



Helpful Tips for Dealing with Worry

Things that are happening in the world around us can make us feel scared, worried or sad. Lots of people are talking about coronavirus (or COVID-19). This can make us feel unsettled and scared.

We are being asked to change some of the ways that we normally live –like not going out to busy places and not spending time out with friends. These changes can feel unfair and really hard BUT they are important as they will help us deal with the virus and keep us safe.

It is normal to feel worried, you are not alone but there are small things that you can do to help to deal with these feelings.



Hygiene

One of the most important things is to do is wash your hands regularly. This helps stop the virus from spreading. Remember – wash your hands for 20 seconds in hot soapy water

Stay Connected

Over the coming weeks, you may need to stay home and not spend time with family and friends BUT it is really important that you stay in touch with them. There are lots of ways to do this: daily phone calls, Facetime, whatsapp groups, arrange a morning get together over the internet – we are lucky to have so much technology which means we can stay connected – so USE IT!



Keep to a Routine

Having a routine is **SUPER** important for our wellbeing. It reassures us that life goes on, it gives us a sense of certainty, it reduces our stress when we have things we rely on and which happen at certain times. It means we get regular meals and good sleep. It also stops us spending lots of time doing nothing, getting bored or worrying.



Make a Plan

Plan your routines by making a timetable for each day. Set fixed times for each activity. Include times for eating, exercise, doing some school work, relaxing and doing things that make you happy, doing some jobs around the house, talking with friends or family.

Keep Active

Our routines will change and you may not be able to go to clubs or sports groups that help you keep active BUT there are lots of ways to keep moving whilst at home. Youtube clips, taking a walk outside, playing in the garden, making a homemade circuit with your family, doing yoga in your bedroom; whatever you do make sure you build some activity into your daily routine.



Stay Positive and Get Creative

Change can feel hard and scary but it can also give you chance to try new things. Use it as an opportunity to learn a new skill or do something you have never done before. Ask a family member to teach you to cook a recipe, play board games that you haven't played for ages, teach a member of your family something you have learned at school, write a story, draw or paint, build something – set yourself a new challenge each day!

Avoid Fake News

There is lots of news out there and while most people online are well meaning, not all of the information you come across online is true. Keep to official news sources and ask your family for information.





Set limits

It is natural to want to talk about what is happening and it is hard to avoid on the news BUT too much focus on things can make us stressed and worried. Limit how much time you spend watching information or discussing it. Remember to get on with your life and talk about other things which are going on in your own life and the world around us.

Ask for Support

If you are worried, feeling upset or don't know how to spend your time ask for support. You could talk to your family or friends. You can also get support online – below are a list of websites that might help.



- Childline www.Childline.org.uk Call 0800 111
- Young Minds www.youngminds.org.uk
- Papyrus www.papyrus-uk.org Hopeline Call: 0800 068 4141
- The Mix www.themix.org.uk Call 0808 808 4994
- Kooth www.kooth.com
- Samaritans www.samaritans.org Call 116 123
- Elefriends: www.elefriends.org.uk
- UK Safer Internet Centre – advice to keep yourself safe online
- Children's Social Care: 01254 666400

#Wash Your Hands

#Stay Connected

#Set Routines

#Make A Plan

#Keep Active

#Get Creative

#Avoid Fake News

#Set Limits

#Ask for Support

Stay Calm