



Are you worried about the coronavirus or frustrated because you can't do your usual activities? You are not the only one feeling this way! This booklet has some ideas of things you can try.

Not all the ideas will be right for you but you may find some helpful. It will help you to create your own toolbox of strategies that you can use if you are feeling upset, worried, confused or angry.

Different types of tools that you can put in your toolbox include:

Distraction

Relaxation and breathing

Self-soothing strategies

Coping statements

Mindfully letting go

Links to where you can find more information are here:

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

(easy read information on coronavirus)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

(national NHS guidance on coronavirus)

One **tool** that you can use is: **Distraction.**

Distraction skills are important because they can stop you from thinking about what is upsetting you and give you time to think of a better **coping** response.

Distract yourself with fun activities:

Give yourself a hand
massage



Cook your favourite meal

Spend time with your pets

Read a good book



Play computer games

Do a puzzle



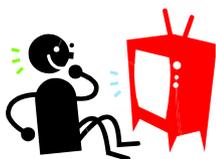
Buy a magazine and read it

Watch television



Have a bath

Watch a funny movie



Borrow a friend's dog
and take it for a walk

Draw



Listen to music

Do some gardening



Take photos

Change your hair colour



Sing

Practice your make up

Some other fun activities to **Distract** yourself with:

Write in your diary about what happened today



Make a list of 10 celebrities you would like to be friends with, describe why



Write a story

Ask your parents if they need any help with anything

Sit in the garden and Listen to the wildlife



Tidy your bedroom

Tidy/Organise your music



Count your breaths

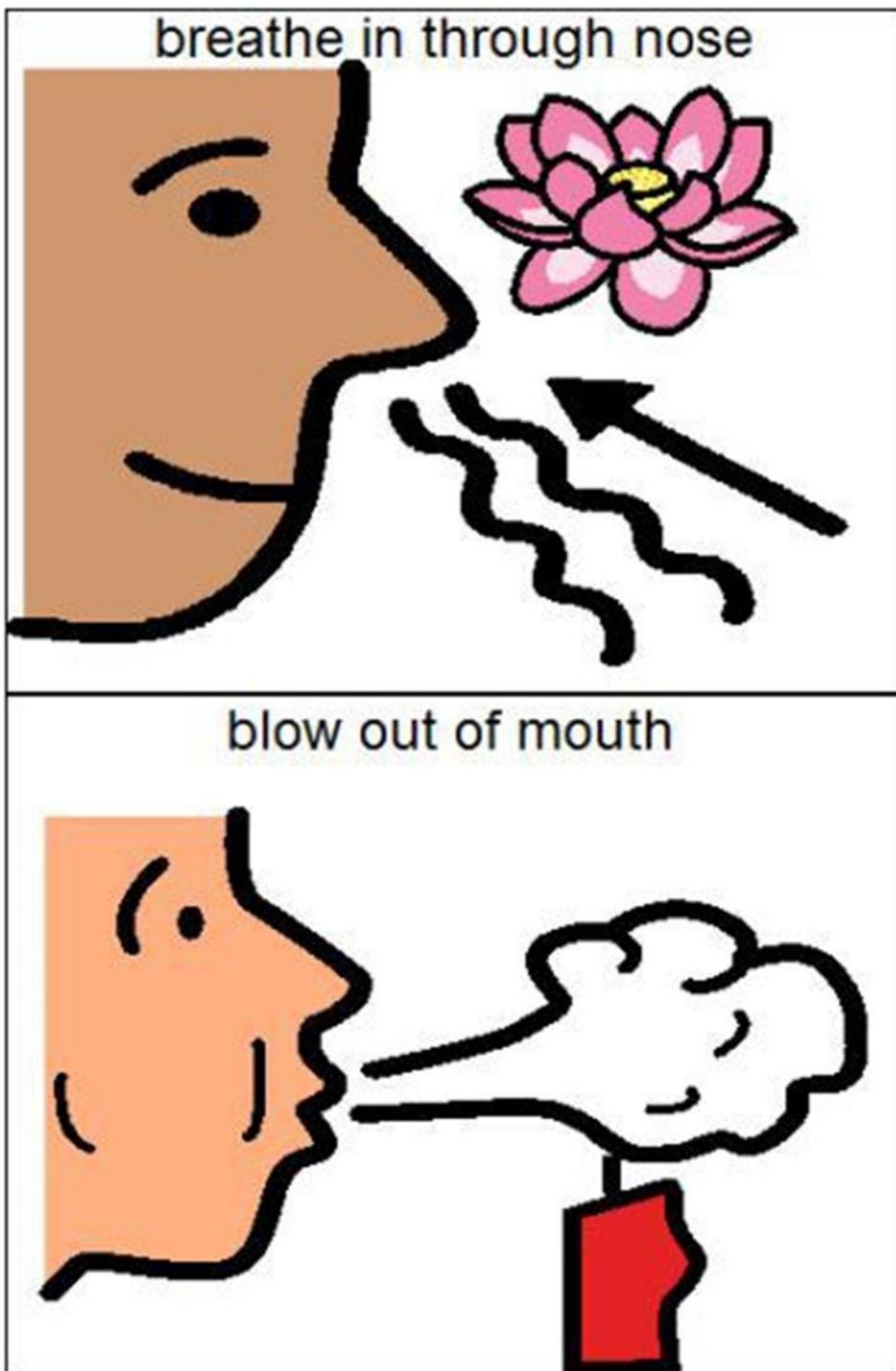
Remember happy memories

What did you do? What happened? Who were you with?



Relaxation and Breathing techniques

When you are worried, upset or angry breathing and relaxation techniques can help. Try some of these and see which you like best.



Relaxation Script - Find a comfortable place to sit or lie down and ask someone else to read this to you.

Begin by breathing deeply, drawing air in..... and releasing the breath slowly....

Breathe in....2....3....4...

Breathe out....2....3....4....

Again....

Breathe in....2....3....4...

Breathe out....2....3....4....

Breathe in.....and out.....

Breathe in.....and out.....

Slowly.....

As you breathe out feel your body relaxing.

Breathe in.....and relax

Breathe in.....and relax

Imagine you are sat in the sun on holiday. Sat on a warm, soft, comfy sun lounger by the pool. Feel the sun shining down.....feel the warmth of the sun on your face as you take a deep breath in....2,....3,....4 and out 2,....3,....4

In 2.....3.....4 and Out 2.....3.....4

Feel your body, warm and relaxed lying in the sun..... Notice your body feeling warm and relaxed.

Now think about each part of your body in turn.....

First turn your attention to your hand. Notice your hand becoming warm and heavy and relaxed. Feel the warmth in each finger.....spreading to the back of your hand.... to your wrist.... Now notice all of you hand feeling warm and heavy and relaxed.

Notice you other hand. Notice that hand feeling warm and heavy and relaxed too, as the warm spreads from your fingersto the back of your hand.....to your wrist.....

Now focus on your arms.....notice them becoming warm.....Your arm is starting to feel heavy.... very heavy, and warm and relaxed. Your arms are warm, heavy, and relaxed.

Your hands and arms feel warm and heavy and relaxed.

Now turn your attention to your legs. Feel your legs becoming warm. Feel the warmth spreading all the way from your feet.... to your ankles.... lower legs....knees....and hips. Feel your legs becoming heavy.... very heavy, and very relaxed.

Your legs are warm....heavy.....and relaxed....

Feel the warmth of the sun on your back. Feel your back warming and relaxing..... the warmth spreads all the way from your neck...to your shoulders.....your upper back....middle and lower back..... feel your body relaxing as it becomes warm and calm....

Feel the heaviness in your entire body.... your body is warm....heavy.... and relaxed...

Enjoy this calm, relaxed feeling.

Imagine a warm breeze blowing across your face.... feel your face and head relaxing.... your eyelids are very heavy....

Picture the sun shining down on you....warming the front of your body..... allow your chest and stomach to relax in this warmth.... feel the sun shining....warming your skin....relaxing your body.... as your body is filled with heavy, warm, pleasant relaxation.

Imagine you can hear the waves from the nearby beach up ahead.... you can smell the ocean spray.... the air is moist and warm.... feel the pleasant, warm breeze blowing over you....

Imagine you get up and walk towards the beach.... the sand is very soft and warm. You feel warm and relaxed as you stroll along the beach.....your toes are warm on the soft, soft sand.....

Hear the sea softly lapping on the beach.....

See the waves washing up onto the sand..... and flowing back toward the ocean.... washing up.... and flowing back down.....

Notice your body feeling warm in the sun.....warm and relaxed.....breathing in....2,.....3,.....4 and out.....2.....3.....4

Imagine yourself walking along the beach.... over the warm soft sand.... you are feeling very relaxed....

You feel peaceful and relaxed.... allow all your stresses to melt away....

Imagine you sit down on a soft towel on the warm sand.....the warmth of the sand warms your body.....feel the warmth spreading throughout your body.....as you lie on the sand.....Your body feels warm, heavy and relaxed.....as you relax in the sun.....listening to the calming sound of the sea.....

Spend a few minutes relaxing in this lovely place.....somewhere for you to come and relax whenever you want,

breathing in....2,.....3,.....4 and out.....2.....3.....4

When you are ready to wake, Gently start to reawaken your body.... wiggle your fingers and toes....move your arms and legs a little.... stretch if you like....do so slowly

And when you are ready, open your eyes.... and become fully alert.

Keep with you the feeling of calm and relaxation.... feeling ready to return to your day....

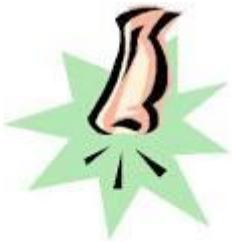
Self-soothing techniques

Now you know how to **distract** yourself if you become overwhelmed with emotions, you need to learn new ways to help you **soothe** yourself. These **self-soothing** techniques will help you to **relax**.

It is important to **self-soothe** because it helps you to **relax**. When you are **relaxed**, your body feels better and it's easier for your brain to think of healthier ways to cope with your difficulties.

**Look at the list of ideas to help you relax.
See which one is best for you.**

Self-soothing using your sense of smell:



Burn scented candles.

Wear perfume to make you feel happy

Bake bread or something that makes the house smell nice

Self-soothing using your sense of vision:



**Go through magazines and cut out pictures that you like.
Make a collage of them to hang on your wall.**

Do a 'where's wally'

Go through photos

Draw or paint a picture

Carry a photo of someone you love

Self-soothing using your sense of hearing:



Listen to soothing music

Listen to books on cd

**Open your window and listen to birds,
trees blowing in the wind**

Listen to a recording of a relaxation exercise

Listen to running water

Self-soothing using your sense of taste:



**Enjoy your favourite meal. Eat it slowly so you can
enjoy the way it tastes.**

Carry gum with you to eat when you are feeling upset

**Drink something soothing like hot chocolate. Drink it
slowly so you can enjoy the way it tastes**

Self-soothing using sense of touch:



Carry something soft with you in your pocket

**Take a hot or cold shower or bath,
enjoy the sensations on your skin**

Get a massage

Stroke your cat

Wear your favourite, comfy clothes



Imagining a Safe Place Tool



Sometimes your brain and body cannot tell the difference between what is really happening and what you are imagining.

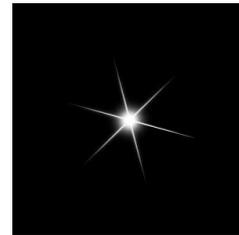
So, if you are feeling scared or worried, you can imagine that you are in a safe, calm place in your brain, your body will feel calm and relaxed.

Turn off the t.v, mobile phone, radio. Be in a quiet place.

Where do you feel safe?



Is it In a castle



**in your bedroom
in the clouds**

In space,

on the moon

It doesn't have to be a place

it could be a colour or an animal

My safe place is:.....

My safe place makes me feel:.....

Imagining your safe place

Sit in a comfortable chair.

Put your feet flat on the floor.

Put your arms resting on your lap or on the arms of your chair.

Close your eyes

Take a slow big breath in through your nose.

Feel your tummy get bigger like a balloon as you breathe in.

Breathe out slowly through your mouth, feel your tummy collapse, like a balloon losing its air.

Slowly take in more air, feel your tummy getting bigger. Hold it for 5 seconds, 1, 2, 3, 4, 5.

Slowly breathe out through your mouth.

Do this again for 5 seconds.

Keep breathing slowly.

Now imagine that you are entering your safe place.

Now use your sense of sight:



Look around your safe place, what does it look like

Is it daytime or night-time, is it sunny or cloudy

Are you alone, or are there other people or animals, what are they doing?

If you are outside, look up, and notice the sky

If you are inside, what are the walls and furniture look like?

Choose something soothing to look at for a few seconds.

Now, use your sense of hearing



What do you hear, can you hear other people or animals?

Do you hear music, do you hear the wind or ocean.

Choose something soothing to hear then listen to it for a few seconds.

Use your sense of smell.



If you are inside, what does it smell like, does it smell fresh, do you have the fire burning.

If you are outside, can you smell the air, the grass, the ocean, the flowers, scented candle?

Choose to smell something soothing in your safe place.

Can you feel anything in your safe place?



What are you sitting on or standing on,

Can you feel something soothing in your safe place for a few seconds.

Now, use your sense of taste,



Are you eating or drinking anything.

Choose something soothing to taste.

Now, take a few seconds to explore your safe place.

Notice how safe and relaxed you feel here.

Look around, remember what it looks like.

Now, keep your eyes closed and come back to your breathing.

Take slow, long breaths through your nose and exhale through your mouth.

When you feel ready open your eyes and return to the room.

Remember you can come back to this place anytime you need to feel safe and relaxed.

You can come back to it when you feel sad, angry or in pain.

Be in the now

We can often spend long time worrying about things that might happen in the future

We can forget about living in the moment.



Next time you are worrying about something happening in the future ask yourself

Where am I right now?

Am I worrying about the future?

Or am I in the NOW, paying attention to what I am thinking, what I am doing and feeling?

If you are not in the now:

Remind your self where you are right NOW. Think about your breathing, take slow long breaths to help you focus.

Notice how your body feels, observe any pains and aches you might be feeling.

Notice any painful emotions that you might be feeling use some of the tools so far to help you cope with that pain.



Using Coping Thoughts

Coping thoughts are there to be used to soothe your emotions when you are in a distressing situation.

They are statements to remind you of your



Strengths

Your support system



Coping thoughts are statements you can say yourself that can make you feel more at ease.



Coping Statements

Using these coping statements are really useful when you **FIRST** notice that you are feeling worried or upset. The quicker you notice that you are feeling upset, the better chance these coping statements will help sooth yourself. Here are a few coping statements that may help.

Here are a few more coping statements to remind yourself.

Circle a tick ✓ for the ones that you would like to use.

Circle a cross ✗ for ones you would not like to use

This feeling will pass



I can be upset and still manage this situation



These are just my feelings, eventually they will go away



It's ok to feel
worried/sad/anxious
sometimes



I am not in danger right now



Write your favourite coping thoughts in a place where you can see it every day. This could be on your mirror, on the fridge, in your purse. The more you see these coping thoughts the quicker they will become part of your automatic thought process

Write down a stressful or upsetting situation when you used your coping thoughts to give you strength.

Upsetting situation 	New coping thought 
No one is replying to me on facebook. I'm worried they may be ill	They may just be busy doing something else

Mindfully Letting go of worrisome thoughts

Imagine your thoughts and feelings as pictures or words floating away with you- without getting stuck on them:

Some ideas you could try:

Imagine sitting in a field watching your worrisome thoughts float away on clouds



Imagine writing down or drawing all you worrisome thoughts on a piece of paper and putting that in a hot air balloon and the balloon floating off



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What are your ideas?