

# Hints and tips for managing anxiety/worry during coronavirus 2020

## YOUNG PEOPLE

It is important to talk about and share your feelings. It's okay not to be okay.

Everyone feels anxious, worried or scared at times. During these times it is important to take notice of your feelings.

Ways to be kind to yourself:

- **Accept what is in your control**
- **Notice your thoughts** – Do you speak kindly to yourself?
- **Treat yourself like you would treat a friend**
- **Forgive yourself** – we all get things wrong and have off days
- **Enjoy the good days**
- **Accept who you are and your worries**
- **Set yourself a time to worry each day**

| AUTOMATIC<br>NEGATIVE<br>THOUGHTS | WAYS TO<br>CHALLENGE<br>NEGATIVE<br>THOUGHTS   |  |
|-----------------------------------|--|--|
|                                   | What is a more helpful thought?  |  |
|                                   | What is another possibility?   |  |
|                                   | What would the people who care about me say?   |  |
|                                   | What is the worst that could really happen?  |  |
|                                   | If my friend had this thought, what would I tell them?                                 |  |
|                                   | Can I be 100% sure this is true?   |  |
|                                   | If the worst really did happen, what could I do to deal with it and who could help me? |  |
|                                   | What is the best possible outcome?   |  |
|                                   |  |  |

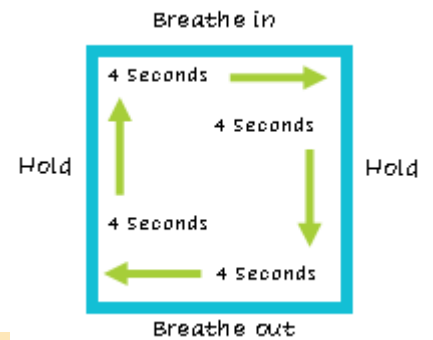
There are 5 ways to wellbeing:



- **Connect** – enjoy connecting with others, either within your household or virtually – try and find out something new
- **Be Active** – being physically active we know can improve your mood
- **Take notice** – take a breath, relax and take time to look around you – what do you see?
- **Keep learning** – although not at school, what have you always wanted to learn or try? Is now your opportunity? What would that be for you?
- **Give** – how can you help others? Could it be in your own home, in your own community? What could it be?

**BREATHING TECHNIQUE** – use square breathing to try and regulate your breathing when you feel anxious.

This can help you feel grounded and as though you are more present in the moment rather than thinking about the future over which you have very little or no control.



## Tips to help during COVID 19

- **ROUTINE** – try to maintain a daily routine with consistent sleep, activity and study patterns
- **CONNECTED** – stay connected with others and try to find time for a laugh with friends/family
- **COMFORTABLE** – talk to people you feel comfortable and safe with about your feelings or worries, then give yourself permission to stop worrying
- **LIMIT** – limit the amount of time you spend talking about or watching news media or social media
  - **KIND** – be kind to yourself and to others
  - **REMOVE** – remove unhelpful, catastrophic thoughts about unknown future outcomes – stay in the present
  - **EMPATHISE** – empathise with each other and understand each other's perspective instead of trying to be right all the time



## QUICK ANXIETY SELF-CHECK

- How deep are your breaths?
- Are your shoulders making out with your ears? (Lower them)
- Are you clenching your jaw?
- Are you present/grounded? How many colours can you see? How many sounds can you hear? Tune your senses into your environment to get grounded.

Listen to your body, breathe, relax. Take it one day at a time.

