

Looking after your wellbeing and staying positive during Coronavirus

It is normal to feel worried and anxious at the moment. We have all experienced changes to our lives and we are dealing with uncertainty about the coming weeks. Nobody is alone in this - here are some things that might help you and your family.

5 steps to wellbeing

1. Connect- through phone calls or video calls with someone you know
2. Be active- take a walk around your local area, dance to your favourite music, or there are plenty of people on Instagram and YouTube offering keep fit activities for any ability.
3. Take notice of your surroundings- take time to notice things outside like- the birds, trees etc
4. Learn- try to learn something each day. You could aim to learn a new word, read a book or blog, watch a TED talk
5. Give- Send a message to someone you haven't spoken to for a while or put a note through an elderly neighbour's door just to say hello at a time when they are self-isolating and may be quite lonely.

4 things you can do to support your child

1. Talk to them about what's going on. Find out how they're feeling and what they're thinking about, let them know it's okay to feel scared or unsure, and try to answer their questions and reassure them in an age appropriate manner.
2. Help them to reflect on how they're feeling and encourage them to think about the things they can do to make them feel safer and less worried.
3. Reassure them that this will pass, you're there for them, and you will get through this together.
4. Keep as many regular routines as possible, so that your child feels safe and that things are stable.

3 websites that you can use to help

Government advice for families: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Advice for children and young people (including helpful ways of calming anxious thoughts): <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown>

Supporting your child and family: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>