



# My WellBeing Pack



It's a difficult time for everyone right now, many people can feel more stress, anxiety, worry, sadness, or even hopelessness and despair. This can be a very normal reaction to a very abnormal situation. The question is not *if* it is affecting you but *how*. So what can you do to help yourself and others get through this?

So here are some ideas, tips and links to help support your mental, emotional and physical wellbeing, as well as a few study tips and where you can find more help.

You may look through the whole pack or you could just look at those parts you need right now. You can come back to this pack whenever you like, or you could print it out.

... and when you start looking, you may also find your own tools and skills you might want to share with your friends.



**TOGETHER WE CAN GET THROUGH THIS LOCKDOWN!**

## **Contents:**

- Tips for Effective Study
- Common Problems with Lockdown and Home Learning
- Healthy Habits
- Coronavirus Concerns
- News and Social Media
- Coping with Big or Difficult Feelings
- Breathing Exercises
- Muscle Relaxation
- Meditation and Relaxation
- Where to Find Help





## Top Tips for Effective Study



- **Take short, regular breaks** - it is important to move your body regularly, stretch your muscles and shift your energy by shifting the place or how you are sitting. You could go and get a drink or a healthy snack, listen to some music, get some fresh air and look outside, have a chat with a friend, spend time with a pet if you have one or watch a short video about something you're interested in.
- **Take a break from the screen regularly** too, especially if you get any headaches, backaches, eye strain. Tell the teacher you need to turn the camera off and look away from the screen if you have any of these symptoms - listen to your body!
- Try to find a way or a place that you can **make a 'study space'** so that you feel a clear difference between learning time and leisure time.
- Make sure you have all the **equipment** you need for the day before you start (access to a computer, pens, paper, a calculator etc) so that you are ready.
- Try your best but spend the right **amount of time** on a piece of work - If it is taking you much longer than it should or you are getting stressed about it, speak with your teacher - you wouldn't spend more than one period at school doing it so don't worry more at home. **You can only do your best, right?**
- If you are **struggling with work or technical issues**, talk to the teacher (during your online lesson or on Google Classroom you can private message them). Maybe look through your previous work, look on helpful websites (MyMaths, BBC Bitesize <https://www.bbc.co.uk/bitesize/secondary>).



You may find you struggle with school work at home, or are getting stressed, or you might just not be in the right headspace. That's OK! Many others will feel the same. It's a difficult time and teachers and other school staff are still here for you - talk to them! Ask for the help you need.

## **Common Problems with Lockdown and Home Learning**

### ***What do I do if...***

#### **I'm struggling with the work or need to ask a teacher a question?**

It is best to contact your teacher by posting on Google Classroom. Teachers get an email to say that you have posted something, so they will get back to you. They are expecting questions and know that some students might struggle so don't worry about asking for help.

#### **I have internet problems or can't access the work?**

You should let your teacher know if you are having difficulty accessing the lesson, work or are having technical issues. If these issues are likely to affect your whole day of lessons, then let your Head of Year know.

#### **I need someone to talk to?**

You have a few different options depending on what you would be most comfortable with. You could either:

- Speak to a trusted family member (parent, guardian, relative)
- Contact a member of staff at school if you know who you would like to speak to
- Email [needtotalk@johncolet.co.uk](mailto:needtotalk@johncolet.co.uk) and someone will get back to you
- Have a look at the list of contact details on the next page for different organisations and charities who you can contact if you feel you need to

#### **I feel stressed about the workload?**

If you feel like you are becoming overwhelmed or are struggling a lot with work then you should contact your Head of Year to let them know how you are coping and see whether they can help you.

## Healthy Habits

<https://www.healthforteens.co.uk/>



### Routine

Try to continue your daily routine as normal - wake up, brush your teeth, shower, get dressed, have breakfast etc

### Eat well

Eat a healthy, balanced diet, including 5 portions of fruit and vegetables each day. Try not to snack too much, and make sure that you are eating enough.  
<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>



### Sleep well

Try not to go to bed too late or sleep in for too long to make sure that you are rested and ready for the day ahead. Try a free app to help if you struggle with sleep  
<https://www.nhs.uk/apps-library/filter/?categories=Sleep>

## Healthy Habits

### Exercise

Exercise is really important for your physical health and your mental health. It's also a good break from studying and sitting still. Try a bike ride, a walk, some yoga, a run, following a workout online etc.

Exercise ideas:  
<https://www.sportengland.org/jointhemovement>

### Stay social

Although things are a bit different at the moment and you may not be able to see your family or friends as you usually would, it's really important to stay connected to people. Meet someone for a walk, talk on the phone, have a video call, message a friend...



## Coronavirus Concerns

The coronavirus COVID-19, is affecting everyone's lives right now, and things keep changing which can feel uncertain and hard to deal with. There's lots of things that we are not able to do, things that we feel like we're missing out on, and things that we might be worried about. Everyone will be feeling differently: you may feel relieved, you may feel worried or angry, you may not know how you feel, or you may feel a mixture of emotions - and your feelings might change quite dramatically from one to another.

You might feel:

- Low, sad or down
- Fed up or frustrated
- Angry or annoyed
- Worried, anxious or scared
- Like it's not fair
- Like you don't have control



All of these feelings are OK and normal.

During this tough time, it's important to **BE VERY KIND TO YOURSELF!** This means how you talk to yourself in your mind, and how you take care of yourself every day. It's good to check in with yourself, acknowledge how you are feeling and try to talk with someone you trust if and when you feel you need to.

These weblinks might help or go to the end of this pack to find a professional to talk to.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

[https://www.helpguide.org/coronavirus-mental-health-toolkit.ht](https://www.helpguide.org/coronavirus-mental-health-toolkit.htm)





## News and Social Media

It can feel like all we ever hear about is Coronavirus. Sometimes, if you watch the news a lot this can sometimes bring more feelings of fear and sadness into you about things you don't have any control over.



There is a lot of information about Coronavirus out there and it's important that you know what's going on, but it's also important that you are getting factual, reliable information. Often, posts and information that you might see on social media is not always true.

To try to reduce feelings of being overwhelmed and anxious, it can be helpful to:

- Try to **limit the amount of time** you spend reading or watching the news.
- Make sure you are looking at **reliable sources of information**
- Don't trust everything you see on social media - **be critical** about what you are reading
- If you are feeling worried about what you see on the news or social media, **talk to someone you trust** like a parent, carer or health professional



## Coping with Big or Difficult Feelings

### I'M HAVING A LOT OF REALLY BIG, DIFFICULT FEELINGS AND BODY SENSATIONS!

You are not alone! It is totally natural to have an unusual emotional reaction to this pandemic. You might feel overwhelmed, stressed, anxious and fearful, angry or even the whole range of painful, uncomfortable or unusual feelings right now and these might change a lot day to day!



Sometimes these feelings can get in the way of our wellbeing or day to day activities, so we might need to take some action to manage our emotions. Coping strategies are things that you can do in unpleasant, difficult or stressful situations to manage emotions and help you through things, or to reduce how much it affects you. How well we cope can change daily which is normal. You might need to try a few different techniques to find out what works for you.

On the following pages, there are some ideas of things that you can try:

- Identifying and expressing your feelings
- Wellbeing tips for lockdown (the 5 C's - control, care, continuity, creativity and compassion) and associated activities
- Relaxation and mindfulness techniques - breathing, muscle relaxation and meditation



It can be useful to identify and find a name for what you are feeling- there is no wrong or right in this! You might like to do some art and make your own 'mood thermometer' using different colours to say how you are feeling each day or you could use this feelings wheel to help you name what you are feeling.



<https://www.nhs.uk/apps-library/cove/>



## The 5 C's - Dr Radha's Wellbeing Tips for Lockdown

Control, Care, Continuity, Creativity and Compassion

<https://www.bbc.co.uk/news/av/newsbeat-52411394>

### CONTROL

**What are you in control of and what are you NOT in control of?**

It might be useful to make a list of all your worries, whether big or small, and look at them to see **what is in your control right now and what is not within your control**, and to try to let those ones go from your mind, or talk to someone you trust about how you can deal with them. Focus on what you **DO HAVE** and what you **CAN DO**. Perhaps you can make positive plans for the future, including the things you may have missed out on during lockdown.

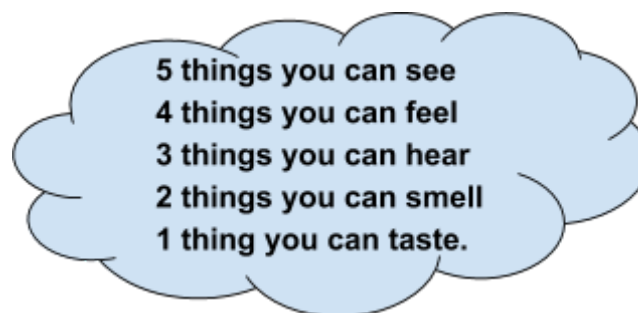


## CARE

**This means self care - your physical, emotional, social, creative and intellectual wellbeing and more!**

Get up, get washed, get dressed, get a good sleep routine and make sure you get outside for some fresh air and exercise every day, speak to friends and family every day - maybe even make new friends! Here are some ideas to help you care for your mental and emotional wellbeing:

- A '**grounding**' activity can help stop your thoughts from spinning out of control. It involves focusing on what's going on around you and using your senses - try to name or think of:



- Find an enjoyable **distraction** that takes your mind off things, for example listening to music you like, having a chat with someone, going for a walk or cooking something. These can be helpful when you notice you're worrying about the past or the future because you are thinking about your present 'now' moment, and you can make that moment OK!
- There are lots of apps to help you take care of yourself - take a look <https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>

## CONTINUITY

**Do the same as you would have done before.**

Keep up your activities and socialising as much as possible, even if they are online. This will help you feel some normality and grounded.

**Structure and routine** might sound boring but can help us feel more settled, especially if it is close to the life you would normally have, like getting up at the normal times, getting dressed, getting outdoors at some point. You could make a timetable of the day or week, write a checklist for things that



you need to do, or write down your worries before bed and go over them in the morning.

Maybe think about what makes you feel good about yourself and your life. You could make a gratitude list or diary and remind yourself about the things you have in your life now, and those things you are looking forward to after the lockdown.

<http://cms.scouts.org.uk/media/5778/gratitudediary-js.pdf>

## **CREATIVITY and PLAY!**

**Try to keep up or find some new ways of having fun and being creative.**

You do not have to be 'good' at it, just allow your mind to switch off and do something stimulating and enjoyable.

Think about **what makes you smile** or something new you've wanted to try: dancing, drumming, nature, drawing, photography, comedy? Do a search and find something new! Here are a few ideas and activities to inspire you at home:



- Join in with @noel\_fielding's art challenge on Instagram or Twitter. He sets a theme and you can produce art based on that theme.
- Download some animation and movie apps - write a short film which could be based on a book or story you like, storyboard the scenes, shoot and edit. Then host a 'Premiere' for the family to watch one evening
- Learn some circus skills such as juggling
- Watch 'Art Ninja' on BBC iPlayer for loads of creative and making ideas.
- Go through old/favourite photos and sort them into a book or make a collage
- Film nights
- Watch old film favourites from when you were little.
- Subscribe to Audible or a free book website such as z-library <https://z-lib.org/>
- Ask to be in charge of cooking some evenings and create your own menus
- Host your own family Bake Off challenge
- Make your own 'Desert Island Discs' playlist (and ask friends and family to) & think about what the tracks remind you of. It'll pass an hour or two while you choose & listen to them.
- Compile a playlist of songs from the year you were born

## **More links to ideas of stuff to do!**

<https://www.bradfordgrammar.com/wp-content/uploads/2020/05/activities-for-teens-in-lockdown-1.pdf>

<https://yourteenmag.com/family-life/communication/100-things-teenagers-can-do-without-screens>

<https://www.scouts.org.uk/activities?size=Individuals,Pairs&section=Explorers>

## **COMPASSION**

**This means being extra kind to yourself as well as other people around you.**

Doing things for other people or showing simple acts of kindness can make us feel good. Showing yourself kindness is also very important, but some people can find this hard to do. Make sure you talk to someone if you find this difficult and try to notice how you talk to yourself in your head.

If you feel negative or put yourself down try your best to STOP and say something nice to yourself instead. Remember that you are not your thoughts - thoughts are NOT facts even if they sometimes feel like they are truthful.

<https://www.youtube.com/watch?v=0QXmmP4psbA>

Search “**Positive Affirmations**” on Google Images and see what appeals to you!

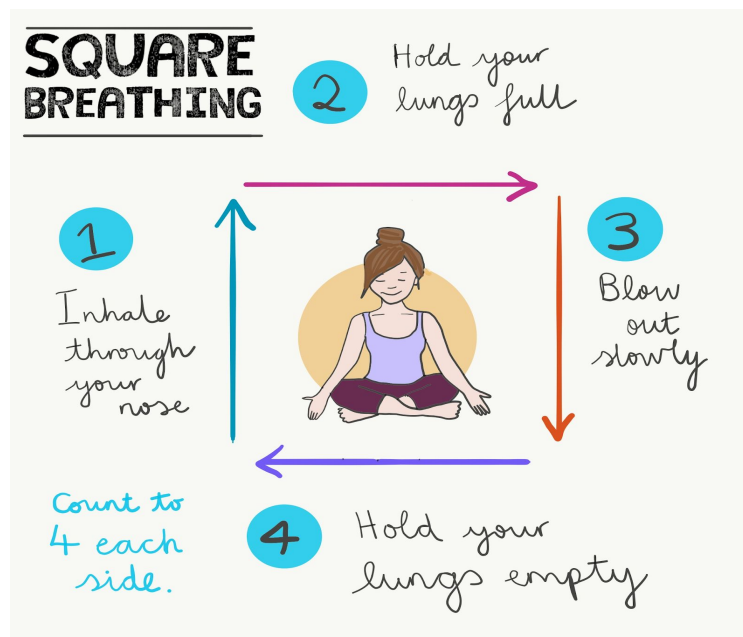


## Breathing, Relaxation and Mindfulness Techniques

### Breathing

Breathing exercises are a good relaxation method that you can use at any time, without anyone knowing, to help calm yourself or bring stress levels down. Sometimes when we start to get anxious or stressed, we tend to take quick, shallow breaths which can make us feel even worse. Focusing on your breathing makes you stop thinking about what else is going on and take charge of your body responses.

Below are a couple of simple breathing exercises, which can help you to calm any stress, anxiety or panic, or just to feel good! Follow the steps below and repeat a few times until you feel more in control and more calm.



**Deep, Belly Breathing** can help you feel calm if you are feeling anxious, tense or angry...

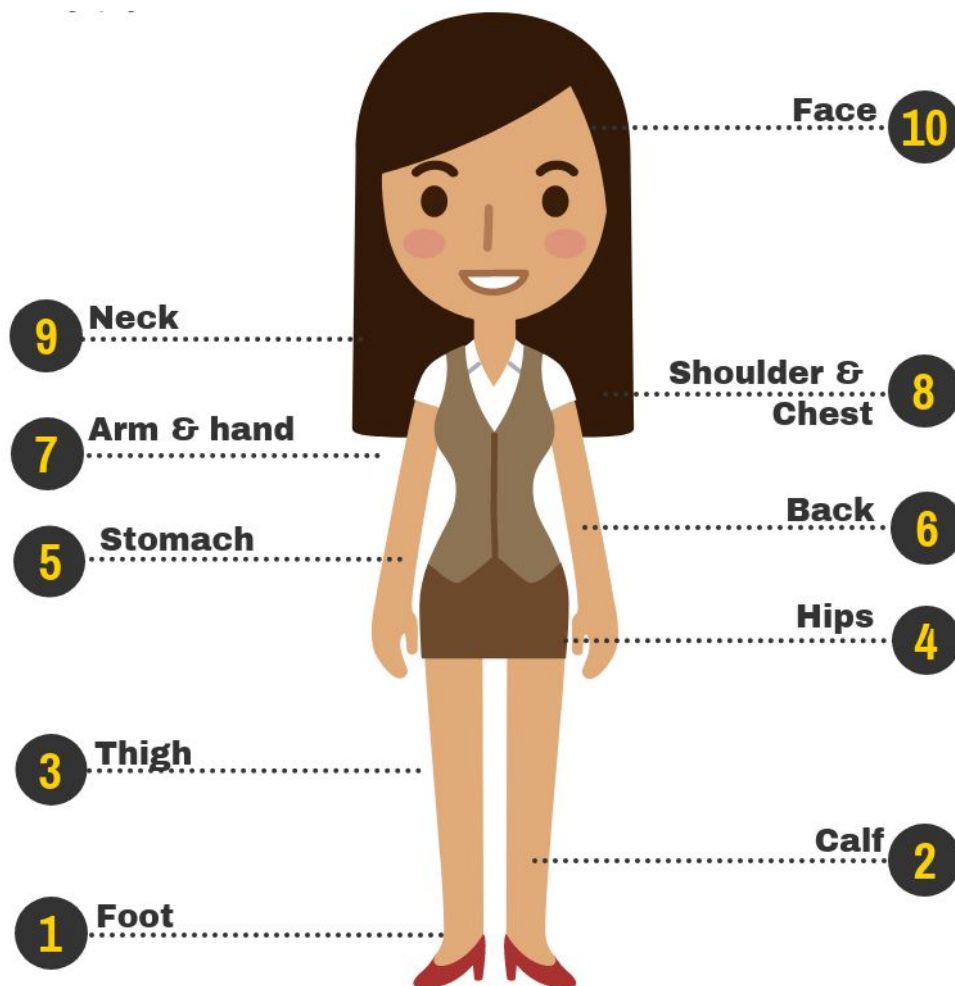
<https://www.youtube.com/watch?v=RiMb2Bw4Ae8>

- Sit up straight, relax the shoulders and belly, and breathe out.
- Breathe in softly counting slowly to 5, expanding your tummy out as air fills the bottom of the lungs.
- Without pausing, breathe out softly counting slowly to 5, bringing your tummy in as the lungs empty. You can think of your breath as being like a circle.
- Repeat this 10 times, more if it feels comfortable.



## Muscle Relaxation

When we feel tense, it's natural to hold onto that tension in different parts of your body, including your shoulders, neck, jaw, legs, hips and hands. Focusing on each body part, one at a time, helps to take your focus away from other things that you might be thinking about. Your mind can't be relaxed unless your body is! This exercise is best to do when you have a spare few minutes and are unlikely to be disturbed.



Start in a comfortable, seated or lying down position. Close your eyes and focus on slow, deep breaths. When you are ready, slowly tense all the muscles in your right foot as tightly as you can and hold for 10 seconds.

Relax your foot and notice the tension flowing away. Then, follow the same sequence of muscle tension and release with your left foot. Move slowly up your body contacting and relaxing as you go in the order you see in the picture above.

## **Guided relaxation or meditation**

Sometimes it can be useful to let someone else help you relax with a guided relaxation or meditation like in the videos below. See which one works for you the best and practice it.

If you have 3 minutes...

### **3 minute body scan**

[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)

If you have 5 minutes...

### **Body scan meditation**

<https://www.youtube.com/watch?v=aIC-lo441v4>

If you have longer...

### **13 minute body scan**

<https://www.youtube.com/watch?v=X462QPGZQt4>

If you are feeling scared, frustrated or angry, sometimes you can get an icky frozen feeling. This video can help you to practice melting that feeling away.

### **Melting**

<https://www.youtube.com/watch?v=fTzXFPh6CPI>



## Where Can I Find Help or Support?

### Self-Help with Mental Health during the Coronavirus pandemic

Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic, for example:

- Support with anxiety
- Low and changeable moods
- Struggling with self-isolation
- Managing eating disorders
- Bereavement support
- How can I look after my mental health

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.helpguide.org/coronavirus-mental-health-toolkit.htm>

CAMHS has also got some useful self-help resources for young people to help understand and cope with anxiety and depression. They include explanatory videos, worksheets and an information booklet that can be downloaded.

<https://www.oxfordhealth.nhs.uk/camhs/advice/self-help/>

The NHS Apps Library has various apps to help you manage your health and wellbeing too.

[www.nhs.uk/apps-library](http://www.nhs.uk/apps-library)

<https://www.nhs.uk/apps-library/thinkninja/>

### I'M REALLY STRUGGLING RIGHT NOW!

If you feel you are stuck in depressed state, are having panic attacks, feel the urge to self-harm, you are worrying about your eating or feel that you would like help, support or someone to talk to, there are many different organisations, websites, phone lines and webchat/text contacts you can contact.

### IF YOU NEED URGENT HELP

- If you're feeling overwhelmed, or like you want to hurt yourself, you can ring **HOPELINEUK** (call 0800 068 4141) or text **YoungMind's Crisis Messenger** (text YM to 85258) and a counsellor will talk things through with you.
- If you feel like you may attempt suicide, or you have seriously hurt yourself, it's an **emergency**. **You or a trusted adult should call 999** and ask for an ambulance, even during the coronavirus outbreak.
- Mental health emergencies are serious. You are not wasting anyone's time.

## **CHILDLINE**

Free 24 hours helpline for children and young people in danger or distress, to talk about anything.

Includes [information and support if you're feeling worried about coronavirus](#).

0800 1111 (helpline)

[www.childline.org.uk](http://www.childline.org.uk)

## **Kooth**

[kooth.com](http://kooth.com)

Information on mental health and wellbeing, community message boards and confidential live chat.

## **NSPCC**

0800 1111 (helpline)

[nspcc.org.uk](http://nspcc.org.uk)

Support for children experiencing abuse, neglect and in distress.

## **Papyrus HOPELINE**

0800 068 4141 (helpline)

07860039967 (text)

[papyrus-uk.org/hopelineuk](http://papyrus-uk.org/hopelineuk)

Provides confidential support if you, or someone you know, is thinking about suicide.

## **Websites to help deal with Self Harm**

<https://www.selfinjurysupport.org.uk/>

<https://www.supportline.org.uk/problems/self-injury-and-self-harm/>

<https://www.selfharm.co.uk/> - Alumina is a free, online 7 week course for young people struggling with self-harm.

## **Samaritans**

116 123 (helpline)

[samaritans.org](http://samaritans.org)

24-hour emotional support for anyone who needs to talk. Includes [information and support if you're worried about your mental health during the coronavirus outbreak](#).

## **The Mix**

0808 808 4994 (helpline)

85258 (crisis messenger service, text THEMIX)

[themix.org.uk](http://themix.org.uk)

Support and advice for under 25s, including a helpline, crisis messenger service and webchat. Includes [information on how to deal with coronavirus-anxiety](#).

## **YoungMinds**

Text YM to 85258 (crisis messenger service)

[youngminds.org.uk](http://youngminds.org.uk)

Provides information and support around mental health, and a crisis text messenger service for urgent help.

Includes [information on looking after your mental health during coronavirus](#).

**Anxiety UK**

Support with severe anxiety

03444 775774 (helpline)

07537 416905 (text)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**No Panic**

Help with panic attacks

<https://nopanik.org.uk/>

0300 7729844 (helpline)

**OCD Youth**

Support for young people with obsessive compulsive behaviours

[www.ocdyouth.org](http://www.ocdyouth.org)

**Voice Collective**

Advice and support for young people struggling with unusual experiences such as seeing, hearing or sensing things that other people don't.

020 7911 0822

[www.voicecollective.co.uk](http://www.voicecollective.co.uk)

**Beat Eating Disorders**

0808 801 0711 (Youthline)

0808 801 0677 (Helpline)

[Beateatingdisorders.co.uk](http://Beateatingdisorders.co.uk)

Under 18s helpline, webchat and online support groups for people with eating problems, such as anorexia and bulimia. Includes [advice and support for those who have an eating problem and are finding things harder during the pandemic](#).

**LGBTQ+****Young Stonewall**

08000 50 20 20 (helpline)

[youngstonewall.org.uk](http://youngstonewall.org.uk)

Information and support for all young lesbian, gay, bi and trans people. Includes [information on how LGBT-inclusive charities can help during the pandemic](#).

**Mermaids**

Helping gender-diverse young people and their families

<https://mermaidsuk.org.uk/young-people/>

0808 801 0400

**Young Carers Trust**

[carers.org](http://carers.org)

Information and support for unpaid carers. Includes [information to support young carers and young adult carers during coronavirus](#).

<https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/>



## **Bereavement/Grief Support**

**Hope Again:** Support for young people who have lost a loved one.

0808 808 1677 (Hope Again helpline)

[Hopeagain.org.uk](http://Hopeagain.org.uk)

**Winstons Wish:**

0808 802 0021

[www.winstonswish.org](http://www.winstonswish.org)

## **Rape and Sexual Abuse help**

Helping survivors of rape or sexual abuse

**Rape crisis** - Female survivors

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

0845 3011165 or 01923 249511

**Safeline** - Male survivors

0808 800 5007

[www.safeline.org.uk](http://www.safeline.org.uk)

## **Bullying & Cyberbullying**

0207 823 5430 (Bullying helpline)

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.bullying.co.uk](http://www.bullying.co.uk)

## **Helpful Apps**

### **Free Apps to help deal with Suicidal thoughts**

**Distract:** <https://www.nhs.uk/apps-library/distract/>

**Beyond Blue:**

On Android

[https://play.google.com/store/apps/details?id=au.org.beyondblue.beyondnow&hl=en\\_GB&q=US](https://play.google.com/store/apps/details?id=au.org.beyondblue.beyondnow&hl=en_GB&q=US)

On Apple: <https://apps.apple.com/au/app/beyondnow-suicide-safety-plan/id1059270058>

### **Free Apps to help with Self Harm urges**

**Blue Ice:** <https://www.nhs.uk/apps-library/blueice/>

**Calm Harm:** <https://www.nhs.uk/apps-library/calm-harm/>

### **Free Apps to help with Negative Self Talk, Depression and Anxiety:**

**Catch It:** <https://www.nhs.uk/apps-library/catch-it/>

**Stress Anxiety Companion:** <https://www.nhs.uk/apps-library/stress-anxiety-companion/>

**Chill Panda:** to help you manage your worries, breathe and relax

<https://www.nhs.uk/apps-library/chill-panda/>

**Silver Cloud:** 8 week online course you can do to help you manage stress and anxiety

<https://www.nhs.uk/apps-library/silvercloud/>

## **Local Counselling Organisations**

**To find a private therapist in your area:**

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

<https://www.bacp.co.uk/search/Therapists>

**Signpost counselling (in Hemel and Watford)**

01923 239495

[www.signpostcounselling.co.uk](http://www.signpostcounselling.co.uk)

**Youth Concern, Aylesbury**

01296 431183

[www.youthconcern.org.uk](http://www.youthconcern.org.uk)

**Community Counselling, Prestwood HP16**

07565 567439

[www.cc-hp16.org.uk](http://www.cc-hp16.org.uk)

**Way In**

Counselling for Young People in Herts and Bucks

07307 199625

<http://www.way-in.uk/>



you are  
capable  
of amazing  
things