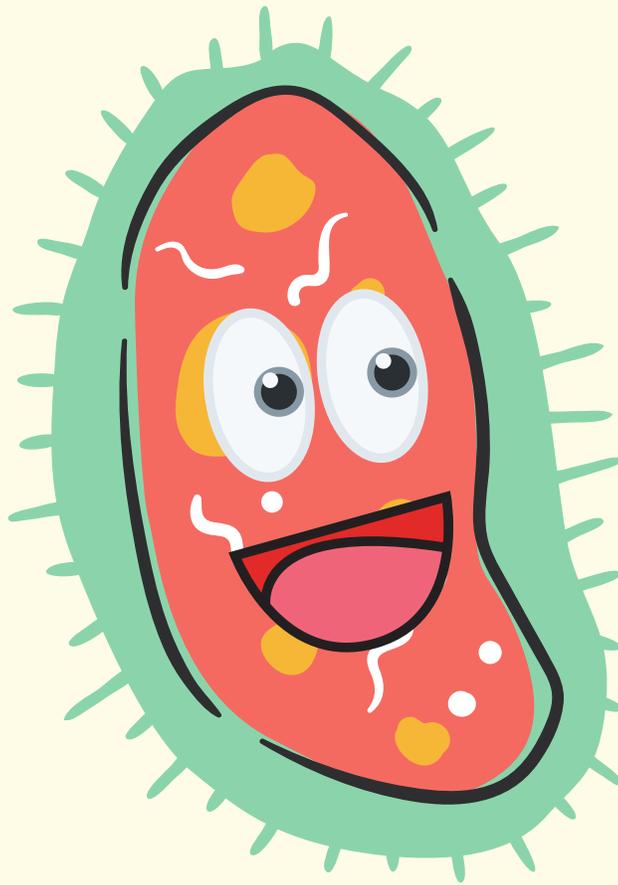


# HELP FOR WHEN I AM FEELING LOW



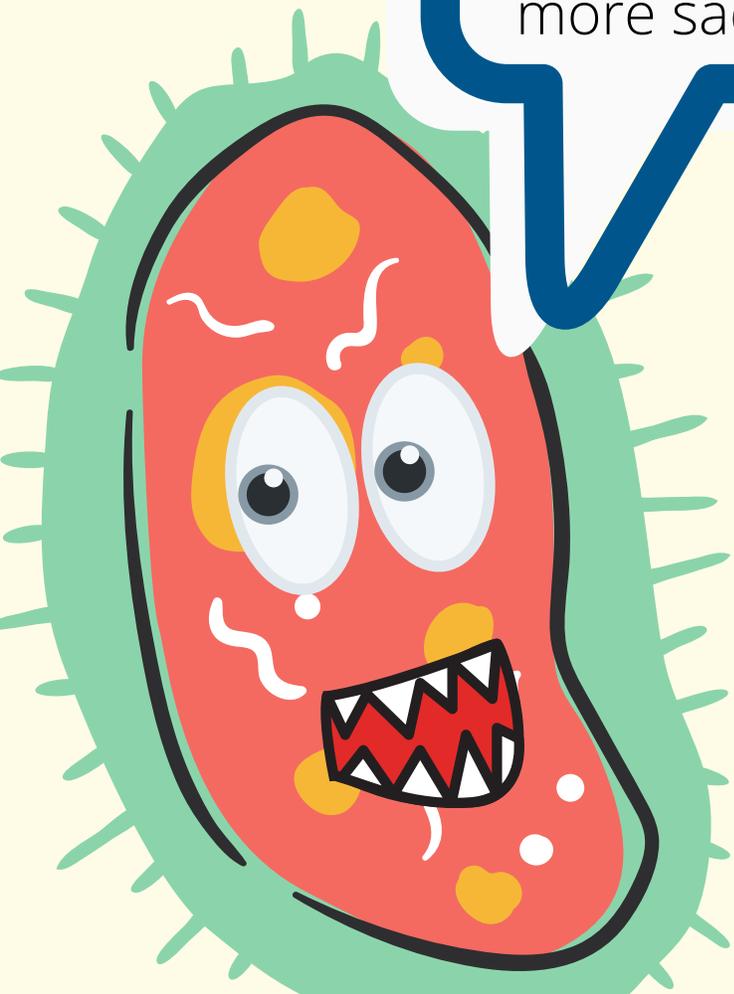
MANAGING LOW MOOD IN A  
CORONAVIRUS OUTBREAK

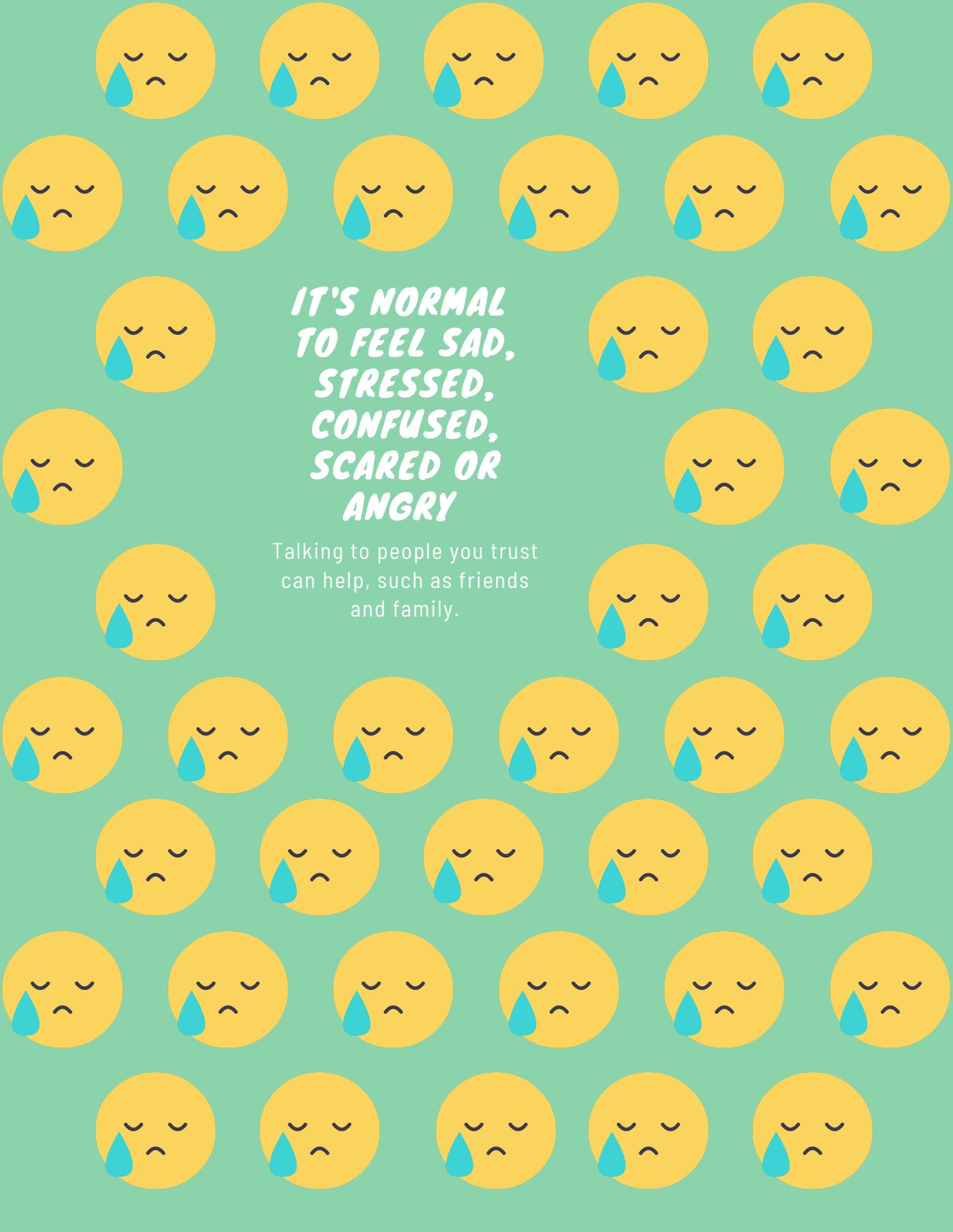
Young  
Minds  
Matter  
Gloucestershire

# STRANGE TIMES

Hello! I am the coronavirus, you may have heard of me and my brother and sister, cold and flu!

I have made everything change for a little while which can be very scary, especially if you were already feeling more sad than you normally do.





***IT'S NORMAL  
TO FEEL SAD,  
STRESSED,  
CONFUSED,  
SCARED OR  
ANGRY***

Talking to people you trust  
can help, such as friends  
and family.

# ABOUT ME!

1 I can make people poorly and give people a cough or make them too hot

2 I jump from one person to another

3 I have made schools close so I do not spread

4 I have asked you all to stay at home to stay away from me

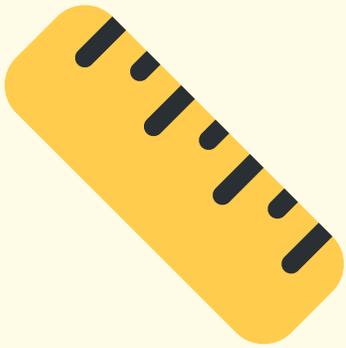


# HOW TO STOP ME!

Wash your hands for at least 20 seconds with hot soapy water.



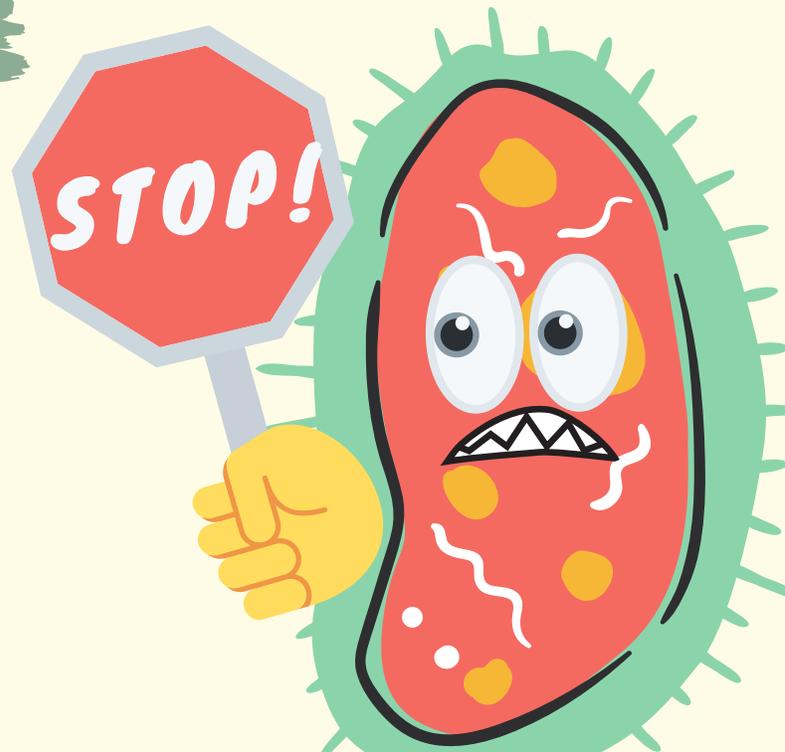
Stay 2 metres away from other people when you are out of your house.



Sneeze or cough into a tissue and put it in the bin.

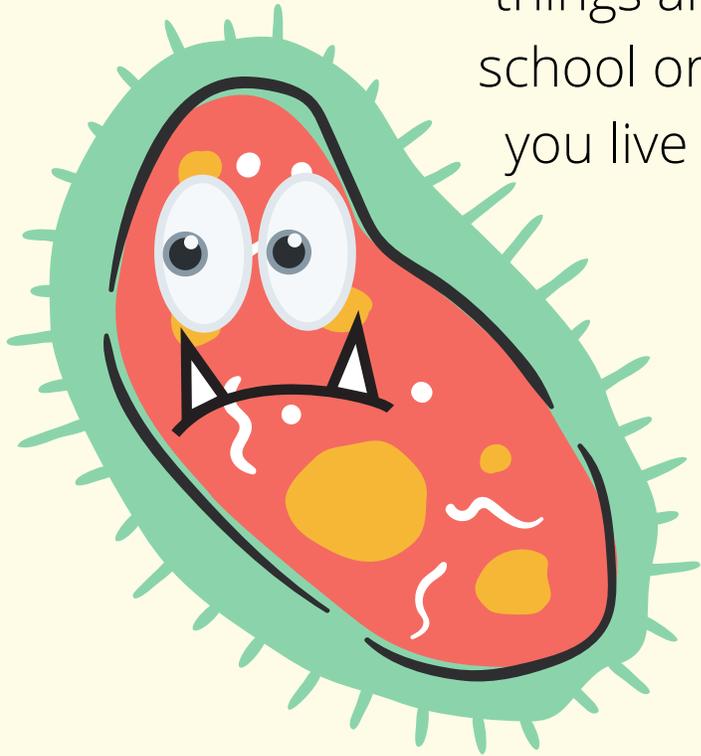


Stay home when you can.

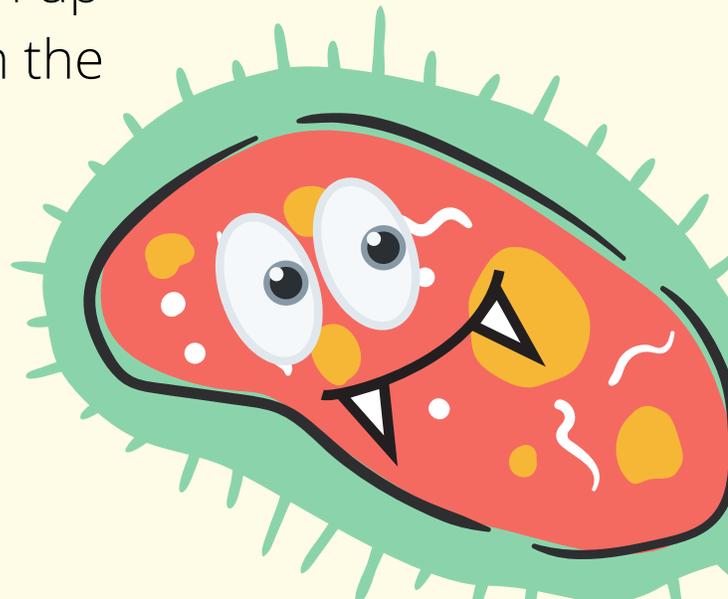


# EVERYTHING IS DIFFERENT

Everything might seem a little bit scary and it might be making you feel quite down. Lots of things are different now, you might not be at school or able to go out as much. The people you live with might be worried and the news might be scary.



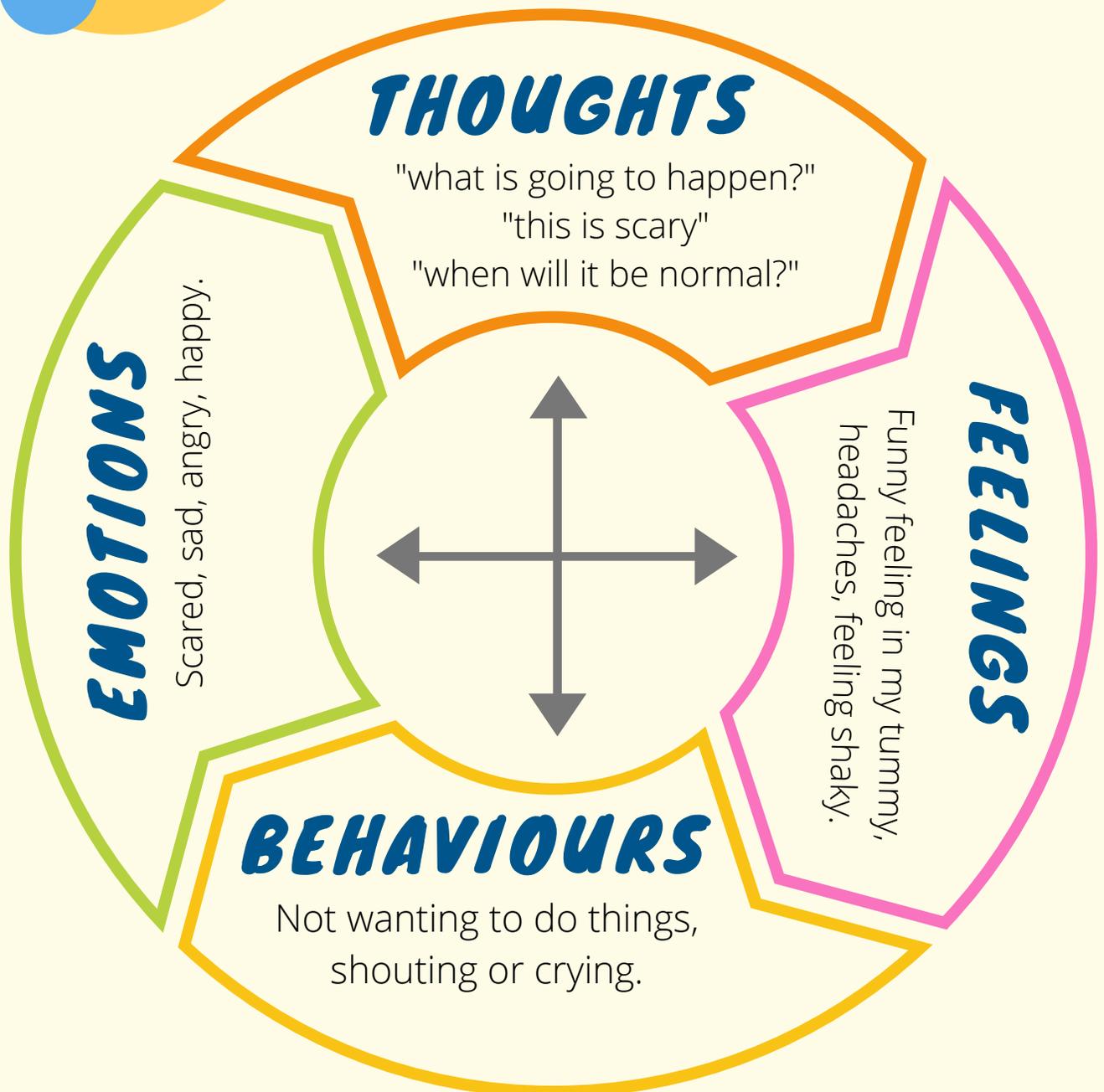
This booklet will give you some ideas of things to do to help you when you feel down. You may need to ask a grown up to help with some things or to go on the internet.



# HOW YOU FEEL

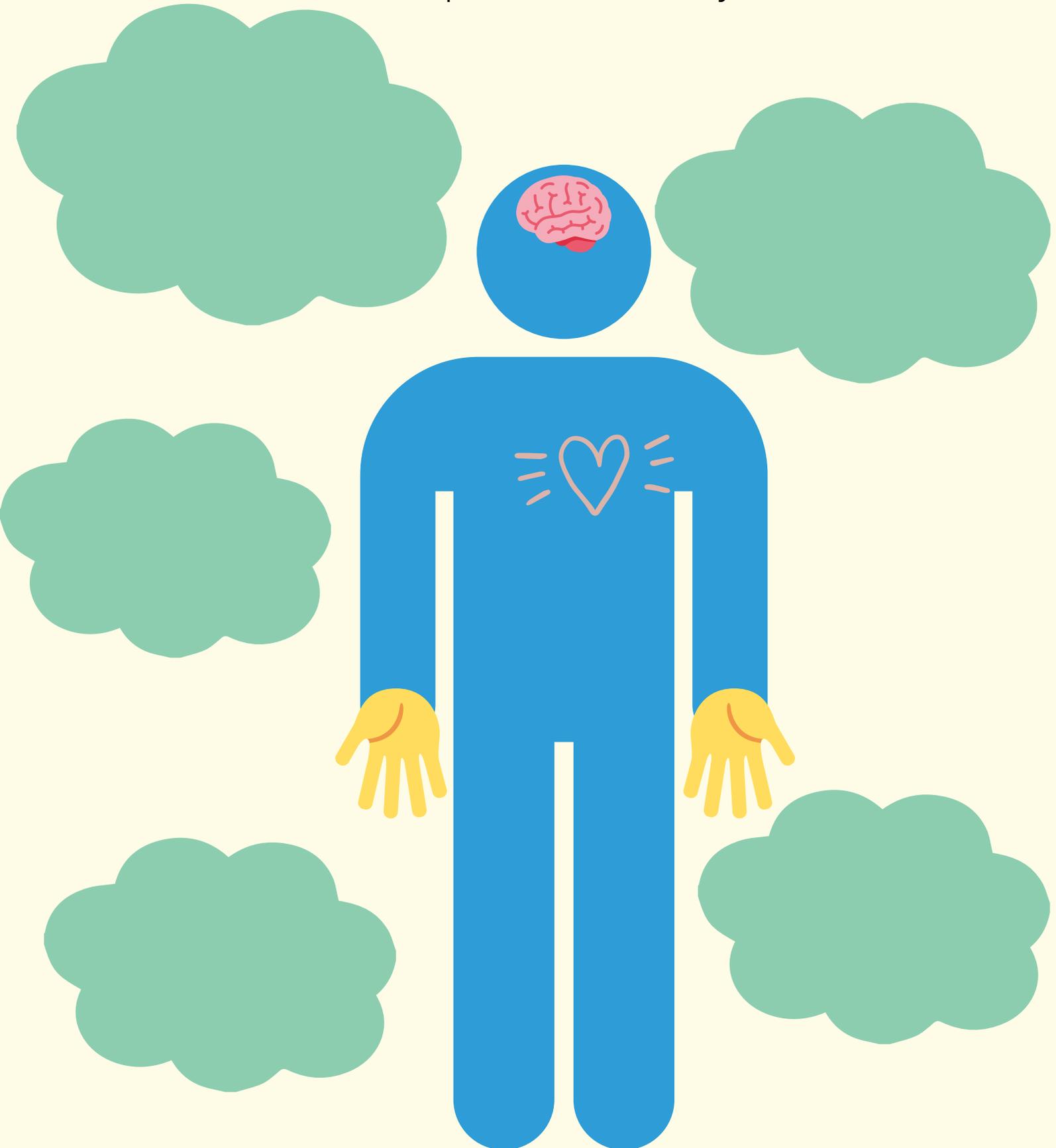


When you are feeling down, the thoughts in your head change how you feeling in your body and the things you do. This can make you feel worse.



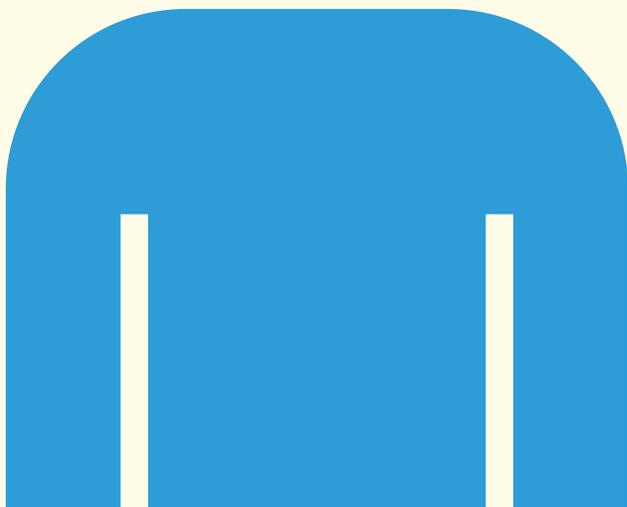
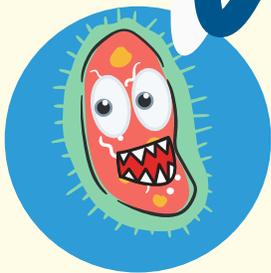
# HOW YOU FEEL?

Write or draw in the bubbles how you feel in your body when you feel down and put arrows to where you feel like this.



# WHAT DO YOU THINK?

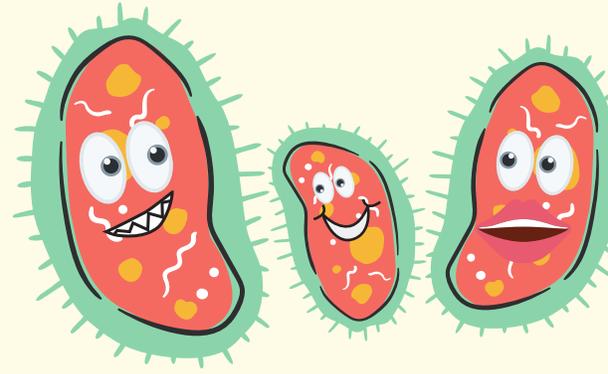
What thoughts go through your head when you are feeling more sad than normal? Do you think of me?



# TOP TIPS

1

Spend time with your family and ask if you can speak to your friends.



2

Make a timetable with your family so you know what you are doing and when. It is tricky when our routines change and this can make us feel worse. Example:

<https://alexandrialivingmagazine.com/news/how-to-homeschool-your-children-during-coronavirus/>

3

Use some of the activities on the resource page to help you.



4

Talk to a grown up if you have questions about what is going on or if you are feeling sad.

# SCHOOL

## DOING SCHOOL WITHOUT GOING TO SCHOOL

It is okay to have mixed feelings about not being at school, you might be happy one moment and then miss your friends and teachers. It might seem easier to just avoid doing your work all together. But keeping up with your school work can help keep routine which is really important when you are feeling low and it will also help you when school returns to normal.



## GET ORGANISED -

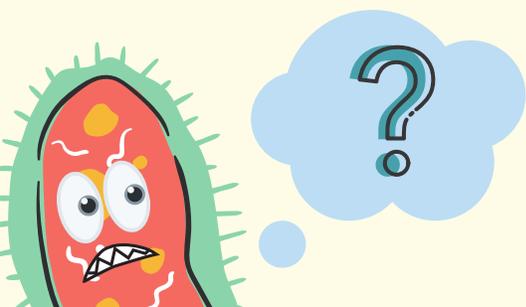
MAKE SURE YOU HAVE EVERYTHING YOU NEED TO DO YOUR WORK AND SCHEDULE TIME TO DO EACH BIT.

## REWARDS-

YOU ARE DOING SO WELL JUST TO BE GIVING IT A GO WHEN TIMES ARE TOUGH. SO DO LITTLE BITS AT A TIME AND TREAT YOURSELF WHEN YOU COMPLETE A BIT.



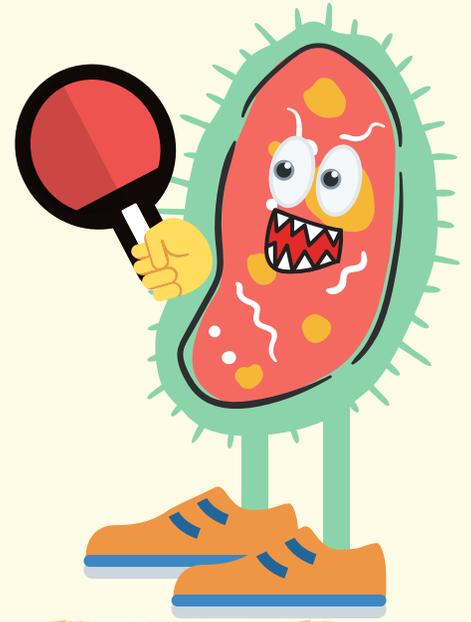
## ASK FOR HELP -



IF YOU ARE FINDING THINGS HARD, IT IS OKAY TO ASK FOR HELP. YOUR TEACHERS CAN HELP OR ASK YOUR FAMILY.

# EXERCISE

Staying active can change how we feel and can make us feel happier. So it is important that we keep our bodies moving when we can't do P.E



Try something new!

Yoga:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.facebook.com/lvyogafareham/>

Dance:

[https://www.youtube.com/channel/UCJIZkpEAHfJ4kS\\_kbkB8krDg](https://www.youtube.com/channel/UCJIZkpEAHfJ4kS_kbkB8krDg)

<https://www.youtube.com/user/popsugartvfit>

Exercise every day

Get your whole family to join you for PE and join a class like Joe Wicks' 9am PE class.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



# IDENTIFYING NATS

(Negative Automatic Thoughts)

## & UNHELPFUL THINKING STYLES



*Catastrophising* (e.g. "This is awful, nothing will ever go right again").



*Black and white thinking* (e.g. "I felt a bit better doing something different, but not a lot, so it's useless").



*Personalisation* (e.g. "It must be my fault, I'm to blame, it's because I'm no good").



*Overgeneralising* (e.g. "I tried talking to a friend once and that didn't work, so there's no point talking to anyone").



*Tunnel Vision* (e.g. remembering one bad thing when 10 good things were also said).



*Jumping to conclusions* (e.g. "doing something different won't do any good").



*Emotional reasoning* (e.g. "I feel anxious so the party must be going to be bad").



*Mind reading* (e.g. "She thinks I'm weird", "He definitely doesn't want to play with me".)

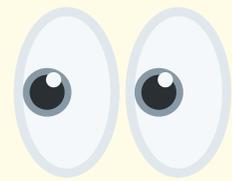


*Discounting/disqualifying* (e.g. "That doesn't count.", "That was just lucky - it would never happen again".)



## Identifying faulty thinking

Sometimes we can fall into 'thinking traps'. Perhaps we think that things won't go to plan, or maybe we are worried about what things going wrong might mean for us. Sometimes our brains are too quick to decide what is happening without examining all the evidence. For example, "Hannah didn't say hello when I saw her in the corridor - she must not like me anymore!"



## Looking for evidence

Like a good detective, it's time to test our evidence! How can we find out if the thought we have is real? It's time to conduct an experiment to put that thought to the test. What do you think will happen? How likely is getting that result? Once you have completed your experiment, see if what happened is what you predicted or not - you might be surprised! Testing evidence is an important stage before we take the thought to court.



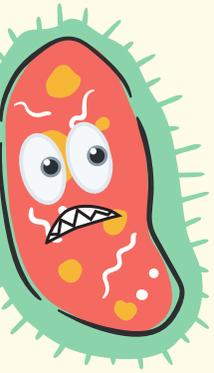
## Reconsidering our thoughts

Now we have the results from our experiment, it's time to take a closer look at what we found out. Was the thought telling us the truth? Now is a good time to think about different ways of thinking about the problem. When a case goes to court it's important to think about the problem from both sides. Before, we thought Hannah didn't say hello because she didn't like us. Try reconsidering it (thinking of it from a different viewpoint). For example - "Maybe Hannah just didn't see me in the corridor. We went out together last weekend and we did have fun."



## Trying something new

Now we've thought about our evidence and taken the problem to court, how do we feel? Does the thought seem more balanced now we've reconsidered it? Once we begin to notice our thinking traps we can test out our thoughts and find out if they are true or not. We can take our tricky thoughts to court any time we notice them pop up. The more we practice taking our thoughts to court, the better we will be in stopping them in their tracks!



# RESOURCES

Relaxation exercises - <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>

Understanding coronavirus workbook - <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Coronavirus social story - <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Worksheets to support wellbeing during coronavirus - <https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

<https://www.twinkl.co.uk/search?term=mental+health>

Build your happy place - <https://www.childline.org.uk/toolbox/games/build-your-happy-place/>

Childrens guide to coronavirus - [https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?utm\\_source=Children%27s+Commissioner+for+England&utm\\_campaign=55b235e7e4-EMAIL\\_CAMPAIGN\\_2020\\_03\\_31\\_04\\_29&utm\\_medium=email&utm\\_term=0\\_5e06e44c59-55b235e7e4-395746454](https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?utm_source=Children%27s+Commissioner+for+England&utm_campaign=55b235e7e4-EMAIL_CAMPAIGN_2020_03_31_04_29&utm_medium=email&utm_term=0_5e06e44c59-55b235e7e4-395746454)

Comic and help explaining why you are at home, what hospitals are like, the importance of washing hands, Resources to help whilst at home.

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Mindful gNats app (free on Android) - relaxation exercises and help managing negative thoughts.



Local support:  
<https://www.ghll.org.uk/>  
<https://ticplus.org.uk/>  
<https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

