



# LOCKDOWN



## SURVIVAL KIT

I can't believe we are here again! The word 'lockdown' can bring some really distressing thoughts and feelings such as anxiety, loneliness, stress, what's going to happen? Will everyone I love be ok?

We've compiled some info and resources, listed below, which can help you find ways to cope

### Anxiety

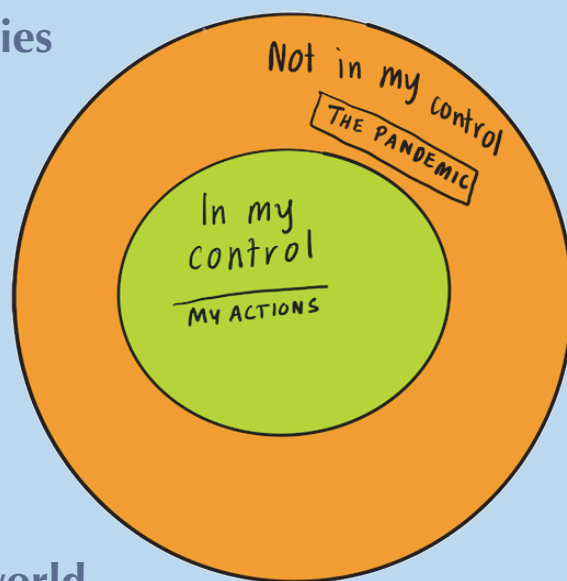
- What is it?
- Tips for managing anxiety and worries
- Mindfulness

### Low Mood/Depression

- What is it?
- Tips for low mood
- Early bird or night owl?

### Relationships

- How to survive siblings
- Keeping close, even in the virtual world
- Arguments at home - keeping your cool



## Anxiety/Worry

Anxiety is normal! Everyone experiences it at some point, especially during a pandemic when our usual coping strategies aren't readily available. In a time like this you might be feeling new or increasing symptoms of anxiety. Anxiety is like excessive worry, but you are not always sure what you are worrying about. It might look a little like:



“Anxiety is like a smoke alarm – sometimes it goes off because there is a fire and sometimes it goes off because you burnt the toast!”

(Instagram @journey\_to\_wellness)

When we have anxious thoughts, this increases the distressing emotions and physical sensations. Sometimes we need to remind ourselves to question the thoughts, are they based in reality, or based on how we feel?

### *Our tips for managing anxiety:*

- *Remind yourself that you are safe and speak to someone you trust about how you feel, even if you think it sounds silly*
- *Look at the anxious thoughts like trains in a station, you see them coming and going but you stay on the platform, don't be tempted to hop on that train!*
- *distract yourself by doing something you enjoy or something that takes your focus and attention*
- *Have a look at our mindfulness section for advice on relaxation and staying in the here and now*

*Some more support to manage anxiety worries can be found at:*

<https://www.getselfhelp.co.uk/worryzones.htm>

<https://www.getselfhelp.co.uk/unhelpful.htm>

<https://www.getselfhelp.co.uk/docs/TheCourtCase.pdf>

# Mindfulness

We hear this word a lot these days but what does it mean? It comes from Buddhism and is proven to help you de-stress and relax. Simply, it means being present and aware of what you are doing whether that be having a feeling, a thought, touching, eating, hearing or looking at something. Focusing your attention on something helps you be in that actual moment rather than thinking about the past or worrying about the future (which us humans tend to do and can make our heads feel busy and overwhelmed) Like most things it takes practice and some days its easier to do than others but its worth giving it a go!

How can you try it?

Try to find mindful moments during the day, for example put down your phone or turn off the TV and go into a quiet room, and play some music, select something you are in the mood for, something chill and relaxing and sit and listen to the whole tune without doing anything else, let your busy brain be quiet. If thoughts run through your head, hear them, recognise them, allow them but then turn your attention back to the music. Try and relax your shoulders, unclench your jaw, if its tight, and take slow deep breaths. Allow yourself the time to just be.....

Once you get the hang of focusing on being really aware of the present moment you can try it at different times during the day, for example, when your eating, focus on each bite, what is the texture, the taste, roll it around your mouth and savour it. (A piece of your favourite chocolate works well for that!) If you are outside or at a window, notice the feeling of the wind (or rain) on your skin, notice any birds, how they move, duck and dive, watch the sky and the clouds floating by, notice if the trees are swaying, can you hear or smell anything?.

*Some more mindful resources to try*

Free App – Smiling Minds (aimed at Young People)

Yoga for Teens with Adrienne on You Tube <https://youtu.be/7kgZnJqzNaU>

Teen Mindfulness Meditation (10 minutes) [https://youtu.be/w\\_bmCKMrLYs](https://youtu.be/w_bmCKMrLYs)

<https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/>

## Low Mood

After the year we have had, it's normal to feel a bit low, blue or down in the dumps. We all feel a bit like that at times. This can be more challenging when the bad days start to outnumber the good. Depression and low mood are a bit more than just feeling sad and it affects different people in different ways, it might look a little like:



With the lockdown, due to lack of social opportunities, the closure of places like gyms and clubs and the restrictions of being with others, these symptoms can affect any one of us. Sometimes this can feel like a lonely place to be, but it is important to remember you are not alone.

*Here are our top tips for managing low mood:*

- *Keep to a routine, even if it is basic and even if you can't be bothered. Make room in your routine for things that make you feel good, and if it is hard to feel good, do things that make you feel a little less bad*
- *Talk to someone, a friend, family member or a teacher about how you feel. It might make it feel a little less heavy on your shoulders*
- *Be silly! Watch funny videos online, ask your friends to tell you jokes, and make silly faces in the mirror. This may sound strange, but laughter really can be the best medicine.*
- *Set yourself small achievable daily goals – this can be around schoolwork or something creative or fun*
- *Get your body moving, there is so much evidence to support the positive impact exercise has on our mood. This can be as simple as a daily walk.*
- *Limit your time on social media, it doesn't always tell the truth! Unfollow those who make you feel bad and follow pages you find make you feel good, inspired or make you laugh!*

Some more resources    <https://www.getselfhelp.co.uk/battery.htm>  
                                      <https://www.getselfhelp.co.uk/docs/WeeklyPlanner.pdf>  
                                      <https://www.getselfhelp.co.uk/sharp.htm>



## Sleep

Did you know that teenagers need 9 ¾ hours sleep per night to be at optimum functioning levels?? How often do you get that? Sleep can have a positive or a detrimental effect on our mood.

*Here are some top tips for getting a full, restful night's sleep:*

*- Digital detox!! Limit your time on social media, Netflix, TV, games console or laptop. Try and put your device to bed around an hour before you go to bed, use that time for reading, listening to music, maybe trying some meditation!*

*- How is your environment? Sleep likes a good balanced temperature, as much darkness as possible and a bed that is only used for sleep. If you spent too much "awake" time in your bed, your brain would start to associate it with somewhere you are supposed to be awake and you want the opposite.*

*- Stick to a routine, getting up and going to bed at roughly the same time each night, this might be hard in the beginning, but your body and mind will start to adapt, and it will be so much easier to fall asleep.*

## Relationships

It's safe to say that the effects of lockdown have taken a toll on our relationships. Not going to school means seeing less of our friends which can make it harder to feel connected.

*Here are our tips for keeping close:*

- Arrange video or phone calls with people you would usually spend time with*
- If possible, meet up with a friend locally for a walk*
- Be honest with people if you start to feel disconnected or a little lonely*
- Set challenges and goals with your friends, giving you something to focus on and do together. This might be around trying something new like cooking or baking, a photo*

## Sharing your space and surviving your siblings

Depending on your home situation, you may have to live and work in the same space as others trying to do the same thing. This can be frustrating, stressful and even lead to arguments and fights at home. Do you share a room with a sibling? Or maybe the wifi signal is rubbish and everyone is fighting for the best spot.

*Here are some strategies for managing moods, diffusing arguments and keeping things fair and calm:*

- If you share a room with a sibling, come up with a schedule for each day of when you can each use the space if you cannot use it together. Maybe someone else in the house can help be the referee and keep it fair.*
- The same strategy can be used with parents who are working from home too.*
- Be upfront with teachers about limitations of home schooling, this may help take some pressure from you.*
- It is normal to get on each other's nerves, especially when the time spent together has been dramatically increased, give yourself and each other space from time to time. Headphones come in handy for this!*
- Plan time to spend with your household that feels more like quality time, this could be as simple as eating a meal together, getting out for fresh air and exercise, playing games or watching a movie. If you are spending long periods of time together – make some of it fun!*

*If you are in a situation where there are tension and arguments, here are some strategies for managing, reducing and resolving conflict:*

- RED LIGHT – if tensions are rising and no one is getting their point across, use the term “red light” to signal a time out. Take ten minutes away from the argument and try to put yourself in the other persons shoes then come back and talk it through or agree to let it go.*
- Warning signs – be aware of your own and maybe other people's warning signs that tensions are going to reach critical points! Knowing your own or a family members warning signs can help you take action before things boil over.*

Some more resources to try <https://www.getselfhelp.co.uk/helicopter.htm>  
<https://www.getselfhelp.co.uk/positive.htm>