

A Guide for Children and Young People Emotional Wellbeing: Managing Anxiety

Developed by the Croydon Mental health Support
Team



6. Acknowledge your feelings



It is normal to feel overwhelmed, stressed, anxious or upset, among a wide range of other emotional reactions, in the current situation.

Allow yourself time to notice and express what you're feeling. This could be by writing them down in a journal, talking to others, doing something creative, or practising meditation.

Our anxiety does not come from thinking about the future, but from wanting to control it.



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Try to separate out what is in your control and what is not.

Pay attention to and action the things you have control over.



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Strategies to keep a sense of control to ease Coronavirus anxiety:

1. Seek accurate information
2. Set limits around news and social media
3. Look after yourself
4. Reach out to others and support people around you
5. Try and focus on things that are positive in your life
6. Acknowledge your feelings
7. Manage your anxiety
8. Contact a professional



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Asking for help

Keep in touch with friends and family by:

- Text
- Video call
- Phone call
- Face to face (if possible)

Use your friends and family to talk through feelings and deal with challenges. Receiving support and care from others can bring a sense of comfort and stability.

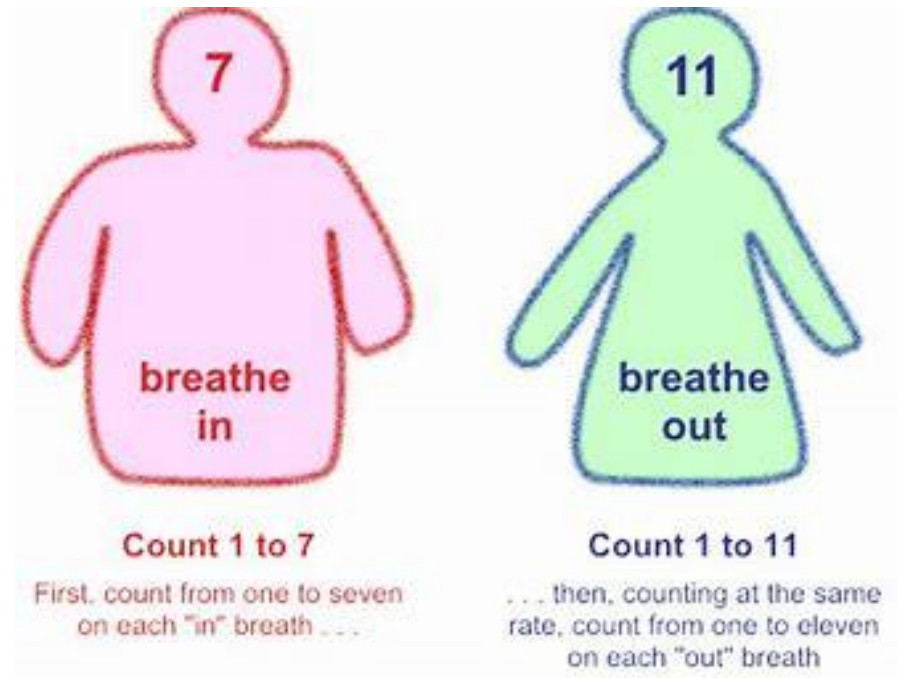


Manage your anxiety

a) Try some breathing, mindfulness And grounding exercises to help you relax, such as:

7-11 breathing

- Breathe in for 7 seconds, out for 11 seconds
(Also, access the many apps available which will Guide and lead you such as Headspace, medication For kids (or adults)





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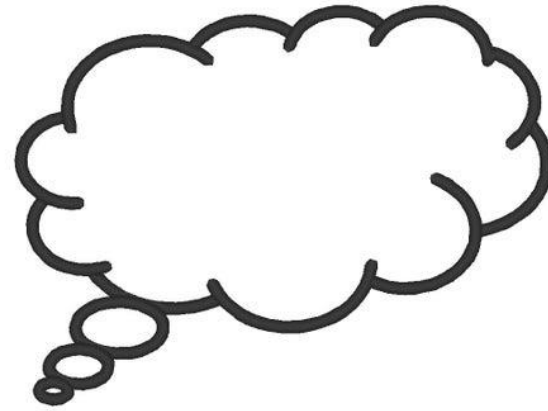
b) Keep active/moving

Try to move your body each day, even if you are indoors, as exercise helps to elevate your mood and lower stress. If you are physically fit and healthy, your body will be stronger and better able to fight a virus.



**KEEP
CALM
AND
STAY
ACTIVE**

Manage your anxiety



c) Challenge your thoughts

Our thoughts (how we think about things) are interlinked with how we feel emotionally and physically. If our minds are filled with lots of catastrophic and anxious thoughts (e.g. “I won’t be able to keep my family safe during this outbreak”) then this is likely going to make us feel emotionally distressed and anxious, and may impact us physically e.g. sleep difficulties, poor appetite, difficulty concentrating, tiredness and low energy.

As best you can, try to think positive thoughts and not focus on things you have no control over



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Manage your anxiety

d) Self-kindness

Self-kindness is essential if you want to cope well in this crisis – especially if you are in a caregiver role.

So ask yourself, “if someone I loved was going through this experience, feeling what I am feeling – if I wanted to be kind and caring towards them, how would I treat them? What might I say or do?”

Then try treating yourself the same way.

KINDNESS

begins with

ME