything else that creates a long trailing sound. Ask each child to close their eyes and be their hand when they can no longer hear the sound. After that ring 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 hear.

Build a Great Cat



By practicing mindfulness and paying attention to things around them, children will be better able to focus on what they are doing. Try a game of building a cat. Build the cat one part at a time, paying attention to each part. You can give each child a different part to make, or all the parts, and let them build a cat together.

The Body Awareness Exercise



Have the children sit or lie down in a comfortable position and feel their body and what each part feels like in their body. Then, do the following for about a second. After you do the exercise, or talk through the exercise with the kids, have them relax. Call out a command and describe how to help them. You can have them do it several times, making sure to pay attention to the following:

1. Curl up your right leg, and pull it up towards your chest.
2. Take your eyes on yourself like you are watching your own feet, and looking to look over your feet.
3. Curl up your stomach, if you are trying to make yourself a little opening.
4. Make it easy if you hands are behind you, or you are trying to be careful of the back of your hands.
5. Pretend like you are holding your nose, and you are trying to get off your seat and walk. Think of a way to move your nose and walk without it.

any!

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+)

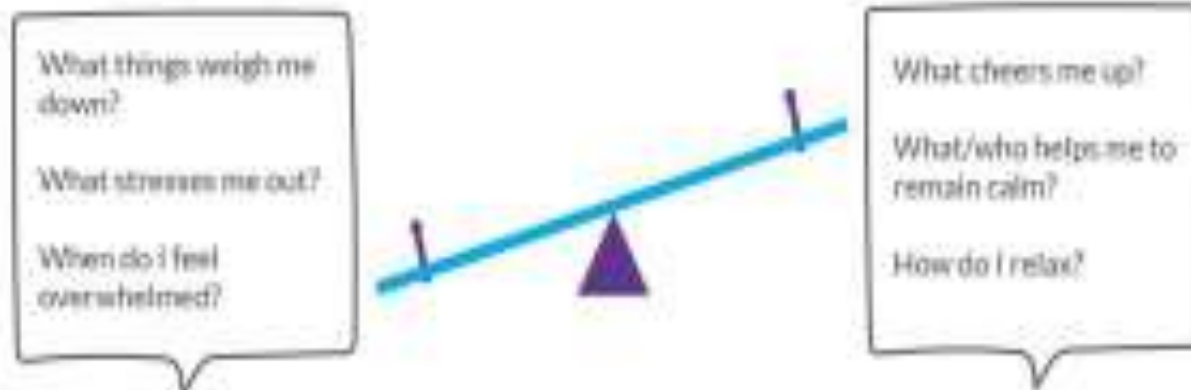
Emotional Health is an important part of our overall **health**.

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 Is Like Ice

In some situations, anger is a natural response to a situation. Anger is a natural response to a situation that is perceived as unfair, unjust, or threatening. Anger is a natural response to a situation that is perceived as unfair, unjust, or threatening.

Anger is a natural response to a situation that is perceived as unfair, unjust, or threatening. Anger is a natural response to a situation that is perceived as unfair, unjust, or threatening.

Anger is a natural response to a situation that is perceived as unfair, unjust, or threatening. Anger is a natural response to a situation that is perceived as unfair, unjust, or threatening.

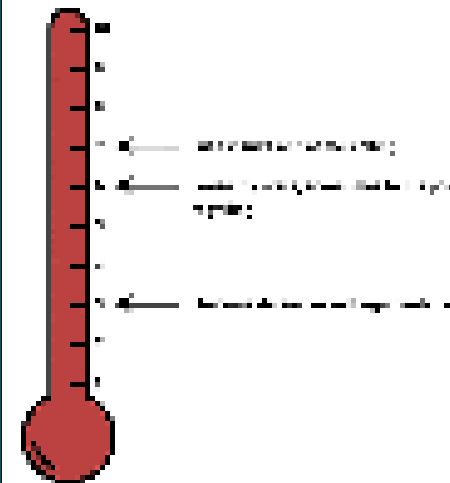
Anger is a natural response to a situation that is perceived as unfair, unjust, or threatening. Anger is a natural response to a situation that is perceived as unfair, unjust, or threatening.



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

- “What are the symptoms of anger on the anger thermometer?”
- “How do you feel when you are angry? (e.g., balled-up fists, argumentativeness, raising your voice)”
- “How do you feel differently when you are angry? (e.g., balled-up fists, argumentativeness, raising your voice)”
- “What are the symptoms of anger on the anger thermometer? (e.g., balled-up fists, argumentativeness, raising your voice)”
- “How do you feel when you are angry? (e.g., balled-up fists, argumentativeness, raising your voice)”

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

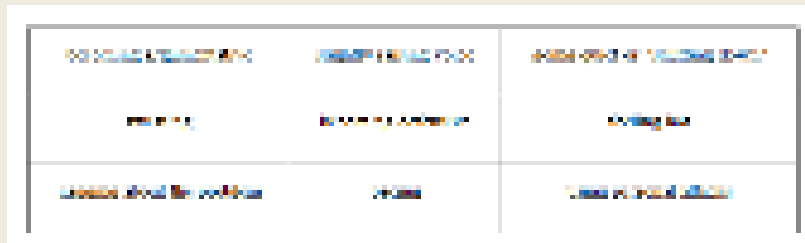
extremes of their anger thermometer. What are they like at their most angry (“10”) and at their least angry (“1”)?

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?



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 is a natural emotion, but when it grows, it can become overwhelming. You might feel more restless. This is when you start thinking about things you don't want to do, but it still doesn't seem like a big deal. Sometimes it's a sign that you're not "yourself".

Show 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, sliding through everything in its path. It's very hard to stop. This is when it's too angry, and you'll do things you don't think things.

Show what you look like when your anger is big. This is when you're super angry.

Anger Stop Signs



Anger stop signs are used to tell you. They let you know you're angry, growing. The red octagon is a sign that your anger is still small. If you see the red octagon, you can let the teacher, and take control of your anger before it grows too big.

Even if you don't see an anger stop sign, it's important to learn what your sign is so you can spot it in the future. Write your anger stop signs in the space below.



Common Anger Stop Signs

My face feels hot.

Heart to shake.

I have no voice.

I can't sleep.

My eyes get watery.

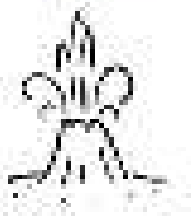
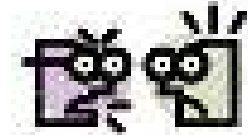
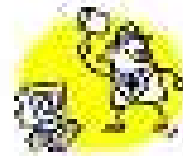
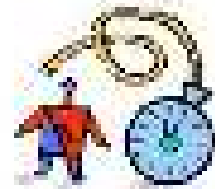
I try to hurt other people.

I can't think straight.

I feel all weird.

I want to hit something.

Anger diary



The Anger Thermometer

Day & date	What happened before? What was the trigger that lit the fuse?	How did it make me feel? What did I think? What did I notice in my body?	What happened next? What did I do? What did other people do? What were the consequences?	What number did I reach on the anger thermometer?

Anger Discussion Questions

- 1** Although it might sometimes seem 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 it becomes a problem when it falls 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 were repressed your anger?
- 6** How do you think about a situation can influence how you feel about it. For example, if you think that someone "did 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? Is it just hiding their anger or ignoring it, but in anyway it is a genuinely healthy way. Do you know a real life 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, racing nerves, balling of fists, shaking and sweating. |
| 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 in-haling, four seconds of holding your breath, and four seconds ex-haling. Easily keep track of time, or you might cheat yourself! The counting helps take your mind off the situation as well. |
| Exercise | Loosening serves as an emotional release. Muscles are relaxed 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 own 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? Visualization can be used to ward off your fears and worries, or acting 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 careful around them, will reduce the likelihood of your anger getting out of control.

How to use triggers to your advantage

- 1 Create a list of your triggers, and review them daily. Knowing your triggers will keep them fresh in your mind, increasing the likelihood you notice them before they become a problem.
- 2 If that fails, the best way to deal with a trigger is to avoid it. This might mean making changes to your friends, relationships, or daily routine.
- 3 Know when it isn't always possible to avoid triggers, but to plan when you must face them. For example, avoid race conversations when you aren't tired, hungry, or upset.

Practice Deep Breathing

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

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, slowly enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips pursed as if you are blowing through a straw. The secret is to go slow. This is inhaled on (0), pause (0), and exhaled on (0). Practice for 3 or 5 minutes.



Keep an Anger Log

For every an episode of anger, take a few moments to record your experience. This practice will help you look for patterns, recognizing triggers, while also helping you to understand how you deal with through problems.

- 1 What was happening before the anger episode? Describe how you were feeling, and what situation you were in. Were you hungry, tired, or stressed?
- 2 Describe the facts of what happened. What events triggered your anger? How did you react, and did your reaction change as the event unfolded or ended?
- 3 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 Distractions

The goal of distractions is to buy yourself time. If you can distract yourself for just 20 minutes, you'll have a better chance of dealing with your anger in a healthy way. Sometimes, you can change what is in the focus of your anger time—you're just solving the problem a second time.

go for a walk	read a book	play a game	listen to music
watch a movie	see the doctor	go for a run	clean or organize
do yard work	time to paint	do a craft	cook or bake
play a game	go for a bike ride	write a journal	take a long bath
go to the gym	visit a friend	let things go	go swimming
go hiking or fishing	take the dog out	play with a pet	watch a soccer

Take a Time-out

Time-outs are a powerful tool for relationships. You have anger because there are only one or two problems. When someone takes a time-out, both individuals agree to walk away from the problem, and to return when you have both had time to calm down.

How to use time-outs effectively

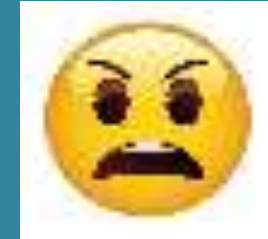
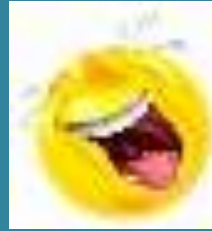
- 1 Will you position your body low. This means you will be in a low position, and you should be able to see the rationale behind time-outs. An appropriate time-out is to say, "I need a time-out."
- 2 When you are both taking a time-out, it's important that you do not talk, name or criticize each other. The goal of time-outs is to give you a good place to begin.
- 3 Plan to return to the problem. If it's not your most important problem, you don't have to return to it. But, when you do return, you will be able to talk and discuss the problem.

Know Your Warning Signs

Anger has warning signs and the show your body gives you. But your anger is starting to grow when you want to get your warning signs, and you begin to act out. Your anger isn't it's still there.

sweating	can't get past problem	heart not beating	increased blood
flushed face	increasing anger level	shaky voice	seeing verbal abuse
poison	aggressive body language	head back in conversation	go past "that line"

Managing your emotions

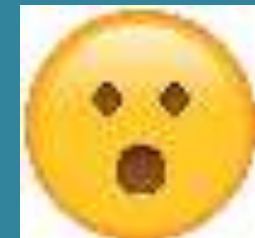
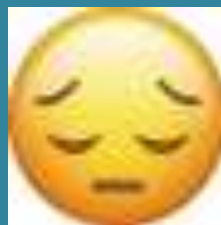


Emotional intelligence means having the capacity to recognise your own emotions and use techniques to control them. Reflection on your emotional triggers and areas for improvement can help you to develop greater emotional intelligence and awareness.

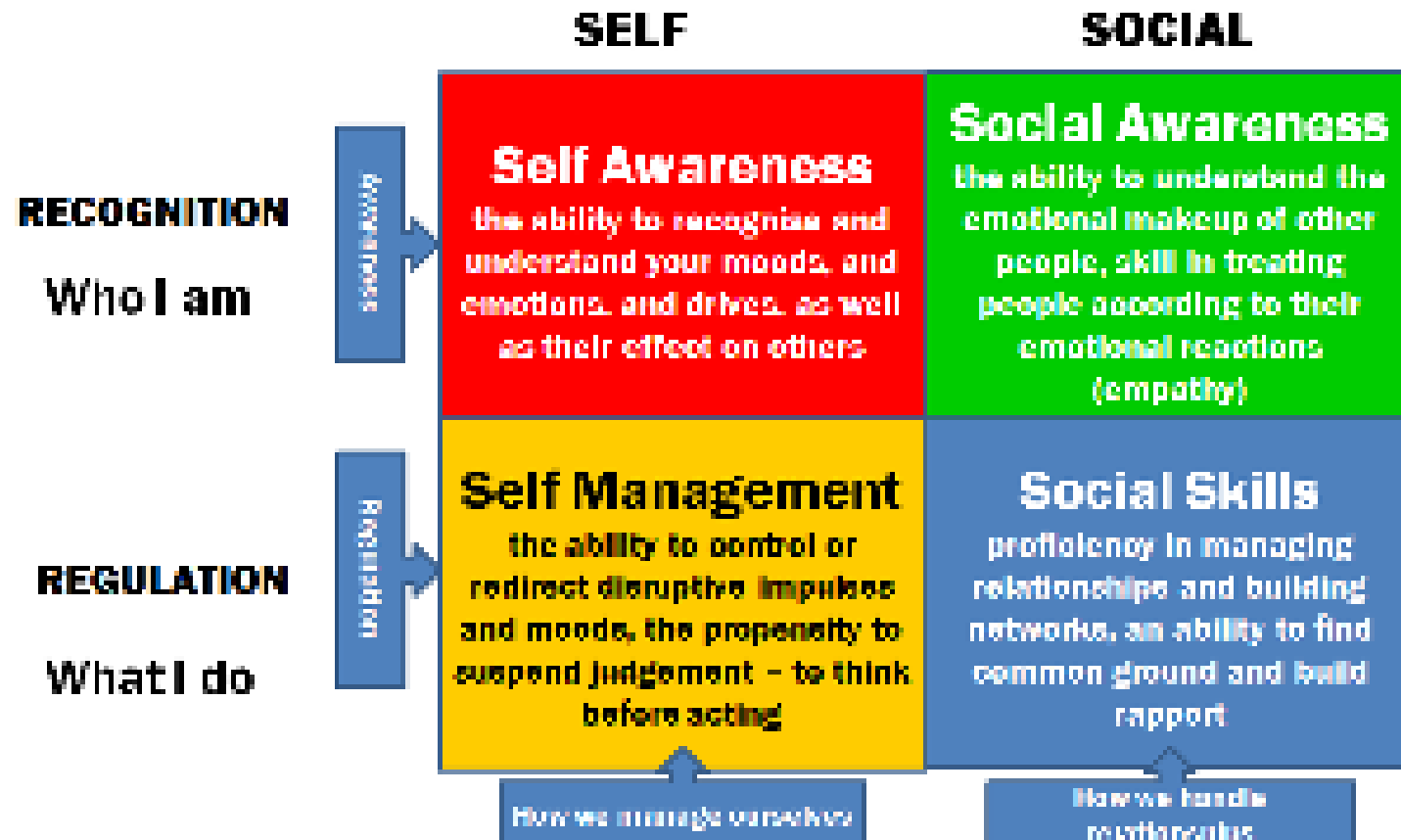
As well as this, being aware of other people's emotions and how to handle these empathetically is another important aspect of emotional intelligence. Understanding our emotions is key to having emotional stability. Through dialogue children can demonstrate their understanding of the different emotional 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:

_____ 

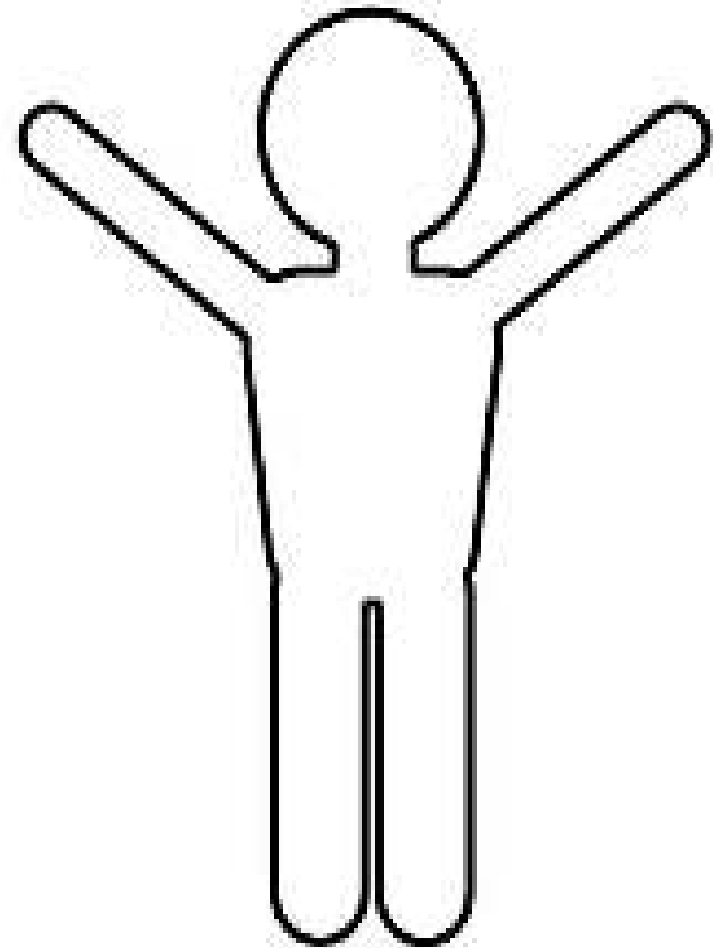
Something else I could have done is:

_____ 

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

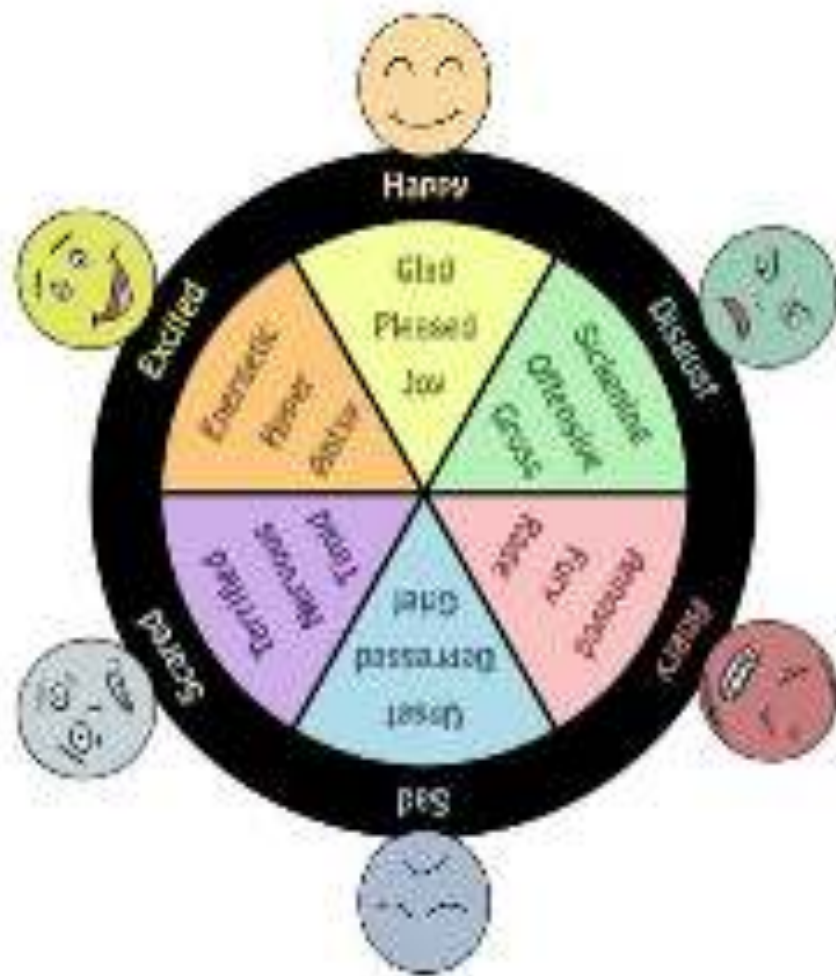
Where Do I Feel?

We can move the numbers to indicate how we feel. Cut out the numbers and place them on the body.



	Sadness	Happiness	Fear	Anger	Love
Score	_____	_____	_____	_____	_____

Emotion Wheel



Basic Emotion Assessment

Happiness



Sadness



Anger



Fear



Excitement



Disgust





What Zone Are You In?

Blue	Green	Yellow	Red
Calm Cool In control Thinking clearly	Happy Excited Having fun Creative I want to lead!	Frustrated Worried My energy is fading Lost or out of control	Angry Scared Frustrated I need help



Residual Regulation Systems

Facilitator's preliminary model proposed that human beings switch between three systems to manage their emotions. Each system is associated with different brain systems and different brain chemistry. Children's reactivity relative between the systems often associated with under-development of the soothing system.



Acting		Looks/Smells/Feels Like	I Can Try To/An Adult Can Help
	5	Angry Mad Furious	I can't handle it! Hitting, Kicking, Screaming, Crying
	4	Upset	Whining, Demanding Can't Wait! Didn't get my way
	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...
	2	Scared Nervous Anxious	I'm not sure... I don't know... I want Mom or Dad
	1	Feeling Good Happy	Everything's okay Smiling I give people hugs

Use my words
Take a break
Lay in blankets, listen to music
Ask for something else
Make a different choice
Earn Points!

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!

Use my words
Eat a snack
Lay in blankets, listen to music
Ask for something else
Make a different choice
Earn Points!

Ask for something else
Take deep breaths
Lay in blankets, listen to music
Earn Points!

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 wellbeing.

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.

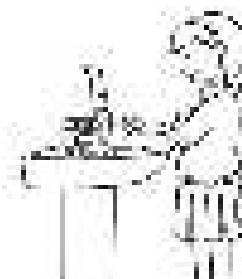
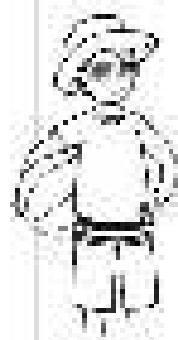
Plenary

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



Looking after Yourself

How do you feel? If you're feeling sad or worried, it's important to look after yourself. How do you look after yourself? Draw a picture in this 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 many can you think of? Can you draw a picture in each box to match the answer?

To look after yourself, you need to

To look after yourself, you need to

To look after yourself, you need to

Looking after Yourself

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

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 relax

How Can You Be Kind to Yourself?

When you're stressed, you can be a little kinder to yourself. It's not for nothing that we call it "self-compassion". It means being thoughtful about how you feel, and looking for ways to help and comfort yourself. It's not about being too soft on yourself, or letting yourself off the hook. It's about being realistic about how you're doing, and being kind to yourself when you're not doing so well.



Write a Diary

Write a diary about your day. You can write about what you did, what you felt, and what you thought.

It's a good idea to write about your feelings, and how you felt about what you did.

Write about what you did, what you felt, and what you thought. You can write about your day, and how you felt about what you did.

Monday

Date: ___/___/___

Time I got up: _____

Time I went to bed: _____

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

My biggest achievement today:

My plan for tomorrow:

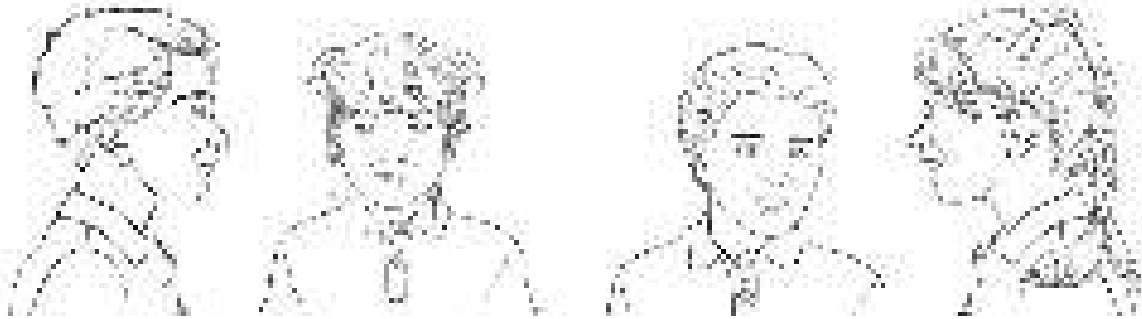
Favorite of the day:

What I ate and drank today:

Exercise I did today:

Bucket of Kindness

- Give one kindness to each classmate in your Bucket of Kindness every day for one month.
- Each person in your class gets one bucket.
- Use one page for each page.
- Glue the top of each bucket to the top of the page and the bottom of the bucket to the bottom of the page. Use the top of the bucket to hold the bucket in place.
- Each student will be given a bucket of kindness to give to each classmate.
- Each student will be given a bucket of kindness to give to each classmate.



Bucket of Kindness	
I think you are kind because...	I love you being kind when...
I think you are kind because...	I love you being kind when...
I think you are kind because...	I love you being kind when...
I think you are kind because...	I love 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.

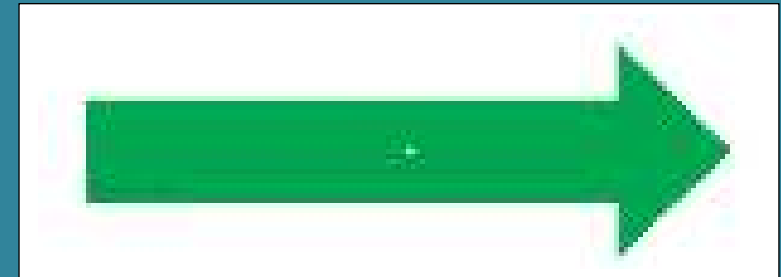
There are some ideas included on the resilience spin wheel but there is also a blank spin wheel template if the young person would prefer to add their own ideas.

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

Encourage the young person to spin the wheel and practice 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

Do you often feel sad, stressed, or angry? Do you often feel like you don't get what you need?

It's good to think of your emotions and the feelings we have as signals. They may tell us if there's something wrong, or if we need support or help. It's good to take care of our emotions.

When the following questions about your emotions come up, you can use the "Mindfulness" practice to help you feel better about your emotions.

These questions are designed to help you think about your emotions and help you feel better about them. You can use the "Mindfulness" practice to help you feel better about your emotions.



1 Describe what happened.

- What happened?
- Where did it happen?
- What time was it?
- What did you see?

2 How did you feel when the situation was happening?

- How did you feel?
- How did you feel?
- How did you feel?
- How did you feel?

3 Draw a scale of 1-10, with 1 being the worst and 10 being the best. How do you think the situation was for you when it happened?

- How do you think the situation was for you when it happened?
- How do you think the situation was for you when it happened?

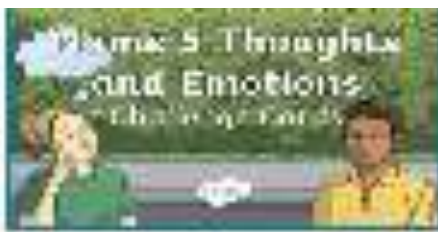
4 What do you think your effect was on the other people involved?

- How do you think other people felt?
- How do you think they felt about you?
- How do you think they felt about you?

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

- How do you feel about it now?
- How do you feel about it now?

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



Name five things that make you feel excited.



Name five things that might frustrate you.



Name five ways to calm down.



Name five things that might make you angry.



Name five people you could talk to when you feel worried.



Name five things that someone might be afraid of.



Name five emotions.



Name five negative emotions.



Name five positive emotions.



Name five colours associated with emotions.



Name five ways you can tell if someone is happy.



Name five uplifting songs.



Name five sad songs or films.



Name five things you might say to someone to cheer them up.



Name five things you might say to someone to calm them down.



Name five scenarios that could make someone nervous.



Name five things that might make you feel proud.



You Are What You Eat... and Do!

It's often important to eat the same amount of protein in each meal, if you're going to work out properly.

When many people do not realize when one meal is the same meal, what it becomes depends on how we choose to eat it.

We need to think carefully about the types of diet, exercise, and rest (which is a combination of the two) that we have an impact on our 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 Sleep Foundation's Sleep Duration Recommendations by Age:

Age	Hours per Night
0-3	14-18
3-5	11-14
6-13	9-11
14-17	8-10
18-25	7-9

Sleep Stages

Stage 1 Light sleep. Eyes and muscles slowly close.
Stage 2 Light sleep. Brain waves slow down.
Stage 3 Deep sleep. Heart rate and breathing slow.
Stage 4 Deep sleep. Very hard to wake up.
Rapid eye movements and heart rate. Stage 5 REM sleep.

THE HEALTH BENEFITS OF SLEEP:

Improves memory and problem-solving

Two kinds of memories are essential for learning: new information and knowledge. Sleep helps you learn from the day.

Improves mood

This fact is true for social and emotional parts, while we sleep. "Recharging" our brains is essential with these around us.

Maintains good health

During sleep, your body produces hormones that help cells to grow with some repair. It also supports 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 and bad grades.

Adults 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

1. **It can help you lose weight.**
2. **It can help you regulate your mood.**
3. **It can help you regulate your blood sugar.**
4. **It can help you regulate your blood pressure.**
5. **It can help you regulate your heart rate.**
6. **It can help you regulate your immune system.**
7. **It can help you regulate your metabolism.**
8. **It can help you regulate your energy levels.**
9. **It can help you regulate your cognitive function.**
10. **It can help you regulate your overall health.**

- Avoid sleep deprivation and its effects on your health.
- Get a good night's sleep and wake up feeling refreshed and ready for the day.
- Consider sleep as a priority in your life.

WHAT HAPPENS WHEN YOU SLEEP

What happens when you sleep

- Memory is consolidated and stored (necessary for learning)
- Ability to concentrate and pay attention is restored
- Muscles repair and recover
- Metabolism is regulated
- Maintains better mental health and physical health

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

Self-care

Introduce self-care routines to help you relax and reduce any anxiety. This might be a home workout, having a bath, reading, cleaning, or tidying areas of your house, watching TV, DIY projects, anything that you enjoy and that does you good.



Exercise

We are all used to routines, so 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, it can be useful to create a routine to help you to stay on track. Always make time for us, keep a lunch break, and be more flexible in putting in a child or watching the tv and doing household activities.

Social media

For some social media is highly important in keeping connected and in touch with family and friends. It is important that it does not compound your worry. Consider whether it might be better to reduce social media use, perhaps by time-limiting use, or a time-out of a certain time of the day. Self-isolating work/school brocol.



Be sure to check the Government advice on the right to help. Please keep up to date with government guidance with the correct guidance.

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

Time and space

Give yourself a space to worry. It is natural to worry particularly in times of crisis, however it's not get the better of us. You can consider planning small time frames where you allow yourself to worry, or use a form of visualization e.g. writing out the things that you have thoughts. Giving yourself a space to allow this can help to contain worry so that it does not build up over time, all the time.



Exercise

Exercise helps to manage anxiety and releases some of the stress and energy in the body. You can do a lot of exercises 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 things that are from the government.



Support

If you are struggling to deal with this problem reach out to your support network and professional if you have one. If these feelings are new, also reach out to people that you feel safe with. Many people are feeling the same way and it will help you to feel less alone. You can create your own tips for staying calm and managing these feelings. If you don't feel that you have support you can call 5-3-1-1 for free from most UK mobile phones, or visit their website www.5-3-1-1.org.uk for more information.



This is not an evaluation and is not a formal suggestion and is only for help. Please keep up to date with government guidance with the correct guidance.

TOP TIPS FOR POSITIVE WELLBEING

Taking breaks from technology. It can create strain on the eyes, it disrupts your natural body rhythms and normally technology is linked to a lack of movement.

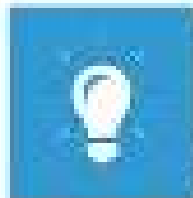


Spend time outside in nature. Nature is healing, going to your local park for green exercise and taking a walk is a great way to de-stress...

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 exercises. Practice breathing slowly into your stomach, through your nose and out slowly through the nose in a relaxed, calm and still posture. Breathing is a good technique for managing blood flow.



Find a creative activity. Finding a way to express yourself through your art covers more of all from acting, drawing or photography, art, writing short stories or poems is great for relaxing and spending time away from technology.

Limit screen time. Social Media can be a very negative environment and type filtered what can distort how we see and feel about ourselves. This is one aspect of media 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, so talk about it. If you don't talk about the mental health build-up. And come and see you can talk!

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



Drink plenty of water. We are over 70% water and dehydration can cause low energy, strength issues or desirable symptoms.

Write your feelings on paper. Keeping a journal can help ease a load of mind when you find it hard to talk about what is bothering you.

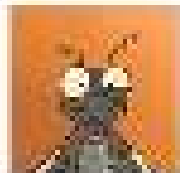


Emotional Health & Wellbeing Apps



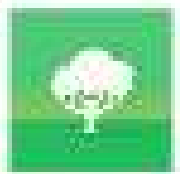
Feelings (think of it with the name in the link) app it shows children a short video about why the character is feeling frustrated, nervous etc. The child then judges the mood to be happy, sad or angry, happy or nervous, happy or unhappy etc.

For more information on available apps there are 20 slides to view the products.



Mindful Minutes is another free app it is called 'mindfulness activities' that children can do such as breathing, body scan and relaxation exercises, and can use to help through the following strategies: how to be a stronger, more resilient person.

Level 10/11/12



Worry Tree is a strategy we often teach in school for living with sad feelings. Children might need to be adult supported to use this free app as it involves typing. The children enter down their worries then tap on a tag and then write your own adult feature.

categories are for school and friendship. Then the child taps to enter one of their worries, something about the worry you can then the app help you draw an action plan to solve the worry or suggest a distraction. You can have a camera and post worries and have you solved them.



Positive Emotions is a paid app - it costs \$1p. In this app the child chooses a positive and chooses the emotion. If there are more negative ones it gives strategies how to manage these emotions, what children 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 learning a logic in hundreds of different positions and has been for mindfulness exercises for 7-9 year olds and 10-12 year olds. The app includes child friendly videos with different vocal tones and breathing activities.

Further Reading/ Useful links

- <http://www.annahead.org/feelings/>
- [Kooth.com](http://www.kooth.com/) - online counselling service for young people 11+
- [The Mental Health and Wellbeing Workout for teens](http://www.thementalhealthandwellbeingworkout.com/), Paula Nagel
- <http://www.youngminds.org.uk/>
- [Relaxation app on Playstore](https://www.play.google.com/store/apps/details?id=com.mindfulminutes)
- <http://www.mind.org.uk/information-support/young-people/feelings-app/>
- www.epicentre.co.uk Epic Events 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](http://www.therapistaid.com/)

Mindfulness and Sleeping App

- Why Use It?**
 - Helps children understand their feelings and emotions
 - Helps children understand their thoughts and feelings
 - Helps children understand their actions and feelings
- How to Use It?**
 - Children can use the app to help them understand their feelings and emotions
 - Children can use the app to help them understand their thoughts and feelings
 - Children can use the app to help them understand their actions and feelings
- What's New?**
 - New features added to help children understand their feelings and emotions
 - New features added to help children understand their thoughts and feelings
 - New features added to help children understand their actions and feelings
- How to Get It?**
 - Available on the App Store and Google Play
 - Available on the App Store and Google Play
 - Available on the App Store and Google Play
- More Info?**
 - Visit our website at www.mindfulnessandsleeping.com/
 - Visit our website at www.mindfulnessandsleeping.com/
 - Visit our website at www.mindfulnessandsleeping.com/

Free Daily Resources For Children

- What's New?**
 - New features added to help children understand their feelings and emotions
 - New features added to help children understand their thoughts and feelings
 - New features added to help children understand their actions and feelings
- How to Use It?**
 - Children can use the app to help them understand their feelings and emotions
 - Children can use the app to help them understand their thoughts and feelings
 - Children can use the app to help them understand their actions and feelings
- What's New?**
 - New features added to help children understand their feelings and emotions
 - New features added to help children understand their thoughts and feelings
 - New features added to help children understand their actions and feelings
- How to Get It?**
 - Available on the App Store and Google Play
 - Available on the App Store and Google Play
 - Available on the App Store and Google Play
- More Info?**
 - Visit our website at www.mindfulnessandsleeping.com/
 - Visit our website at www.mindfulnessandsleeping.com/
 - Visit our website at www.mindfulnessandsleeping.com/

For More Visit Daily Dose Dashboard, Group Review Dashboard and Targets 10 Group