

Finding our way through the clouds

How we response to Covid

Some activities





The Clouds of Covid

Write it down - you could draw clouds and write your answers in them.

1. What **scares** you about Covid? Make a list of some of the things that worry you most about it. You could add to the list below.

Scared someone I care about might die.

Hate hearing ambulances in the street.

I wont get a job.

We have no money.

Scared I might die.

People get too close.

Can't get into college.

I wont ever see my friends again.

2. What nice things has the lock down stopped you doing?



Going to school.

Playing sport.

Going shopping.

Visiting family.

Seeing my friends.

Getting out.

Getting my hair cut.

Parties.

Some sunshine



Not **everything** about self-isolation has been bad. There may be somethings that you have quite liked.

You could draw a sun and write your answers in it - you could use the rays.

1. What things have you enjoyed about self-isolation? Make your own list, or put the suggestions into order of what is most important to you.

Spending time with my family	Watching lots of movies
Resting	Seeing more of my dog
Seeing more of my mum/dad	Cooking nice food
Playing games	Not going to school

2. Which of these things do you want to keep going after the self-isolation is lifted?

Looking after your mental health while self-isolating



Some tips from **Young Minds** (youngminds.org.uk)

Staying connected

There are many positive online communities. There is lots of work being sent out by school - respond! Send it back! Ask for more! There are many ways to connect with family and friends online. Lots of free video calling services so your grandparents and friends can see you - you could really brighten their day.

Say: 'Can we talk about something different?' if you find that you're only talking about coronavirus and it's making you stressed.

You're probably not the only person feeling worried, bored or frustrated. Reach out, make that first move and check on someone you've not heard of. They will probably be grateful to hear from you. Let them know you care.

Reaching out online can be positive but avoid anything that encourages you to do things that are harmful for your physical or mental health. If you're concerned, talk to someone you trust.

Staying calm

Mindfulness: There are loads of free apps to guide you through breathing techniques and meditation that can help ease anxiety and clear your mind.

There is a daily mindfulness practice at 11am for students/parents and teachers. Give it a go!! <https://mindfulnessinschools.org/misp-sit-together/>

There are lots of YouTube videos of yoga and other **exercise** which will help your mood.

Social Media: It may be a great support but maybe you are spending more time than usual on it and it may be affecting your mental health.

Unfollow or mute accounts that make you feel anxious, upset or angry.

Take a break from the news – allow a set time instead so you don't keep checking for updates and worrying.

READ A BOOK or a MAGAZINE – get away from screens – it can help you escape a bit. Read an old favourite or get a friend to recommend one.

SING! Try painting! Learn to knit. Have a go at something new or something you enjoy! Dance like there's no one watching – because there doesn't have to be!

Find positive accounts like @youngmindsuk that boost your mood and share your interests

Plan your days – work out how to spend your day – get into a routine. Make a list of things you want to get done – so you feel you've accomplished something.

Board games are fun with friends and family – and you can play lots of these (like Monopoly or Chess) on line or via apps.

Dealing with stressful situations at home

Walk away from tense situations if you can

Being cooped up with other people can be frustrating and might create tension. You can defuse situations by walking away from arguments until everyone feels calmer. Try and go to a different room.

Create a rota

Lots of people can end up fighting over who decides what is on TV, who washes up or who cooks If there is a rota and a fair system then it should help avoid arguments.

Reach out for help

There are lots of helplines and resources online, including:-

Young Minds Crisis Messenger Service

Text YM to 85258 for free 24 hour mental health support.

Call Emergency Services (999) if you or someone you live with is seriously injured.

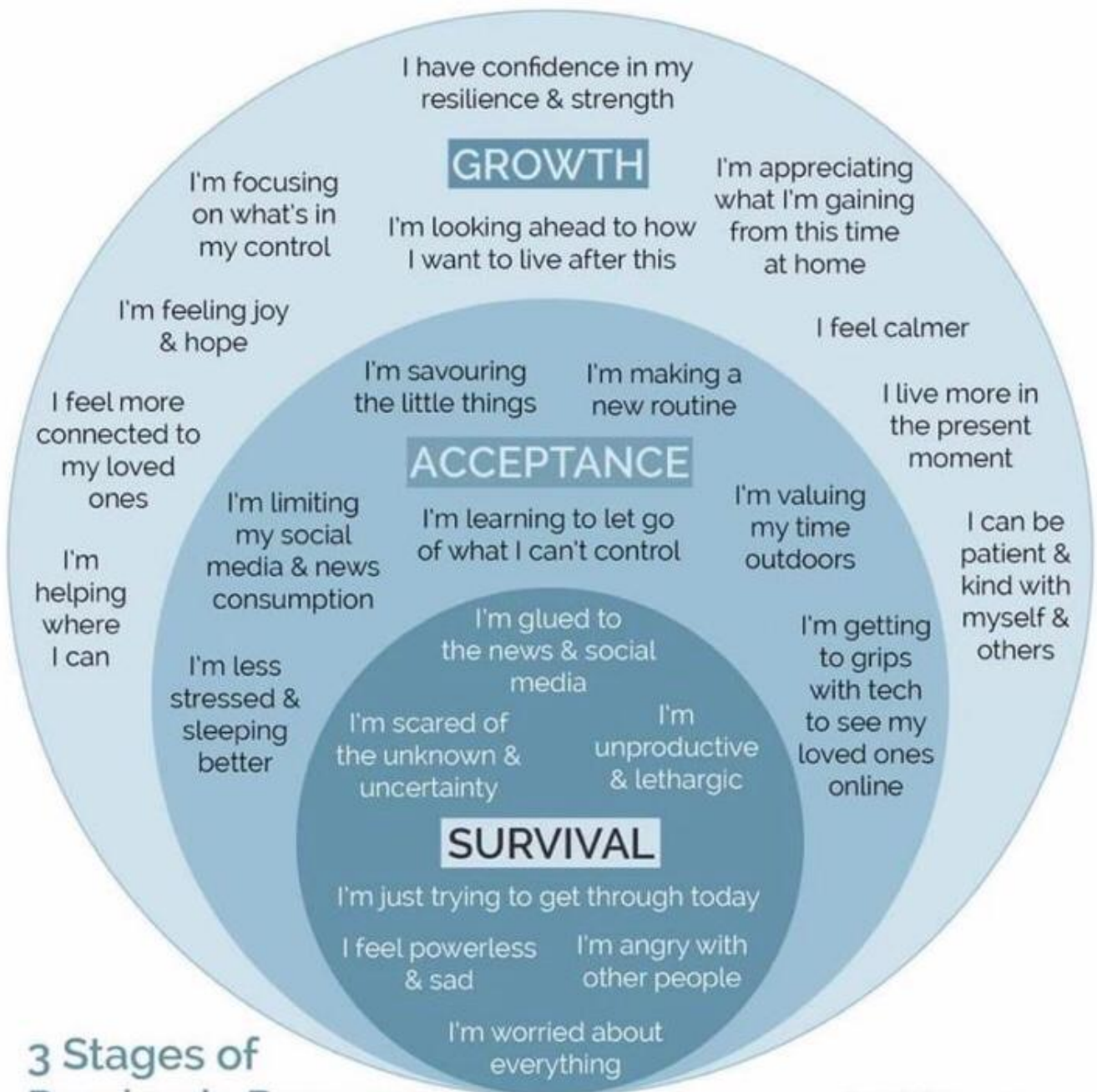
www.childline.org.uk - freephone 24/7 helpline 0800 1111

www.samaritans.org - freephone 24/7 helpline 116123

www.womensaid.org.uk - email: helpline@womensaid.org.uk

if you think you maybe experiencing domestic abuse and you identify as a woman.

3 Stages of Pandemic Response



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