

Staying Well at Home: Coping With Anxiety and Stress

A FREE Workbook for Young People
Aged 11-19 Years Old



NYA
National Youth Agency

VR



Introduction

Mental health, like physical and social health, is something we all have and need to take care of. But whilst it's easy to smile on a sunny day, surrounded by friends with everything going our way, we have all had to adapt very quickly to a whole set of unexpected changes as we isolate at home. Looking after your emotional wellbeing now will help you cope better with feelings of anxiety and stress during lockdown and prepare you for the challenges ahead as we slowly return to normal.

This FREE resource pack of exercises, quizzes and worksheets can help. Print off and work your way through with a pen or save to a device and complete electronically, these activities have been specifically developed for you to do alone or with the support of a professional (or other trusted adult) via social media.

However, if you are really struggling with your mental health, or are concerned about a friend's wellbeing, please tell someone. As so many of us are isolating at home it can feel like you are more alone than usual but be reassured, there is plenty of help available. Try talking to a parent/foster carer, youth worker or other professional but if you need something more, contact your local GP who can refer you to the appropriate services. Getting help early can prevent things escalating and ensure you get the support that's right for you.

In the meantime, whilst we all continue to stay home and follow Government instructions for social distancing, let's do our best to try and make it through to the other side as mentally healthy as possible.

Wishing you health, happiness and better times.

Vanessa

Vanessa Rogers

www.vanessarogers.co.uk

Picturing Mental Health

Aim

This exercise helps to identify what good mental health looks like for you.

How To Do It

Mental health is about feelings, thinking, emotions and moods, all things you can't really see but affect your life in lots of ways. It is about being emotionally 'healthy' ready to cope with the ups and downs of life.

Only you know what you feel and how you experience what is happening around you.

On the next page is an outline of a light bulb. Make it yours by filling it with words (or pictures) that describe your thoughts, emotions and moods when you are feeling mentally healthy and ready to cope with whatever comes your way. You can choose from the selection of words in the table or use your own.

You Will Need

- The 'Picturing Mental Health' Worksheet
- Coloured Pens

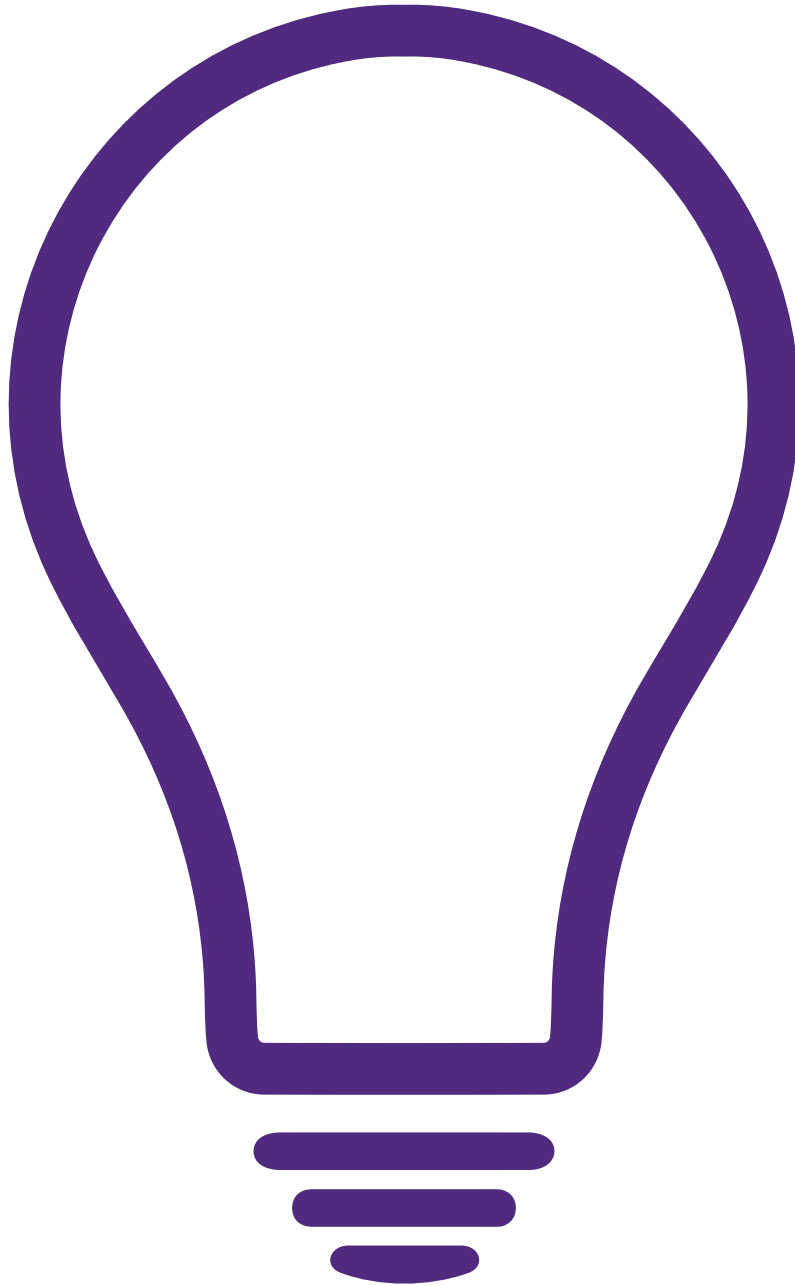
Once you have completed this you will have a visual representation of your emotional wellbeing. You are now ready to learn about internal and external stresses, how the body copes with stress and anxiety, ways to build resilience and positive strategies to cope during this time of isolation at home.



Picturing Mental Health Worksheet

Name

Date



Strong	Happy	Confident	Loved	Positive	Assertive
Certain	Respected	Trust	Safe	Loving	Content
Secure	Excited	Relaxed	Calm	Understood	Cared For

Lockdown Life

Fill in the blanks to explore your concerns whilst isolating at home. This will help you start to identify the things you are coping well with and areas that you may want to work on.

Name	
-------------	--

Date	
-------------	--

1. Keeping Informed
When I Hear The Latest News About The Worldwide Pandemic I Feel...
Being Told By The Government To Isolate At Home Makes Me Think...
If I Were In Charge I Would Keep Young People Informed By...

2. Education
When I First Heard That School Was Closing I Was...
Now That School Has Been Closed For Several Weeks I Feel...
The Things I Miss Most About School Are...
Things I Am Concerned About If We Have To Stay Off Are...



3. Being At Home

The Best Things About Being At Home Are...

Things I'm Finding More Difficult Are...

Things I've Enjoyed Doing So Far...

New Things I Could Try Are...

4. Relationships

When I Think About My Friends And Family (Outside Of My Household) I Feel...

The Things I Find Most Difficult About Being Apart Are...

Things I Worry Will Happen Are...

Things That Help Are...

Things I Could Do To Keep In Touch Are...

Lockdown Life

5. Looking Ahead

The Things I Miss Most About My Normal Life Are...

The Things I Plan To Do First When Things Go Back To Normal Are...

Something I Can Do To Help Plan For Better Times Is...

6. Today

Three Words That Express How I Feel Today Are...





Ten Tips For Coping With Change

Love it or loathe it, nothing stays the same forever and change is inevitable. But whilst some changes are exciting, unexpected changes and those that are out of our control can be hard. The last few months have brought massive changes to the way we live our lives for all of us.

With schools and colleges shut, access to youth clubs and social events no longer an option and sports provision closed for the foreseeable future, we are all having to adapt to spending more time at home.

Whilst how we react to these unprecedented changes will differ from person to person, here are some things that you could try to make things more manageable and help you cope with the 'new normal':

1. Acknowledge The Change

Pretending that everything is the same won't work. You will find it easier to adapt if you accept that things have changed and that this is out of your control. Try positive self-talk, e.g. 'Things have changed and I will be OK' to 'coach' yourself out of negative thoughts.

2. Acknowledge How You Feel

No one chose the changes we are experiencing and there is no one to blame for the pandemic. It's ok to feel stressed, just accept your feelings and remind yourself that stress is just the body's way of telling you that things have changed. It's normal.

3. Be Kind

To yourself and the others you are living in isolation with. Do things you enjoy and that make you feel good and try and give each other space so they can do the same.

4. Think Of The Positives

Not everything that comes out of this enforced change will be bad. Try and focus on the positives, even consider making a note of the small 'wins' and new things you find that you enjoy.

5. Keep A Structure

Try and get a routine to your days, it will help you feel a bit more in control. Whilst this is bound to be different to your usual timetable, having a bit of structure to the day will stop time drifting on and on...

6. Try To Eat Healthy

Avoid the temptation to snack all day! Whilst it's fine to have a few treats, eating healthily will help regulate your blood sugar levels, avoiding sugar highs and energy dips.

7. Exercise

For many people one of the biggest changes about life at home is the lack of opportunities to exercise. Even if you are not sporty it is likely that you will be doing far less now than you were a couple of months ago. Try and get outside for the hour allowed by the government. Even walking will help you to feel for more energised.

8. Have A Moan

Whilst constant negative or angry thoughts are not going to be helpful, taking it in turns with a friend or relative to let off steam by having a good moan can help get frustrations out and clear your head. Alternatively consider pouring your thoughts out in words; pictures or keep a video diary.

9. Tasks And Projects

Set yourself a task or project to complete each day. This could be something small like painting your nails or achieving 25 sit ups, or something for the future like taking the time to do your CV. Either way, you will get a sense of achievement when it's done and you will feel like you are moving forwards, rather than waiting for things to happen.

10. Get Help

If you have tried all of these and are still really struggling with all the changes in your life, ask for help and support. This could be from a trusted adult or professional or try one of the organisations listed at the back of this pack. Whatever you do, don't keep it to yourself. Getting help and support early can stop things escalating, meaning that you will feel more able to cope now and in the future.

The Emotional Wellbeing Spectrum

Aim

This exercise introduces mental health and emotional wellbeing as a spectrum that changes in response to the different things that happen to us.

You Will Need

- The 'Young People in Isolation' Worksheet
- The 'My Emotional Wellbeing Spectrum' Worksheet
- Coloured Pens

How To Do It

Mental health is just one aspect of our overall wellness. It can help to imagine mental health and emotional wellbeing as a spectrum, with 1 being mental ill health and 10 being total wellbeing.

As things happen throughout the day we slide up and down the scale from happy to sad, excited to angry, content to distress and all the emotions and feelings in between. Where you land on the spectrum varies because we all experience things differently. What one person finds extremely difficult another will breeze through, seemingly with no effects. This begins to explain why some people report finding isolating at home easy and others say they are experiencing extreme anxiety and stress. Neither response is right or wrong it just shows that we are all unique.

On the next few pages, four young people share their lockdown concerns. For each, place a cross above the spectrum where you think their emotional wellbeing is and identify the things you think are impacting on it, positively and negatively.

You will begin to see how this is likely to change due to internal stressors, like negative thoughts, anxiety and anger, and external stressors, like news reports, family members and friends.

Complete the Emotional Wellbeing Spectrum Worksheet. To see how your mood changes, come back at different times over the day and repeat. You are likely to move up and down the spectrum, dependent on the things that happen and how you feel.

From here you can begin to identify stress triggers and notice the things you can do to improve your emotional wellbeing. These can be simple things like talking to a friend, going for a short walk, watching a favourite movie or trying out a health and beauty product that makes you feel good.

Young People in Isolation Worksheet

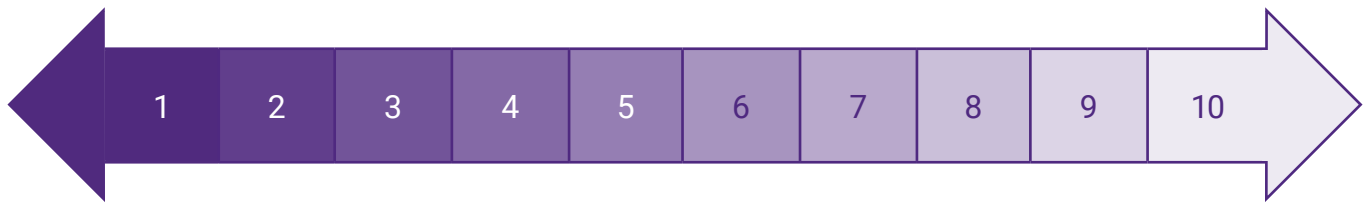
Freddie

Freddie loves football. He usually trains at least three times a week and plays for his team at the weekend. This stopped over 7 weeks ago and today he feels like he

will explode if he has to stay inside much longer. This morning he had another big row with his Mum so he has shut himself away in his bedroom to avoid talking to her.

Mental Ill Health

Emotional Wellbeing



Things Impacting on Freddie's Emotional Wellbeing...

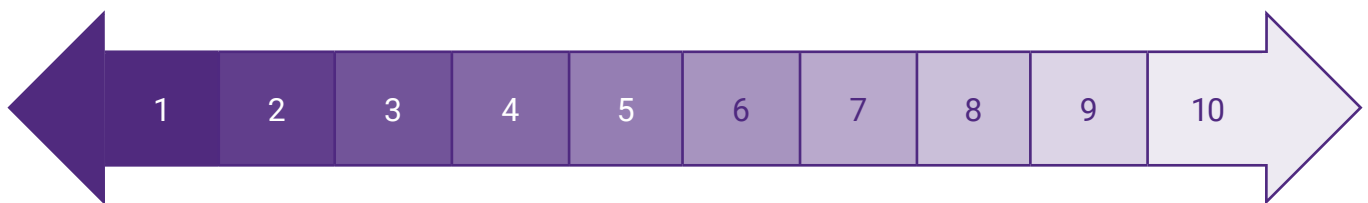
Evie

Evie was due to sit her GCSE's in the summer. Now that school has closed she is worried about her future. Despite teachers sending work home she is convinced she will fail all her exams and end up in a job she hates.

She is having trouble sleeping, often lying awake for hours before falling asleep and having vivid nightmares. She wakes up late, feeling tired and emotional but can't seem to break the pattern.

Mental Ill Health

Emotional Wellbeing



Things Impacting on Evie's Emotional Wellbeing...

Young People in Isolation Worksheet

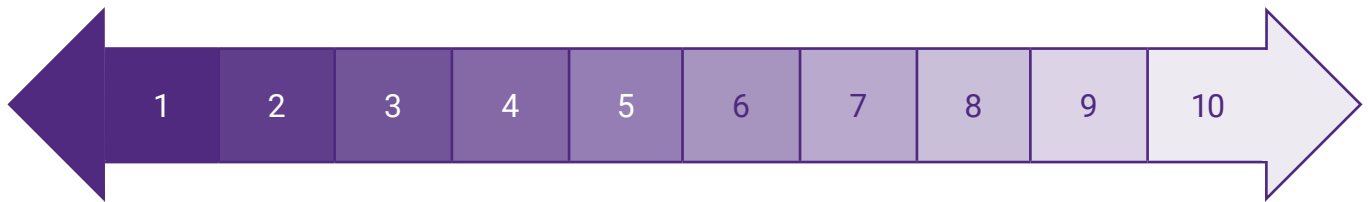
Josh

Josh can't stop worrying about his grandma. Every time he hears the news report how many older people have died from Covid-19 he feels sick imagining it could be her next.

Josh is really close to his grandma, she's a good listener and it is her he turns to when things go wrong. Negative thoughts and images keep going through his head on a loop and he doesn't know how to stop them.

Mental Ill Health

Emotional Wellbeing



Things Impacting on Josh's Emotional Wellbeing...

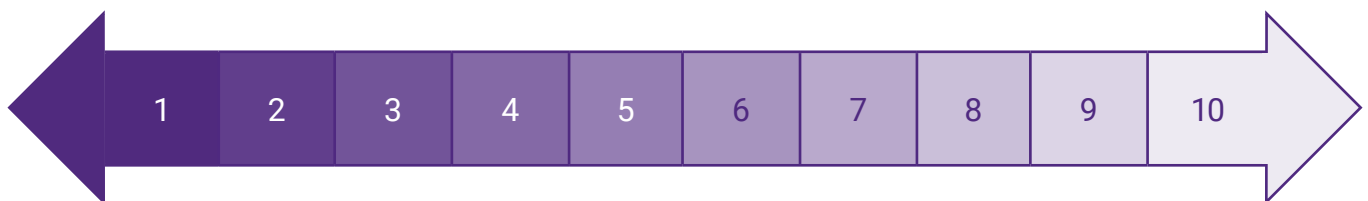
Kristina

Kristina is finding it hard not seeing her boyfriend. She's been through a lot following her parent's break up and he has been her emotional support. He feels the same and keeps begging her to break government

guidelines and meet him somewhere they won't be seen. Kristina is torn between wanting to see him and knowing that she could be putting herself and everyone she lives with at risk if she does.

Mental Ill Health

Emotional Wellbeing



Things Impacting on Kristina's Emotional Wellbeing...

My Emotional Wellbeing Spectrum

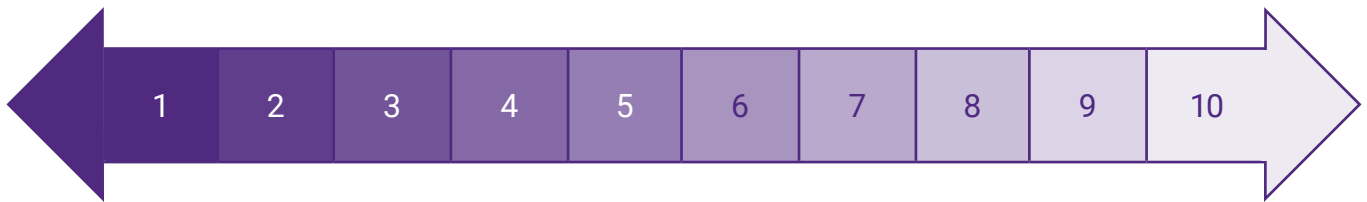
Name

Date

Have a look at the spectrum and place a cross above where you think you are at this moment.

Mental Ill Health

Emotional Wellbeing



Stress Triggers For Me Are...

Things That Improve My Emotional Wellbeing Are...

Ten Tips For Sleeping Better

Sleep is vital to emotional wellbeing and getting enough sleep can help people cope better with stress and anxiety. During this time of isolation many people have reported finding it harder to get to sleep, not sleeping deeply or waking up through the night meaning they wake up tired. If this sounds like you, try these simple ideas to help you start the day feeling rested and calm.

1. Exercise

Whilst we are unable to get our usual dose of outdoor exercise, getting into healthy indoor habits can help. Online exercise classes, dancing and skipping are good ways of increasing heart rate and letting off steam whilst stretching, Pilates or yoga early in the evening can reduce tensions and aide relaxation for restful sleep.

2. Music

Turn the volume up and sing along to your favourite tunes during the day but slow it down and chill out by listening to relaxing tunes before bed. Soothing soundscapes of rainfall or ocean waves can also help calm anxious minds and encourage deep sleep.

3. Have A Bath

Light candles, stick a do not disturb sign on the door and enjoy a warm, deep, bath an hour before bedtime. For extra comfort leave a towel on a warm radiator whilst you bathe and wrap yourself in it afterwards.

4. Avoid Caffeine

If you have trouble sleeping avoid drinks with caffeine in after 4pm. Caffeine is a stimulant drug found in tea, coffee, some fizzy pop and energy drinks. Instead try herbal teas or a milky drink before bed such as hot chocolate.

5. Keep A Dream Diary

Anxiety, worry and stress can mean that you are experiencing more vivid dreams than usual. Whilst nobody really knows why we dream, many people find keeping a notebook and pen next to their bed ready to write them down, helps them go back to sleep faster. Any disturbing dreams can then be shared with a trusted adult in the morning.

6. Try Not To Argue

It can be hard to keep your cool if you feel tired and tetchy but going to bed after a blazing row is not going to help anyone sleep better. Be honest. If you feel tensions rising explain that you are tired and take time out before things escalate.

7. Clear Up

It sounds odd but research shows that lots of mess and clutter can increase stress levels making it even harder to get to sleep. Tidy up earlier in the day to turn your room into an oasis of calm and serenity.

8. Natures Remedies

Try some homeopathic ideas to promote sleep. A few drops of lavender oil on the pillow, a handful of lavender heads inside the pillow case or even a lavender scented candle (blown out before you go to sleep) can all help you drop off into scented dreams. Other ideas such as dream catchers, heat packs, crystals and worry dolls all work to great effect for some people.

9. Write a Diary

End each day by writing about what's happened in a paper or virtual diary to help make sense of these unprecedented times and clear your head. Alternatively take a photo a day to document your time in isolation, sketch what you can see from your bedroom window or video yourself as you summarise your journey back to normal life.

10. Read A Book

Turn off all your devices at least an hour before you want to go to sleep. Instead, take a book to bed and relax each night reading a few chapters. You may be surprised by how quickly you fall asleep!

Stress Triggers

Aim

To identify current stress triggers ready to devise new strategies for managing at home.

How To Do It

Stress is a normal reaction to the demands of life, helping us recognise potentially dangerous situations to keep safe. When your brain perceives a threat, your body releases a burst of hormones to fuel your fight/flight/freeze response. When the threat is gone, your body returns to normal. However, during these times of isolation when we are all confined at home, our normal way of coping with stressful situations may not be available. For example, if after an argument with a sibling you usually leave the house, you may not be able to without breaking government guidelines in place to keep everyone safe.

On the next page is a quiz made up of things that young people say is affecting them negatively during their time spent at home during the pandemic.

You Will Need

- The 'Lockdown Stress Quiz'
- A Pen

Just to be clear, this is not a psychological quiz but a way of identifying things triggering your stress so you can work on some strategies to ease the situation later.

Complete the quiz by reading each trigger and then scoring it:

- 1 = Never**
- 2 = Sometimes**
- 3 = Often**
- 4 = Always**

At the end of the quiz add up you score to assess your levels of lockdown stress.

- Under 20 = Low Stress**
- 21 to 30 = Medium Stress**
- 31 and Up = High Stress**



Stress Triggers Quiz

Name

Date

1 2 3 4

1. I'm Finding It Hard To Concentrate On Anything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I Keep Worrying About What Is Going On In The World.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I Feel Like Crying More Than Usual.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I'm Finding It Hard To Fall Asleep/Stay Asleep At Night.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I Feel Frustrated That I Can't Do What I Want, When I Want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I'm Finding It Hard To Relax.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I Keep Getting Into Arguments Over Nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I Feel Tired During The Day Even When I've Done Nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I Feel Angry There Are No Answers To The Questions I Have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I'm Eating/Drinking More Than Usual To Mask My Feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I Snap At People If Things Don't Go My Way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I Feel Sad More Often Than Usual.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I Can't Think Beyond Lockdown.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I Don't Want To Talk To Anybody.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TOTAL SCORE

Understanding Stress

Aim

This exercise helps you understand what stress is and why we feel it before identifying some simple stress management techniques.

How To Do It

Stress is something that everyone experiences. It can be a feeling of unease, like a worry or fear, that can be mild or severe, and for most people it passes once the source of stress has passed. Whilst it is often perceived as a bad thing, a certain amount of stress is actually good for you as it helps your body prepare for new challenges, cope under pressure and avoid danger.

However, too much stress can lead to feeling worn out or overwhelmed. This can weaken the immune system and make it harder to cope with everyday life. The first step to coping with stress effectively is learning to recognise what stress looks like for you. From here you can start to develop ways to cope with it.

Complete the worksheet on the next page to reflect on how you coped with stress last time and then select three from our top tips list to find new strategies to try out. When you find something that works for you, consider sharing it with friends that are feeling under pressure during lockdown too.

You Will Need

- The 'Stress' Worksheet
- A Pen

Common Symptoms of Stress

- **Feeling Restless**
- **Butterflies In Your Stomach**
- **Sweaty And/Or Trembling Hands**
- **Feeling Dizzy Or Lightheaded**
- **Feeling Overwhelmed**
- **Feeling Irritable**
- **Headaches**
- **Not Being Able To Sleep**
- **Feeling Sad For No Reason**
- **Not Being Able To Concentrate**
- **Feeling Tired All The Time**
- **A Lack Of Patience**

Stress Worksheet

Name

Date

Identify A Situation Where You Were Stressed Or Anxious In The Past Week...

How Did You Feel?

What Were Your Thoughts?

What Did You Do To Feel Better?

What Three Things Could You Try Next Time?

Tips For Coping With Stress

Next time you are feeling stressed, try one of these stress busters to see if it can make a difference. There are plenty of workshops, podcasts and short films online to show you how.

Remember, different things work for different people so if one tip doesn't work, try another.

Understand Your Stress

- Complete the worksheets in this pack to help you understand your own triggers.
- Consider keeping a diary or making a note on your phone of the things that cause you stress and feelings of anxiety.

Keep In Touch

- Talk to friends and family outside of the household you are isolating in.
- Be honest about how you're feeling
- Ask for help if you need it.
- Make some plans to look forward to when self-isolation ends. You may not be able to set a date but you can certainly share ideas about how to celebrate seeing each other again.

Look After Your Body

- Go outside for your daily exercise allowance and spend time walking, jogging or running.
- Find ways to exercise at home, everything from following an online exercise class to putting on your music and dancing around the living room counts.
- Drink plenty of water.
- Eat healthy food and limit the number of sweet or salty snacks you have each day.
- Get enough sleep.
- Avoid self-medicating with alcohol, tobacco or illegal substances.

Look After Your Mind

- Be kind to yourself; treat yourself as you would a good friend that is going through a difficult time.
- Solve problems one at a time so you don't feel overwhelmed.
- Practice mindfulness.
- Try not to worry about the things you can't control.
- Work to resolve conflicts without anger and losing your temper.
- Challenge anxious thoughts.
- Learn to meditate.
- Write a lyric or poem to express your feelings.



Thoughts, Feelings and Actions

Aim

This exercise will help you understand how your thoughts and feelings affect how you respond to different challenges.

How To Do It

There is a strong link between our thoughts, feelings and what our body does. Under pressure our body releases a hormone called adrenaline, which triggers us into a flight or fight mode. This brings on physical changes in the body as our blood pressure rises and our hearts beat faster to get us ready to fight or run away from danger.

On the next page is an outline of a body. Around the head area write down all the things causing you stress and anxiety whilst isolating at home. These could be big or small things.

Now write inside the head the thoughts these stressors provoke, for example, 'I can't cope', 'I feel out of control', 'I can't see what the future will look like' or 'I worry that things won't go back to normal'.

These thoughts will affect how you feel. Inside the body on the worksheet write in feelings, both emotional and physical, you are experiencing, e.g. feeling sick, a headache or anxiety.

When things are out of our control it can feel harder to cope. Take a coloured pen and draw a circle around anything that you think is beyond your control.

You Will Need

- The 'Thoughts, Feelings and Actions' Worksheet
- Coloured Pens

For example, one of the biggest concerns for everyone is that we do not have a cure for the corona virus causing the pandemic. Whilst we cannot do anything about this directly, we can help manage our anxiety by looking at the areas we can influence or change and then exploring our options.

Questions to ask to feel more in control and stop the negative thoughts spiraling out of control:

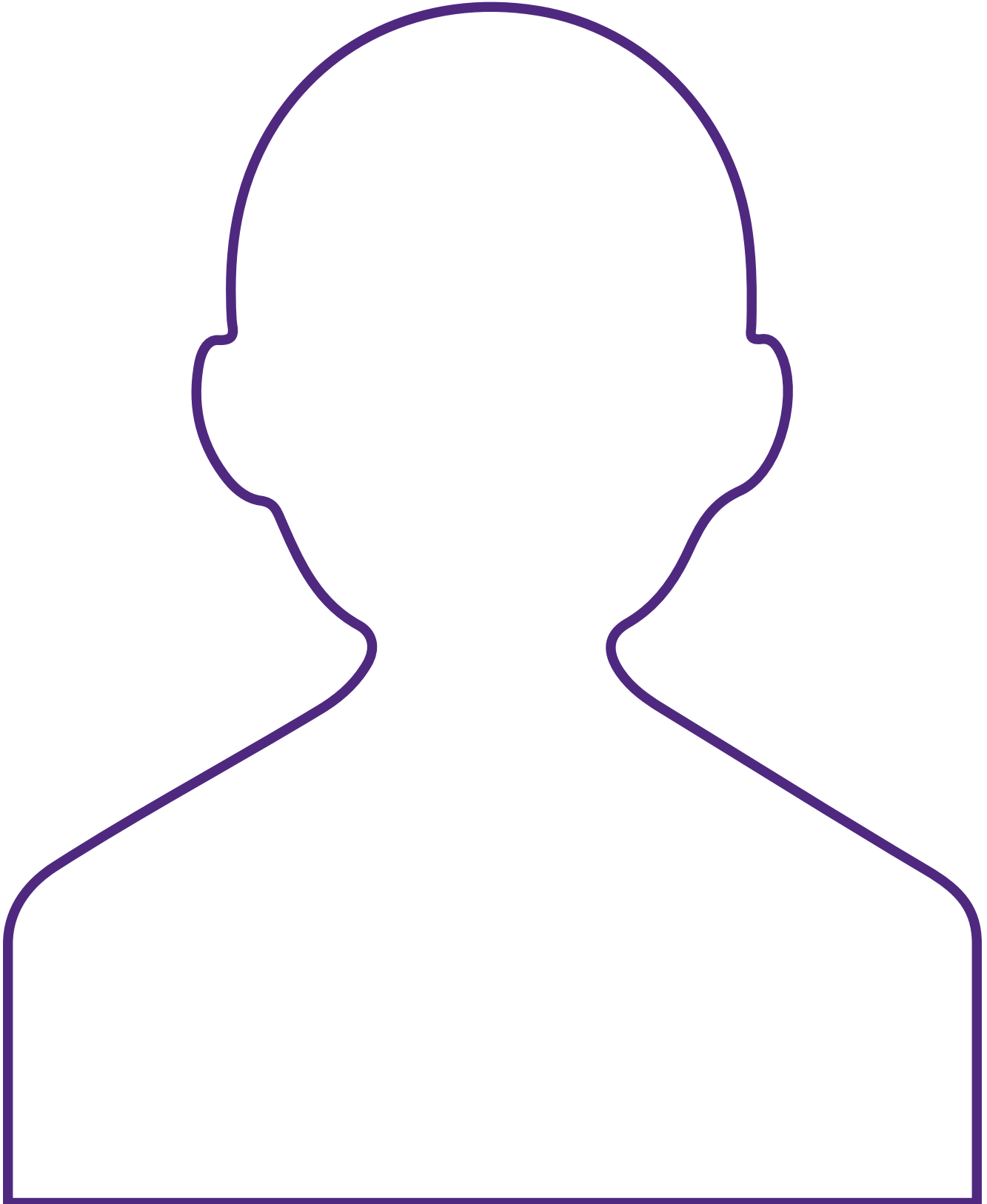
- **Is my thought based on a feeling or an actual fact?**
- **Is it possible for my thought to come true?**
- **What's the worst that can happen if it does come true?**
- **Will it still matter to me tomorrow or in the future?**

Thinking through the answers will help you put things into perspective. From there you can begin to make choices about things you can do to feel better able to cope.

Thoughts, Feelings and Actions Worksheet

Name

Date



Create A Wish Jar

Aim

This activity encourages you to think about the things that make you happy to remind you when you're feeling down.

How To Do It

Whilst we are all confined to home, it can be hard to imagine brighter days will come where we can go out and do the things we dream of during lockdown. They will come so get ready by creating a wish jar to capture all your ideas of lovely things to do.

Start by reminding yourself of the things that make you happy. Thinking positive thoughts can help influence your mood and reduce feelings of anxiety. Take the worksheet and look through the 20 ideas of things you might enjoy. Some might be new to you or even things you have never thought of before, whilst others might be something you do regularly in normal times.

You Will Need

- The 'That Makes Me Happy' Worksheet
- An Empty Jam Jar
- Small Pieces Of Paper
- Coloured Pens

Once you have done this decorate an empty glass jar in any way you choose. This is your wish jar.

From now on, every time you think of something you would like to do once this crisis has passed, write it on a small piece of paper. Try and make these affordable and realistic rather than something that can never happen. Fold the paper up and put it in your wish jar.

That way, you won't forget your good ideas and will have something to work through once lockdown is lifted and we return to better days.



Things That Make Me Happy Worksheet

Name

Date

Please place a tick in the appropriate circle.

Yes **No**

1. Sunshine.	<input type="radio"/>	<input type="radio"/>
2. Being With Friends.	<input type="radio"/>	<input type="radio"/>
3. Watching A Movie.	<input type="radio"/>	<input type="radio"/>
4. Listening To Music.	<input type="radio"/>	<input type="radio"/>
5. Making Something New From Something Old.	<input type="radio"/>	<input type="radio"/>
6. Cooking A Delicious Recipe.	<input type="radio"/>	<input type="radio"/>
7. Drawing And Painting.	<input type="radio"/>	<input type="radio"/>
8. Personalising Clothes.	<input type="radio"/>	<input type="radio"/>
9. Swimming.	<input type="radio"/>	<input type="radio"/>
10. Going Somewhere New.	<input type="radio"/>	<input type="radio"/>
11. Learning A New Skill.	<input type="radio"/>	<input type="radio"/>
12. Camping.	<input type="radio"/>	<input type="radio"/>
13. Being By The Sea.	<input type="radio"/>	<input type="radio"/>
14. Wearing Fancy Dress.	<input type="radio"/>	<input type="radio"/>
15. Playing Sports.	<input type="radio"/>	<input type="radio"/>
16. Playing An Instrument.	<input type="radio"/>	<input type="radio"/>
17. Keeping A Journal.	<input type="radio"/>	<input type="radio"/>
18. Writing A Book.	<input type="radio"/>	<input type="radio"/>
19. Being Part Of A Team.	<input type="radio"/>	<input type="radio"/>
20. Gaming.	<input type="radio"/>	<input type="radio"/>

Helping Hand

Aim

This activity helps you to identify people that you could call on for support with anxiety and stress.

You Will Need

- A4 Paper
- Coloured Pens

How To Do It

Take a blank sheet of A4 paper and draw around one of your hands in the centre of their sheet. Decorate the inside of the hand to represent your feelings and thoughts about your life in isolation, positive and not so positive.

Now take a pen and draw an arrow to your thumb on the decorated hand represents, along with the name of the first person you could call on for help and support with mental health issues.

Carry on until all five fingers display the names of people you trust to support you.

Put the 'helping hand' somewhere safe to remind you that you are not alone and that you have people that could help you problem solve to reduce feelings of stress and anxiety to more manageable levels.



Helping Hand Worksheet

Name

Date

Postcard To My Future Self

Aim

This exercise helps clarify feelings and is an opportunity to express your concerns.

You Will Need

- The Postcard Template
- Pens
- Scissors
- An Envelope

How To Do It

Use the template below to write a postcard to yourself in six months time. Tell yourself how you feel, what you are worried or concerned about and what you have been doing to make yourself feel better. This should include any longer term worries you have for your future; no matter how big or small they seem now. You can do more than one if you want to.

Once you have finished, take the scissors and cut the postcard out. Put it in an envelope, seal it and hide it away somewhere safe. Exploring how you feel and actually writing down your fears should help you to feel more in control and able to cope with your anxieties now, and in six months time you will have a record of what life was really like for you during this extraordinary time.



Useful Contacts

Organisations offering information and support to young people.

Anxiety UK

Advice and support for living with anxiety.

03444 775 774 (Helpline)
07537 416 905 (Text)
www.anxietyuk.org.uk

Campaign Against Living Miserably (CALM)

Listening services, information and support for men at risk of suicide, including a web chat.

0800 58 58 58 (UK Helpline)
0808 802 58 58 (London Helpline)
www.thecalmzone.net

Hope Again

Support for young people when someone dies.

0808 808 1677
www.hopeagain.org.uk

No Panic

Support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

0330 606 1174
www.nopanic.org.uk/no-panic-youth-hub

Refuge

Help and support for young people affected by domestic violence.

0808 200 0247
www.refuge.org.uk

Beat

Helpline, webchat and online support groups for young people living with eating disorders.

0808 801 0711 (Youthline)
0808 801 0811 (Studentline)
www.beateatingdisorders.co.uk

Childline

Support for children and young people in the UK, including a free 24-hour helpline.

0800 1111
www.childline.org.uk

NHS Go

NHS app with confidential health advice and support for 16–25 year olds.

nhsgo.uk

OCD Youth

Support for young people with obsessive-compulsive disorder (OCD).

www.ocdyouth.org

Rethink Mental Illness

Provides support and information for anyone affected by mental health problems.

0300 5000 927
www.rethink.org

Safeline

Young people's helpline, helping survivors of sexual abuse and rape..

0808 800 5007
www.safeline.org.uk

Victim Support

Emotional and practical support for those affected by crime and traumatic events.

0808 168 9111
www.victimsupport.org.uk

Welsh Women's Aid

Information and support for women and children experiencing domestic abuse.

0808 80 10 800
www.welshwomensaid.org.uk

Young Stonewall

Information and support for all young lesbian, gay, bi and trans people.

0800 050 2020
www.youngstonewall.org.uk

Samaritans

24-hour emotional support for anyone who needs to talk.

116 123

Women's Aid (England)

Information and support for women and children experiencing domestic abuse.

0808 2000 247
www.womensaid.org.uk

Young Minds

Committed to improving the mental health of children and young people, including support for parents and carers.

85258 (Crisis Messenger Service, Text YM)
www.youngminds.org.uk



 @natyouthagency

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