

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Helping children cope with stress during the 2019-nCoV outbreak



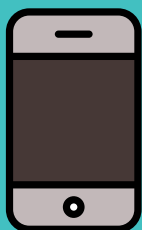
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

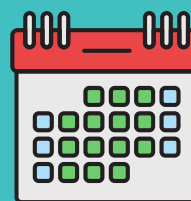
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



1 of your 10 a day:

Stay Connected

How can I connect with my community during the Coronavirus outbreak?



Check on vulnerable neighbours - you could use a leaflet like the one attached to offer help and support. Even someone knowing you have noticed them will lift spirits and nurture love, kindness and compassion.

Take part in the Window Walk spreading your message and creativity of Love and Hope.



Think about setting up cooking groups so that you can help each other. Perhaps you could take it in turns to help make something big and share! We have included some recipes that you could have a go at yourself.



Perhaps set up a WhatsApp group to stay connected to one another. This is a great way to ensure that neighbours can all stay connected and ask for help if needed.



Check Facebook for local hubs groups.



Check local shops for home deliveries.



HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

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'10 a day' choices towards balancing our mental health



Talk about your feelings



Do something you enjoy and are good at



Keep yourself hydrated



Eat well



Keep active in mind and body



Take a break



Stay connected to those you care about



Ask for help



Be proud of your very being



Actively care for others

'10 a day' choices towards balancing our mental health

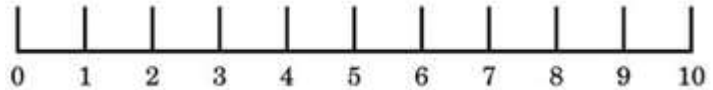
What do you choose to do most when you look after your mental health?

0 = I don't choose this very much

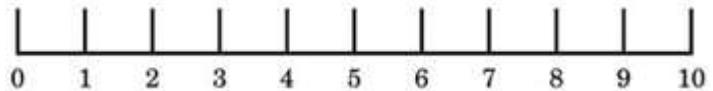
10 = I choose this quite a lot



1 Talk about your feelings



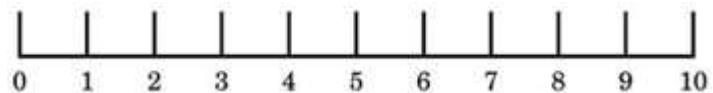
2 Do something you enjoy and are good at



3 Keep yourself hydrated



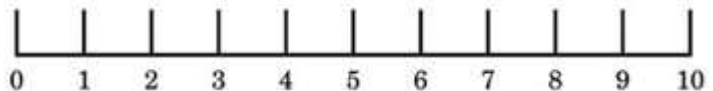
4 Eat well



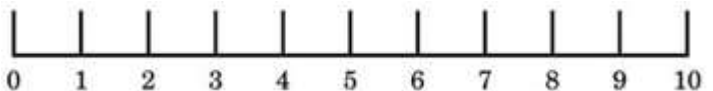
5 Keep active in mind and body



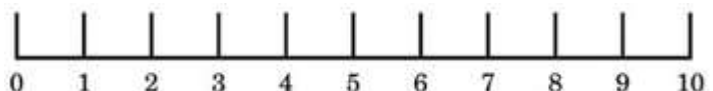
6 Take a break



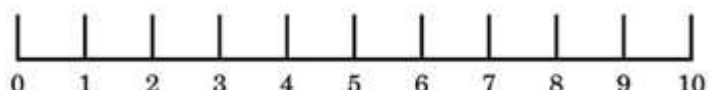
7 Stay connected to those you care about



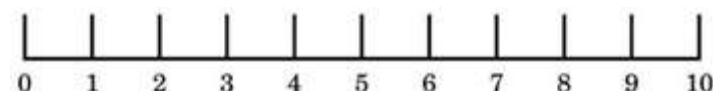
8 Ask for help



9 Be proud of your very being



10 Actively care for others



What have noticed? How well do you think you look after your mental health? What do you choose the most? What do you choose the least? Is there any choice you could do more of? How might you do that?

Activities, resources and information guides.



'A story about Coronavirus' – help support your children to understand coronavirus and to reduce worries - <https://www.elsa-support.co.uk/coronavirus-story-for-children/>

'A time when I felt'... a simple resource to write and draw emotions and feelings - <https://www.elsa-support.co.uk/tab-booklet-a-time-when-i-felt/>



'A hug in a mug' – draw or write the things that make you feel warm and happy - <https://www.elsa-support.co.uk/mug-full-of-happiness/>

Calming, mindful colouring - <https://www.elsa-support.co.uk/mindful-flip-flop/>



A-Z of self care - <https://www.elsa-support.co.uk/a-to-z-of-self-care/>

Recipe for well-being - <https://www.elsa-support.co.uk/recipe-for-wellbeing/>



5 day mindfulness challenge - <https://www.elsa-support.co.uk/elsa-support-mindfulness-challenge/>

Resources for all ages - <https://www.twinkl.co.uk/search?term=mental+health>



Breathing techniques – how are you feeling? - <https://www.elsa-support.co.uk/breathing-techniques/>



Mindfulness Rainbow Walk – notice what’s around you - <https://www.elsa-support.co.uk/mindfulness-rainbow-walk/>



Young Minds information on Coronavirus -

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Looking after your mental well-being - <https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/#collapse7546>



Information on supporting teenagers with positive mental health -

<https://stem4.org.uk/mindyour5-for-teenagers/>

Interactive game with activities to boost your mood -

<https://www.childline.org.uk/toolbox/games/boost-your-mood/>



Build your happy place – interactive tool to build an ideal room -

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

Wall of Expression – feeling worried? Frustrated? Write on the wall and watch the worries crumble away -

<https://www.childline.org.uk/toolbox/games/wall-of-expression/>

Play the balloon game and watch your worries float away - <https://www.childline.org.uk/toolbox/games/balloon/>

Parents, carers and families:

Sensory Integration Network- monthly magazine focusing on sensory processing issues (free membership) <https://www.sensoryintegration.org.uk/page-19043>



Family Action – Call 0808 802 6666 <https://www.family-action.org.uk/what-we-do/children-families/familyline/>

Young Minds –Parent helpline 0808 802 5544 <https://youngminds.org.uk/find-help/for-parents/>



Family lives – Helpline 0808 802 5544 <https://www.familylives.org.uk/>

Grandparentsplus - Grandparent and kinship carers helpline Call 0300 123 7015

<https://www.grandparentsplus.org.uk/>



SHOUT crisis text line: Text SHOUT to 85258 from anywhere in the UK, anytime, about any crisis

Samaritans- Call 116123 or email jo@samaritans.org

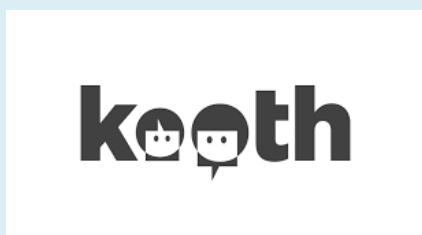


Childline – Call free on 0800 1111 or get in touch online <https://www.childline.org.uk/>

YoungMinds- Helpline 0808 802 5544 <https://youngminds.org.uk/>



Kooth - Free, safe and anonymous online support for children and young people <https://www.kooth.com/>



National Autistic Society – guidance and helpline for parents', young people and staff:

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

NHS UK- Mental Health App library:

<https://www.nhs.uk/apps-library/category/mental-health/>



Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>



Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>



Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>



[Public Health England](#) have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it [here](#).

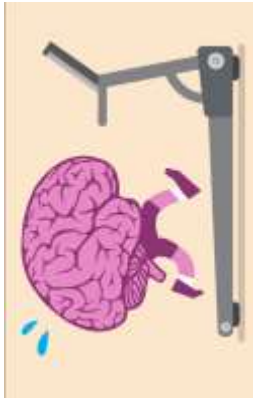


<https://www.youngdevon.org/>

Our partners in Young Devon are still here with lots of sound advice and online information on their range of support services for young people over the age of 11



1 of your 10 a day: Stay Active in Body and Mind



Stuck in the house? Need to exercise? Check out these YouTube workouts to keep your mind and body active...



Joanna Soh -

<https://www.youtube.com/watch?v=ixidNUtWN-Y>



The Fitness Marshall -

<https://www.youtube.com/watch?v=iL6ufJLkiUo>



K's Perfect Fitness TV -

<https://www.youtube.com/watch?v=ZwFVhm-rsDE#>

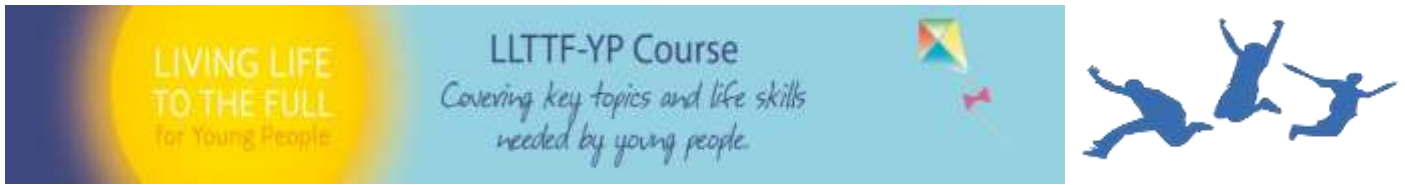


Popsugar Fitness -

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



Living Life to the Full (LLTTF)



Over the coming weeks and months ahead, you and your family are likely to need to self-isolate and spend more time at home taking care of yourselves and each other.

Here at Children and Family Health Devon, we are aware that many of you may become concerned about the events unfolding and the impact this may have on your mental health. You may have been seeking or accessing support that has had to cancel or postpone its services due to everyone playing their part in the national advice around the vital need for social distancing.

The coming months could make you feel anxious, worried, lower in mood, fed-up, and understandably concerned about your health. However, there are things you can do to make POSITIVE changes in each of these areas and thinking about how we are thinking is one of them.

The LLTTF programme involves rediscovering the things you already do that are good for you and how to build these up in your life.

Through the programme you can learn SKILLS that can last a lifetime and that help you gain a sense of control over how you feel and how you react.

This is an opportunity to take care of your mental health and general well-being, whilst spending time at home. LLTTF can provide additional ways of thinking about how you can approach the challenges ahead of us. You are therefore invited to join us and see what help and support is available to you online – Log on at: www.lltffyp.com



This is a fun, friendly and accessible programme that covers topics like:

1. Why do I feel so bad? – and how to make planned changes to feel happier.
 2. I can't be bothered to do anything – identify activities that introduce pleasure and fun, achievement and closeness
 3. Why does everything always go wrong? Responding differently to upsetting thoughts.
 4. How to fix almost everything – practical problem solving.
 5. 10 things you can do to feel happier straight away – building emotional and physical well-being.
- ...and so many more topics to choose from!

How do you get connected?

It's as easy as 1 2 3...

Step 1.

Go to www.lttfyp.com

Click the 'Register Now' Button.

Step 2.

On the registration page enter your details. Keep a note of the email and password you enter as you will need this next time you log in. You will be asked to enter a code.

The code is: **YPVC94570**

Step 3.

Once you have entered all your details. Click the 'submit Registration' button.

PLEASE NOTE: Next time you visit the site login with the email address and password you set up during registration. You do not need to enter the above code again. This is only a one off code for registration.

Error Reporting? Problems Logging in?

Please email technical@fiveareas.com:

- A screenshot of your problem or error message.
- The code you are using or have been provided.
- What action you expected and what actually happened.