



# COVID – 19 SURVIVAL GUIDE FOR YOUNG PEOPLE



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# Ice Breaker

**Hello**  
**My Name Is**

---

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## Agenda – Part 2

- What is worry and how does it affect us
- How to manage worry
- Problem Solving
- Calm breathing
- Do more, feel better
- Take home messages
- Useful apps

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## Ground Rules

- Confidential Space
- Respect others opinions and views
- Be kind to each other
- No pressure to speak up



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# How Do You Feel About Coronavirus?



Happy



Sad



Silly



Proud



Annoyed



Surprised



Excited



Angry



Worried



Scared



Love



Sick



Calm



Bored



Sleepy



Hungry



Embarrassed



Ashamed



Jealous



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# What is Worry?



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## Worry Explained

- It's important to know that everyone worries sometimes, this is **NORMAL**
- Worrying is thinking about problems that may happen, which can leave you feeling scared or nervous.
- Worries can be thoughts or pictures in our minds

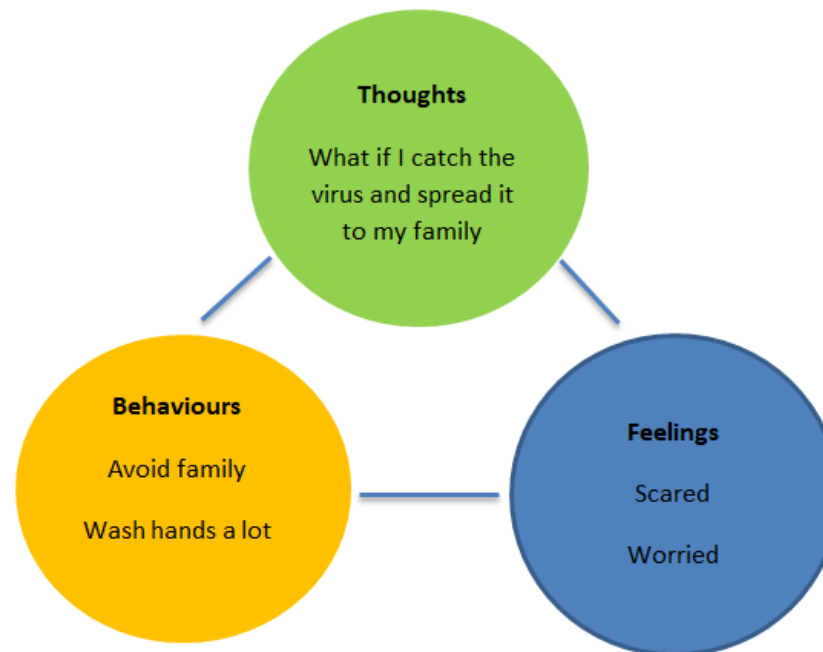
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# The Worry Cycle

Worrying thoughts can create uneasy feelings which can lead to unhelpful behaviours.



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## The Worry Chain

You can see from this worry chain how “normal worries” have led to excessive and frightening worries

worry chain



I have a headache....What if its coronavirus?....What if I pass it on to everyone I love... What if they all become ill... Imagining everyone has died because of me

Normal Worry

Excessive worry

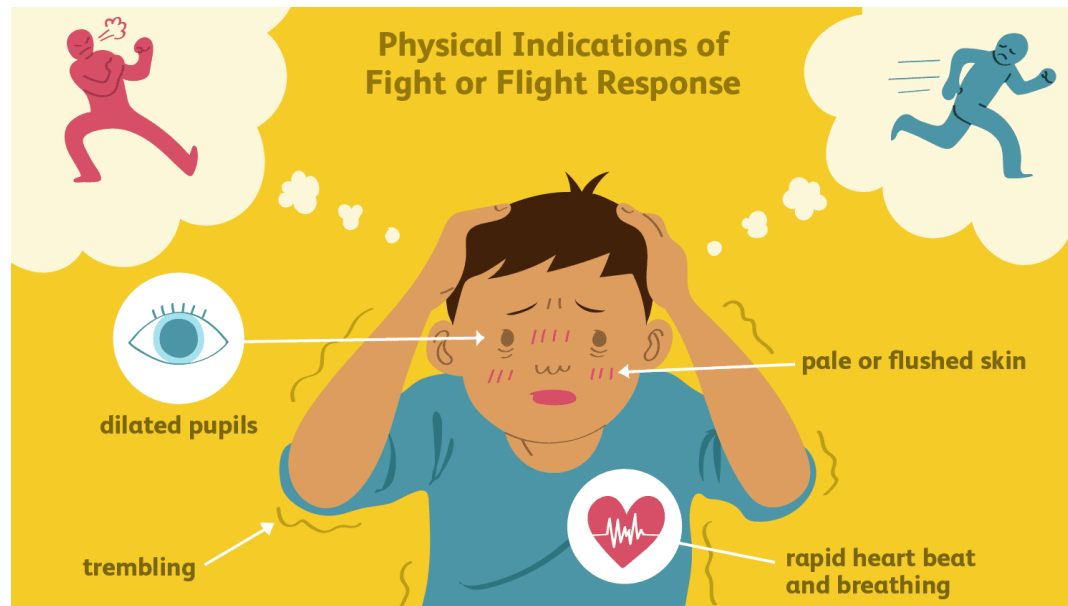
Excessive worrying can lead to us experiencing lots of physical symptoms which we refer to as Anxiety.

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# How Worry Can Affect Me Physically



<https://www.youtube.com/watch?v=rpolpKTWrp4>

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## How Worry Can Affect Me Physically

- After watching the video, have you ever felt this way?



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# What Do You Do To Help When You Feel Worried or Anxious?



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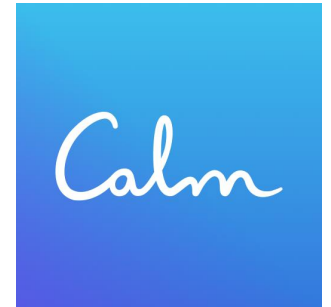
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## Calm Breathing



<https://www.youtube.com/watch?v=5DqTuWve9t8>

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# Worry Tree

Worry one:  
I don't know who is in my social bubble

Worry two:  
What if everyone gets Coronavirus?



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## Action Plan

- What do you do when you have a problem?



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# Action Plan Continued

- Problem Solving – helps us choose the best option for working out our problem.

## Problem Solving

1) What is the problem? *I don't know who is in my social bubble at school*

2) What are my options and what might happen? (Continue on the back if you have more options!)

1 <sup>st</sup>		2 <sup>nd</sup>		3 <sup>rd</sup>	
<i>Stay off school because I don't know</i>		<i>Text and ask my school friends</i>		<i>Ask my teacher when I get to school</i>	
The good	The bad	The good	The bad	The good	The bad
<i>I can play on my Xbox all day</i>	<i>I might miss out</i>	<i>They might know the answer</i>	<i>They might not know or they might get it wrong</i>	<i>The teacher will know the answer and can help me to understand what to do</i>	
<i>I don't have to do school work</i>	<i>I won't get to see my friends</i>				
	<i>It will get boring being at home all the time</i>				

3) Select the best option

4) Do it!

5) What happened?

The good	The bad

Adapted from the FRIENDS Six Block Problem-Solving Plan

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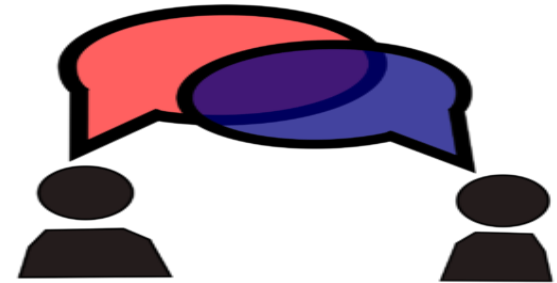
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# What Can I Do With My Worries?



Write them down



Talk it through with a  
trusted adult



Draw your worry

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# Do More, Feel Better

What do you enjoy doing?



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# Do More, Feel Better



## Create

- Start a scrapbook
- Paint
- Doodle/draw
- Knit/ sew

## Be active

- Go for a walk
- Go for a run
- Go cycling
- Exercise indoors



## Read

- Read a book
- Read a blog
- Read a web-site

## Write

- Write a letter
- Write a journal
- Write a story



## Learn

- Learn something new
- Learn a new fact
- Learn a new skill

## Music

- Listen to music
- Make music
- Sing a song
- Play an instrument



## Cook

- Cook your favourite meal
- Cook for someone else
- Bake or find a new recipe



## Connect with others

- Spend time with family
- Talk to friends



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# Take Home Messages

- We know that worry is NORMAL
- Worry can sometimes get out of control and turn into anxiety (the physical symptoms)
- We can manage worry and anxiety by using different skills like:
  - Calm Breathing
  - Problem Solving
  - Talking about our worries
  - Writing down our worries
- We know that doing more of what we enjoy can help us to feel better even if we are not worrying or feeling anxious

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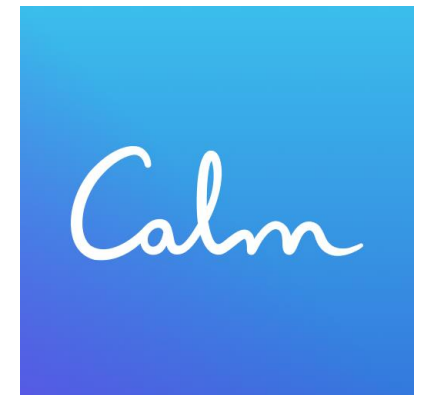
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## Useful Apps



If you have access to a mobile phone, these are some great apps to help you.



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# Thank you

- Does anyone have any questions?



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