



Tips for managing anxiety

Self-care

Introduce activities/times to help you relax and reduce any anxiety/worry. This might be a home workout, having a bath, cooking, cleaning, organising areas of your house, watching TV, DIY projects, anything that you enjoy and find pleasure in!



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.

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).



*This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.*



Tips for managing anxiety



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.

Exercise

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the body coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy! Follow the guidance from the government.



Support

If you have existing mental health problems reach out to your support network and professional if you have one. If these feelings are new also reach out to people that you find supportive. Many people are feeling the same way and it will help you to feel less alone. You can share your own tips for staying calm and managing the situation. If you don't feel that you have support you can text SHOUT for free from most UK mobiles, check out their website "giveusashout.org" for more information.



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What is positive wellbeing?

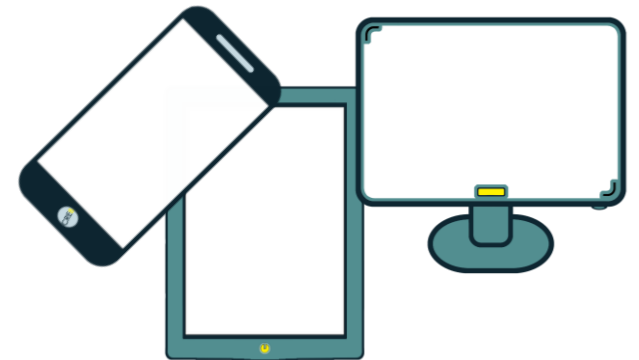
It is a state of overall good health in both body and mind and can include:

MINDFULNESS
& WELLBEING



11 TOP TIPS FOR POSITIVE WELLBEING

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.

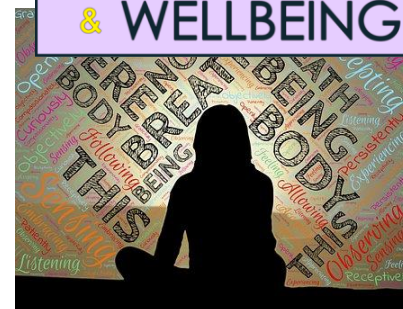


Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to destress. .

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.



Building a support network and knowing where to access help and support



Accessing help and support

Anxiety UK - 0844 475 774 9.30am - 5.30pm Monday to Friday. Supports those living with anxiety disorders by providing information, support and resources.

www.anxietyuk.org.uk

Childline - 0800 1111 24 hours a day. Confidential advice for children and young people. www.childline.org.uk

Relate - 0300 100 1234 Relationship support for all ages. www.relate.org.uk

Samaritans - 116 123 24 hours a day. Confidential support for people experiencing feelings of distress or despair www.samaritans.org

YoungMinds - 0808 802 5544 9.30am - 4pm Monday to Friday. Committed to improving the emotional wellbeing and mental health of children and young people. www.youngminds.org.uk

Kooth- provider of online mental health services for children, young people and adults. www.kooth.com

Beat - 0845 634 1414 1.30pm - 4.30pm Monday to Thursday. Support for sufferers of eating disorders www.b-eat.co.uk

Things to explore

Instructions: follow the links and learn about the different topics. You might like to make notes of the most interesting things you learn to help them sink in.

Social Media: What kind of social media feed do you have? Does it need a clean? <https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/>

Mental health: find out about different types of mental health conditions. Being informed is important!
<https://youngminds.org.uk/find-help/conditions/>

Careers: it's never too soon to start asking yourself what you want to do when you leave school.

But don't worry if you can't decide - keep your options open by working on a wide range of skills. Browse the website below to explore different types of careers and different tips for building yourself as broad a skillset as possible.

<https://www.bbc.co.uk/bitesize/careers>

Fitness: keep yourself moving!

Some websites and apps that students (and families) can keep active in the home are:

<https://www.crossfit.com/at-home/workouts>

These are CrossFit Health Home workouts so no equipment is needed!

<https://uk.gymshark.com/pages/the-gymshark-conditioning-app>

This is an app that can be downloaded

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

Joe Wicks HIIT workouts originally designed for schools

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

Joe Wicks HIIT kids' workout (for younger students)

<https://www.downdogapp.com/>

Excellent yoga app which is free for students and teachers until July 1st.

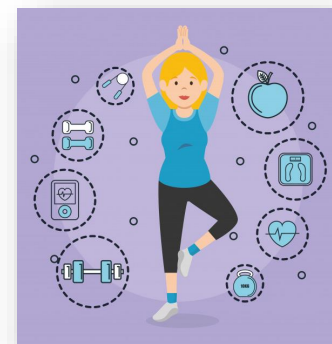
<https://m.youtube.com/watch?feature=youtu.be&v=asSLL0fOFnE>

An alternative yoga/ Pilates option

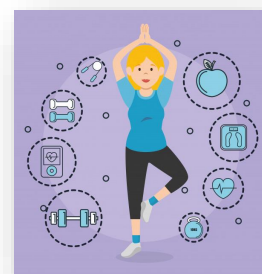
Top Tips Summary

Things you can do to put you in a better mood:

- Talk to a friend or trusted person about your feelings
- Do something useful or productive that makes you feel valuable. – help someone else
- Write down and track your feelings in a journal, making sure to include positive moments too
- Aim to have around 9 hours sleep per night (e.g.10pm – 7am)
- Go for a brisk walk outside and be mindful of sights, smells, sounds and feelings.
- Try to smile instead of frown. Even fake smiles have been shown to improve your mood
- Try a new hobby to keep you busy.
- Try a mindfulness activity – colouring, drawing, puzzles
- Jog or jump on the spot until you get slightly out of breath
- Listen to music

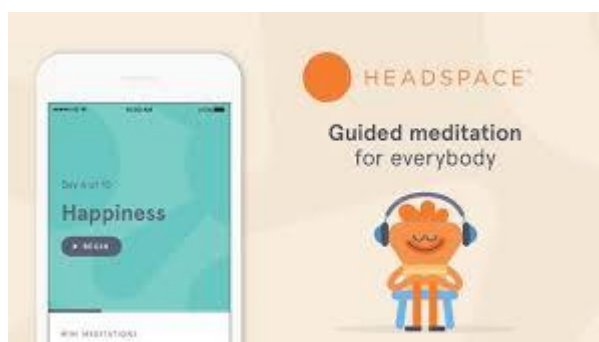


Top Tips Summary



Things you can do if you are feeling stressed anxious

- Remove yourself from the stressful situation or avoid known triggers
- Breathe in deeply and slowly; in through your nose and out through your mouth
- Squeeze Blu-tac or a stress ball
- Take a walk by yourself and concentrate on sounds and sights around you
- Slowly count backwards from 20
- Stretch out
- Imagine somewhere nice and relaxing and picture yourself being there.
- Try guided meditations – try the Head space app
- Sit or lay down somewhere comfortable and listen to your favourite music
- Do a sport or exercise



Remember your 10 a day



'10 a day' choices towards balancing our mental health



1 Talk about your feelings



2 Do something you enjoy and are good at



3 Keep yourself hydrated



4 Eat well



5 Keep active in mind and body



6 Take a break



7 Stay connected to those you care about



8 Ask for help



9 Be proud of your very being



10 Actively care for others

