Anxiety and Wellbeing during School Closure

Self-care

Self-care looks different to each and every person. Schedule time in your day for things that you enjoy that can alleviate your worries. This can be things such as reading, having a bath, watching, drawing and colouring. Headspace is a fantastic website and is currently offering free meditations: https://www.headspace.com/covid-19

Routine

We are all used to routine, be that going to work or school or getting up at particular times. Try and create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching the TV and doing household activities. Included is a timetable to help you plan out your day.

Social media

For some social media is highly important in keeping connected and in touch with family/friends/vulnerable people. But it can also be a source escalating your worry. Consider whether it might be better to reduce social media use, perhaps by time (10 minutes at a time) or only at certain times of the day (when taking work/school breaks).

Time and space

Give yourself a space to worry: It is natural and normal to worry, particularly in times of crisis, however this can get the better of us. You could consider planning small time frames where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all-consuming all of the time. Sometimes writing a journal can help. Included is a resource to help keep track of worries.

Exercise

Exercise helps to manage anxiety and releases some of the anxious energy in the body. Follow the guidance from the government in relation to outdoor activities. Try the following link to see a range of exercises suitable for children at home:

https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k

Support.

During these difficult times it is important that you reach out for support when you need it.

Any children working with Mrs Smith will still be able to contact her via email for continued support. She will contact these parents individually.

Children can access:
https://youngminds.org.uk/
https://www.childline.org.uk/

Parents can access:
https://www.mind.org.uk/
https://www.nhs.uk/apps-library/category/mental-health/

Domestic violence
https://www.nationaldahelpline.org.uk/

Date : ----------

Today I'm excited about :	Exercise :	Sleep :
Main Focus :	Meals :	
Schedule : ----------	To-dos : ☐ ---------- ☐ ---------- ☐ ---------- ☐ ---------- ☐ ---------- ☐ ----------	
Notes :	Good things about today :	
What I'm grateful for :	What I hope for tomorrow :	

Copyright © The Happiness Planner

30 Days of Worry

Use this monthly worksheet to keep track of your worries.
Each day that you worry about something, write it down.
Each day that you don't worry, skip it and leave it blank.

How do you feel about your thought patterns this past month?

Copyright © The Happiness Planner