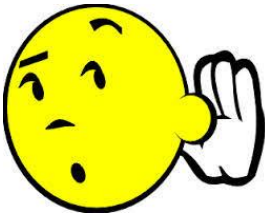


Hi there,

Here are some ideas to help with worries and anxieties while we are isolating and social distancing. They are in no particular order - you can also use them as headings to put in your journal...



### Stop and listen

Spend a few minutes just listening to the sounds around you. What sounds do you hear? Are they loud or soft? Pay special attention to interesting sounds you have never noticed before. Move to different areas of your house, or sit in the garden. Or if you are going out for your daily exercise, stop and listen to the world around you.

### Practice a hobby

Depending on what your usual hobby is, this may not be that easy during these times. Play an instrument, paint, practice a new skill, play a game - do anything else you enjoy. This could be the time to take up a new hobby!



### Write down your worries / anxieties / feelings

- What are you worried about - how are you feeling?
- What do you do when you're worried?
- What happened the last time you worried about something similar?
- Try to identify the feeling

When you write your thoughts and feelings down, you begin to explore them, rather than being consumed by them. There they are...in black and white, rather than running around in your head all over the place and in no particular order.



### Find positive and gratitude's

Find three things in every day that are positive or that you are grateful for and write them down. They don't have to be huge, they can be the smallest of things. Such as the sun is shining and I am grateful for feeling the warmth of it on my face.



### Write a happy ending

Usually when you worry, you imagine things ending badly. Try writing about your worry but make the ending positive. Write about how you solve a problem, relax, start feeling better, or handle your worry.



### Talk about it

Talking about your feelings is one of the most powerful ways to control them. Reach out to someone you trust.



### Take deep breaths

Breathe in slowly through your nose for the count of 5. Hold the breath for 2, then blow out through your mouth for the count of 11. If you can't manage that amount of counts, reduce them to what is comfortable, but make sure the out is more than the in. Repeat a few times. This helps settle down your breathing when anxious and helps us make more logical decisions when our mind is calmer.

### Get moving

Where possible, do some exercise. Go for a run or walk. Joe Wicks is doing live PE lessons every day at 9am on You Tube. They are great and I have found them to be a really great start to the day. Tired after, but feeling energised. You can also watch them back and do them at any time of the day.



### Draw your worry

Draw a picture about your worry. A few ideas...

- What would your worry look like?
- What you look like when you are worried and what you look like when you are calm
- What you can do to stop your worry

### Relax

What do you find relaxing? Read a book. Watch a film. Find a new box set on Netflix. Take a hot bubbly bath. Practice mindfulness. Knit!



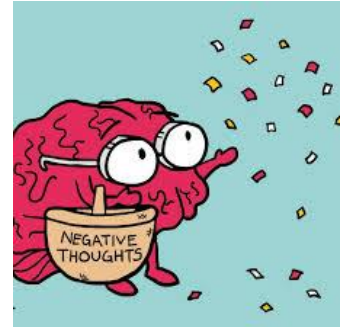


### Listen to music

Enjoying your favourite music can take your mind off things. Music is a very powerful form of therapy. Use it to uplift you when you need to. Use it to have a good cry when you need to. Put together a play list. Go on Spotify - find new music or artists that you haven't heard before.

### Challenge unhelpful thoughts

If you find unhelpful thoughts are popping in your head -challenge them. Are they fact or are they opinion?



### Favourite place

Think of a place where you feel calm, comfortable and happy. It could be a beach, the woods, your bedroom, or anywhere else. Imagine what this place looks like. Imagine the sounds you hear there. Imagine how good you feel when you are there. You could also draw your favourite place.



I hope you have found some of these useful. As I have said before - if it works, keep on doing it. Find the right things that help you. Some things may work one day but not the next. Keep helping yourself and be kind to yourself. If there are other ideas that you have that I haven't included on here - tell me what they are and I can pass them on to others too. If you have seen a good film or read a good book, let me know. Can you recommend a Netflix series?

Lets keep each other supported and motivated.

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