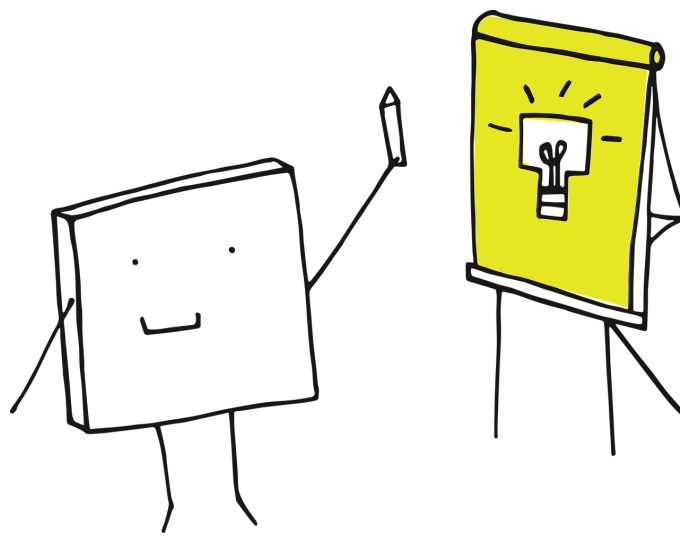




# Survival Guide to Change



## Workbook For Young People

**Name:**

To be used in conjunction with the Survival Guide to Change Online Workshops which can be found at; <https://www.lpft.nhs.uk/young-people>

# Contents

This guide will take you through the following topics to help provide you with information and strategies on how to cope with change and times of uncertainty. Each part has an accompanying online workshop which is there to talk you through the strategies in more detail and help you complete the activities:

**Part 1:** Information and education on change (Pages 3-11).



**Part 2:** Managing our anxieties around change (Pages 12-20).



**Part 3:** Keeping emotionally well in times of uncertainty (Pages 21-29).



**Part 4:** Staying connected (Pages 30-35).



**Part 5:** Other strategies for coping with change and uncertainty (Pages 36– 49).



# Part One

## Information and Education on Change



# How can change impact us?

We can identify change as any time one or more of four things occur: something in your life stops, starts, increases or decreases. Each of these can bring us different challenges in our life.

If we **stop** seeing a friend we used to see a lot, we must overcome the challenge of coping with an ending.



If we **increase** the subjects we study, we must overcome the challenge of managing more than you had to before. If our parents get a new job and our time with them **decreases**, we must be able to make do with less than we have been used to.




If we **start** a new school, our challenge is managing a beginning. Thinking about this, we can recognise that we experience change all the time!

**Here are some examples of change we may experience in our lives. Have you experienced any of these changes?**

- New sibling
- New home
- New school/class
- Friends moving
- New/different teacher
- Clocks going forward/back
- Change in routine
- Change in parent's job
- New/different club leader

What other changes have you overcome? It doesn't matter if they were big or small, write a list below...

An orange circular icon with three curved arrows forming a circle and the word "change" in a stylized font.

# My Strengths and Qualities

We all react differently to changes in our lives. In times of uncertainty and change we may feel unable to cope or lost at what to do. What is important is that when we are struggling with how we are feeling, we need to think back to a time we have endured change and explore all the amazing skills and qualities we have to be able to deal with it again.



**We all have amazing skills and qualities and it is important to remind yourself of them from time to time:**

Things I am good at:

- 1
- 2
- 3



How did you become good at these things?

**Practice makes perfect!**



What else would you like to learn?

**There is nothing we cannot do only things we cannot do YET!**

# My Strengths and Qualities

Challenges I have overcome:

- 1
- 2
- 3



What skills did you use to overcome this?

Challenges are just opportunities to grow!

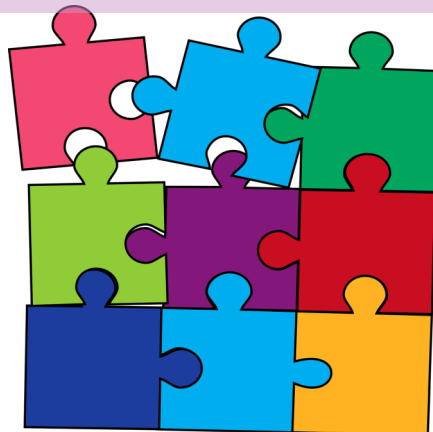
Times I have helped others:

- 1
- 2
- 3



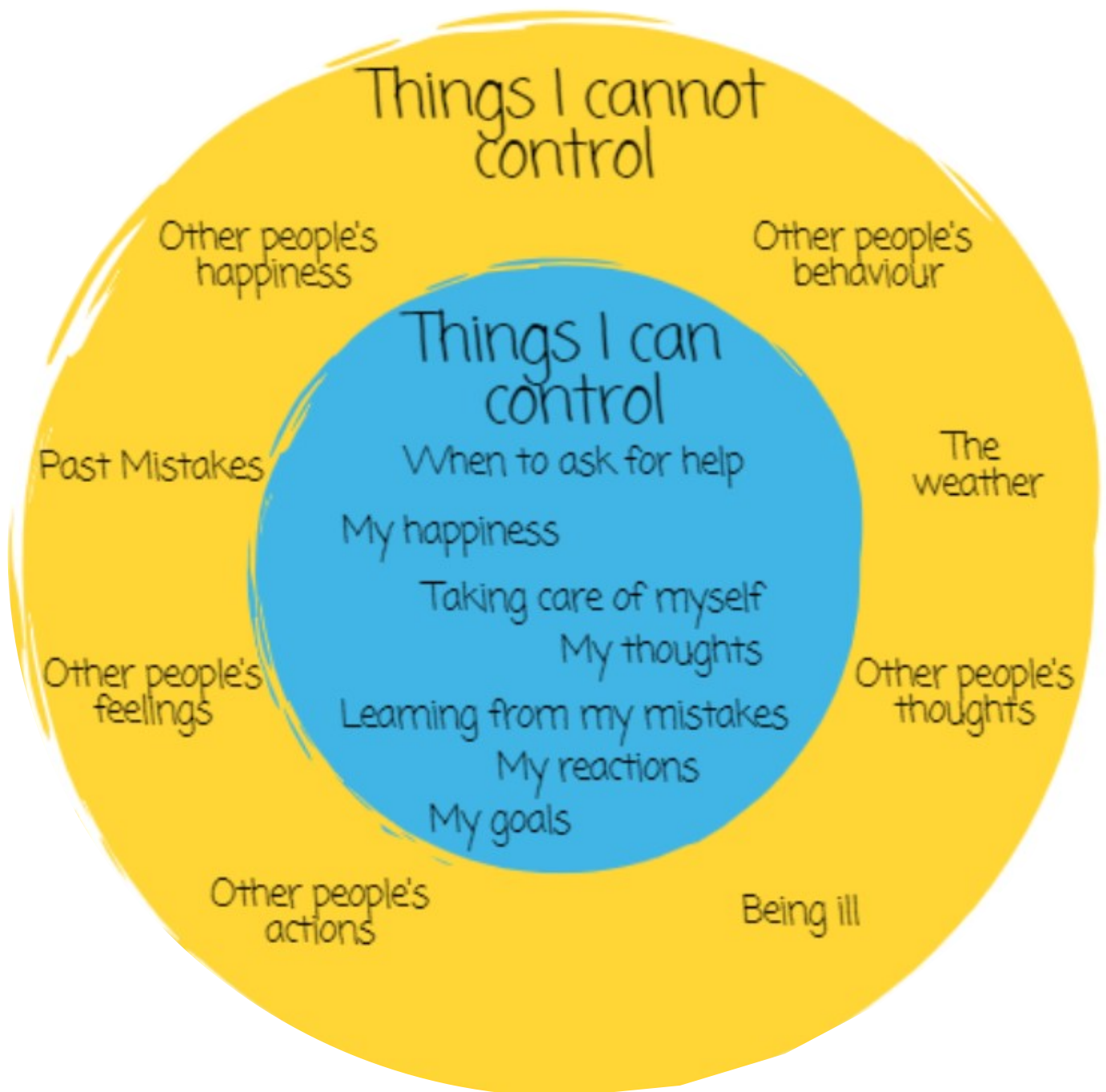
Compliments you have received?

You are capable of amazing things!



# What can we control?

Often with change, the big emotions we experience are related to things that are outside of our control. Sometimes with big changes there is not much we can control, however we can choose how we react to change. This may be through our attitude, our behaviour, or what we say to others, but it is important to remember that these are things only we can control. The diagram below shows the 'circles of control', we can use this to explore what we can and can't control in a situation.



# Circles of Control

Think back to the change you overcame and use the circles of control diagram on the previous page to think about the following;

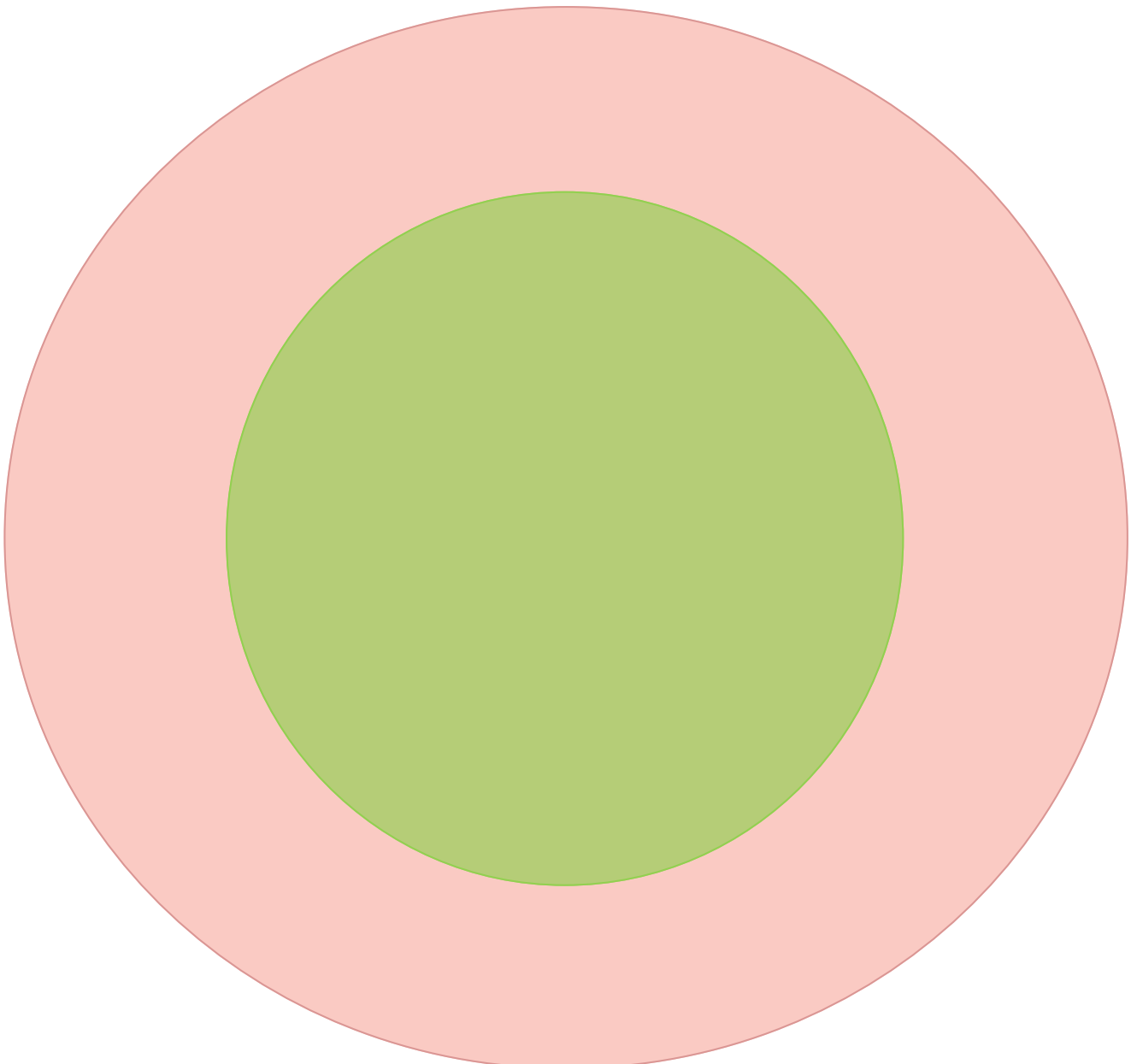
## **What aspects of this change could you not control?**

This could be practical things, such as where you moved home, what colour your new uniform was, or whether you have a brother or sister; this can also be other people's reactions to the change.

## **What aspects of this change could you control?**

This may be the way you reacted to the change, or this could be practical aspects such as choosing comfortable shoes for your new walk to school or setting an alarm to get up earlier.

Complete your own diagram below;

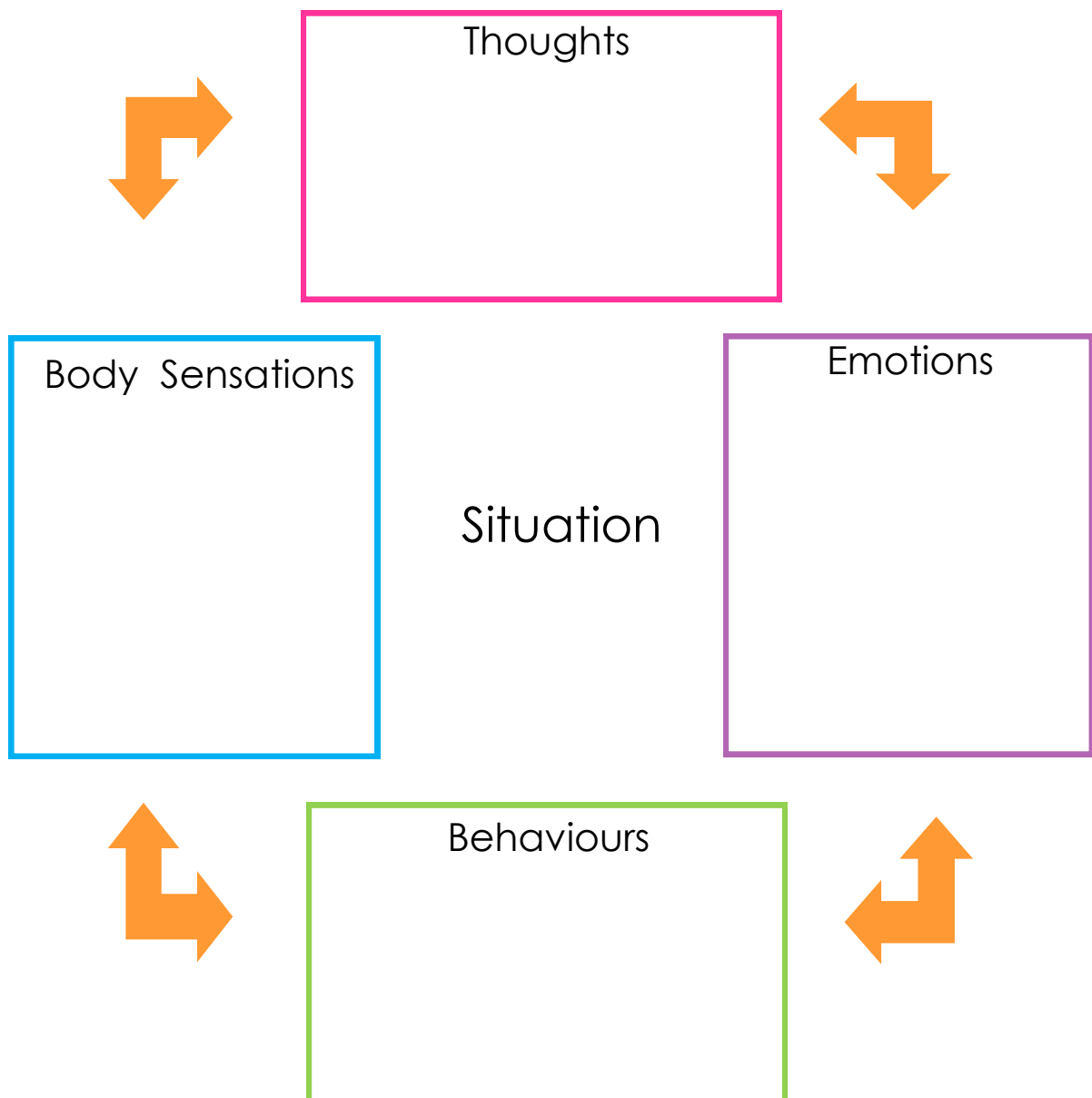




# The 5 Areas

This shows how our thoughts, feelings, behaviours and physical sensations link together. Using this method can help you identify what is going wrong and where you may be able to make changes.

Have a go at trying the 5 areas out for yourself! Think of a time where you may have been anxious or worried about a change, this will be your situation. How did the situation impact on your thoughts, your emotions, your behaviours and the physical sensations you experienced in your body?

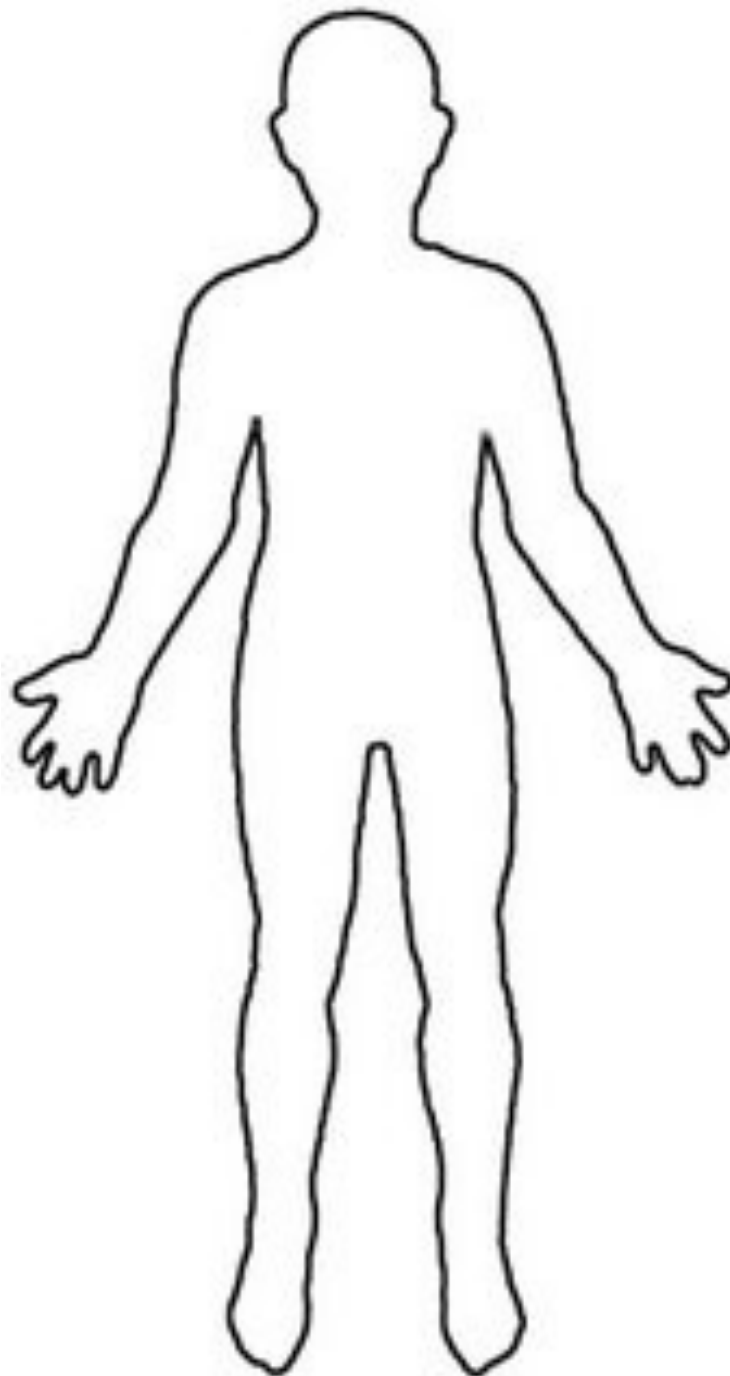


The 5 areas can become a 'vicious cycle' so it's important to identify what is impacting on you and find a way to break the cycle, by either managing/ challenging our thoughts or changing what we do (behaviours).

# The Fight or Flight Response

When the brain perceives a threat, it activates the body's "fight or flight" alarm system. We experience uncomfortable feelings because adrenaline is released and makes the body's systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).

What physical sensations occur in your body? Write or draw them on the image below...



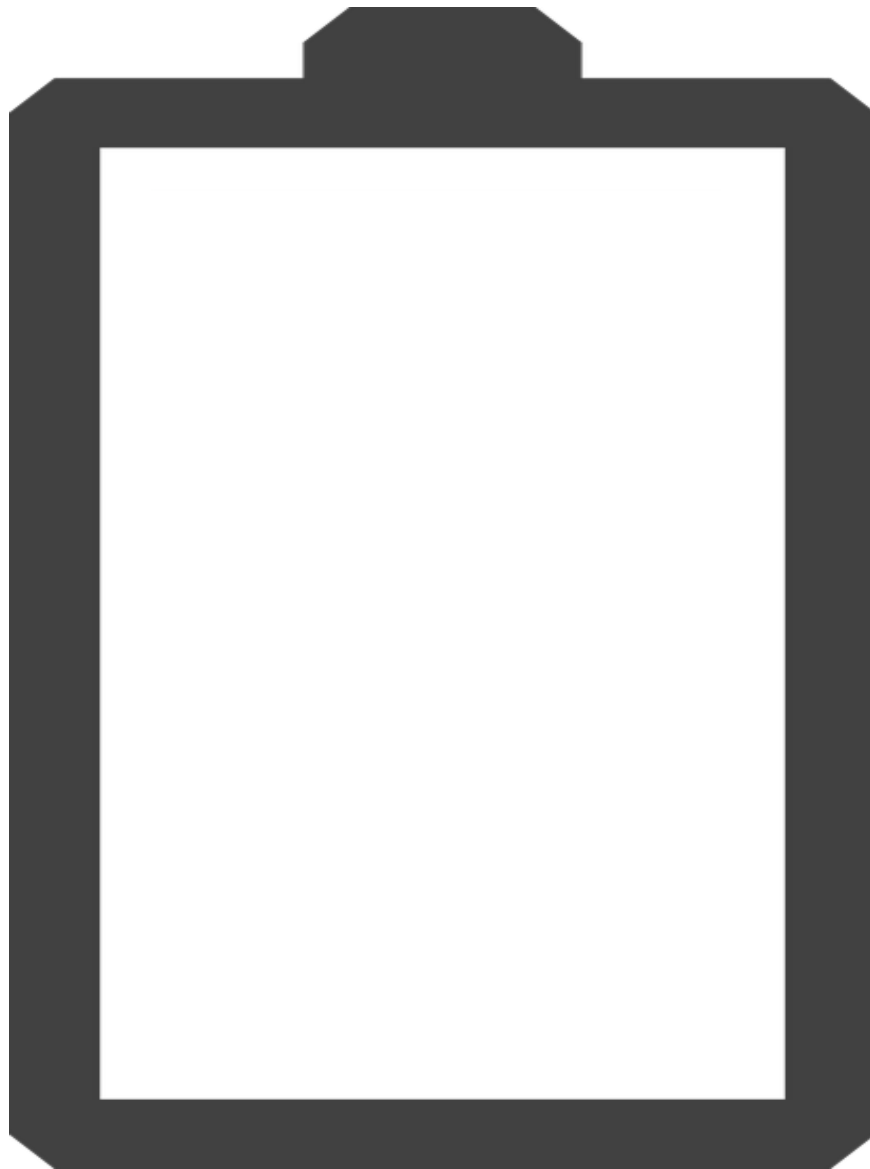
# Boosting Your Energy



Change is inevitable in our lives, and whether this is a planned change or something we were not expecting, it takes up a lot of our energy. Some changes may take up less energy than others, and this can vary from person to person. A change in routine may take up a small amount of energy for Bill, however this may take up a lot of energy for Ted.

Big changes in our lives such as a new school, a new home, or a complete change in our routine, can “drain our battery” and cause us to feel pressured and exhausted, therefore it is important for us to maintain our energy levels.

**What can you do to boost your energy? Write or draw all the things you can do and the people you can talk to that help to keep you happy and healthy in the battery below...**



# Part Two

Managing our  
anxieties around  
change



# My Worries

Worrying is a normal process. We all worry, especially in times of uncertainty and change. Worry is your body's way of saying something might be wrong. We might have all been placed in the same situation, but this may impact on us in different ways, which means we may worry about different things!

Write below some examples of what is worrying you...



# Worry Sorting Activity

Try and sort the worries on the next page into 'Here and Now' and 'What If' worries in the table below.

## 'What if' worries



These are worries that are often affecting you in the here and now and we can usually find a practical solution!

## 'Here and Now' worries

This type of worry is often about things that may be well in the future and may not have a solution, no matter how hard you try to find one!

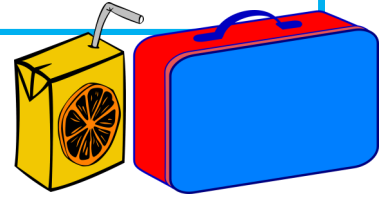


Did you get them all right?



I have not met my new teacher yet. What if I don't like them?

I have forgotten my lunch



What if I get really ill?



I am going to miss my family when I have to go back to school.

I have to start getting up early for school again, but I'm finding it hard to get out of bed

I can't remember my way round school.



I have not seen my friends in a while and I'm not sure how to keep in touch with them.

What if I don't remember all the stuff I learnt in school?

I'm not sure if I have everything I need to go back to school.

What if my friends no longer like me?



# What to do with my worries?

Worrying too much can interfere with a person's ability to do the everyday things they may want to do. Use the Worry Tree to help you distinguish whether your worry is a Here and Now or What If worry, and find the best way to approach the problem.

Why not give it a go?





# 7 Steps to Problem Solving

There are seven steps to help you to try and solve your here and now worries. Why not give it a go below with one of your own here and now worries. If you are struggling to think of one try using one from the worry sorting activity you completed earlier...

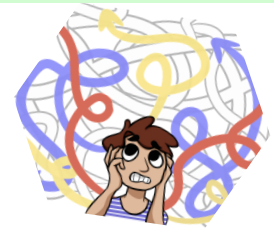
## Step 1: Identify the worry you want to focus on

Choose one of the Here and Now worries that you would like to try and problem solve.



## Step 2: Identify Solutions

Identify as many potential solutions as possible. At this stage nothing should be rejected, no matter how ridiculous some solutions may seem.



## Step 3: Analyse the strengths and weaknesses of each solution

Make a note of the main advantages and disadvantages of each solution. This may include the possibility of being able to undertake the solution, the resources you have and how you feel about carrying it out.



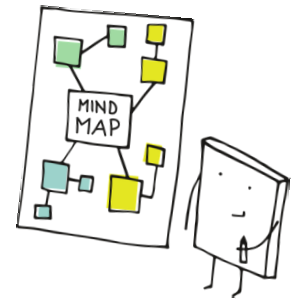
### Step 4: Select a solution

Now choose one of your solutions to try out.



### Step 5: Develop a plan

The solution you have chosen may require careful planning. Try to stick to the 'Four Ws' – what, where, when, with whom.



### Step 6: Put your plan into action

Now that you have developed your plan, it is all about putting it into action.



### Step 7: Review your plan

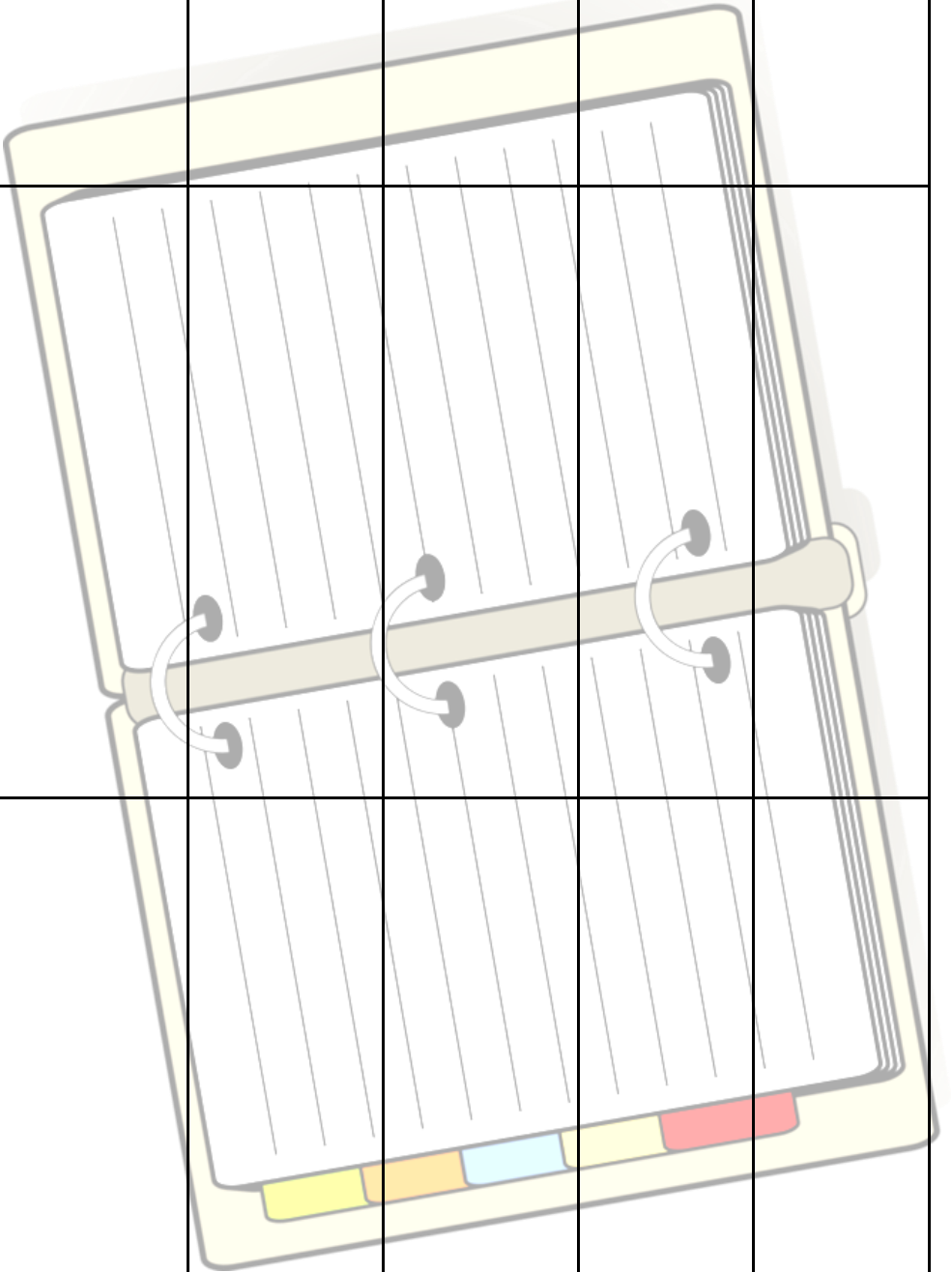
Maybe it worked a little or not at all. The advantage of problem solving is that other options always exist. If the plan worked then continue to use it, if not then pick another solution to try.



Problem solving does not work for all worries, but don't panic there are other things we can try if not!

# Worry Diary

Date and Time	What was happening at the time?	What is the worry?	Anxiety (0 - 10) 0 = no worried feelings 10 = most worried feelings.	Is it a What If or a Here and Now worry?





# Worry Time



When you find yourself worrying about What If worries a lot, it is helpful to reduce the amount of time you spend on worries and instead allocate a specific time to concentrate on them.

This allows you to be more in control of your day. There are four steps to carry out and, as with any skill, practice makes perfect.

## **Step 1: Plan your time to worry**

Pick a time of the day that you will let yourself worry for around 15-20 mins. Make sure there are no distractions during this time!

## **Step 2: Write down and keep a log of your worries**

Keep track of the things that you are worrying about during the day by writing them down so you can think about them later.

## **Step 3: Refocus your mind**

Once you have written down your worry it is important to try not to think about it. Try to distract yourself by doing something you enjoy or something that will keep you busy.

## **Step 4: Take your worries to worry time!**

Now you can let yourself worry! Read your list of worries and see how you feel about them now. Are you as worried about them as you were when you wrote them down?

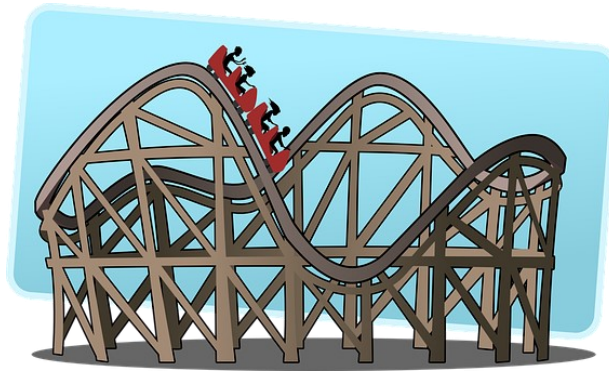
# Part Three

Keeping  
emotionally well in  
times of  
uncertainty



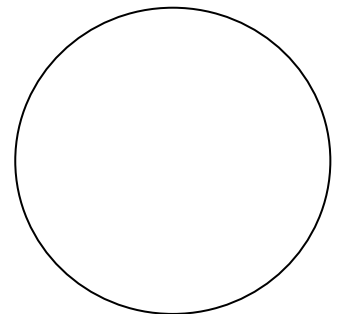
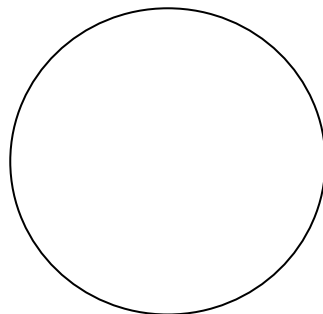
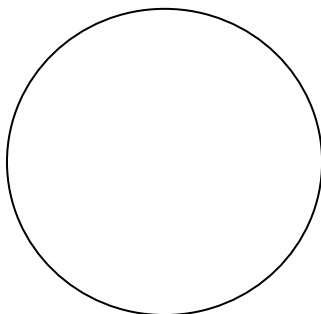
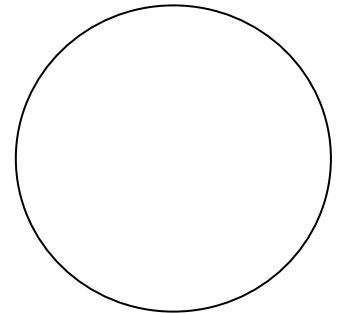
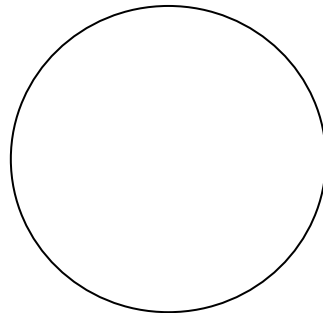
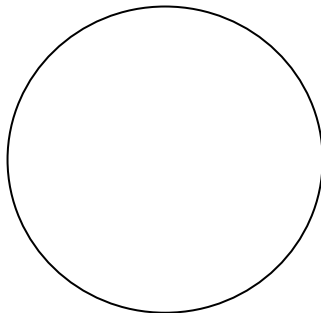
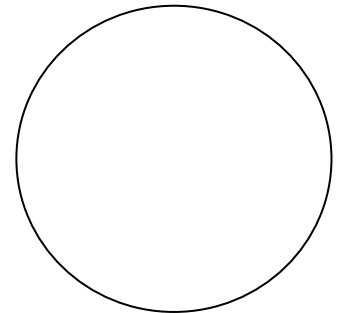
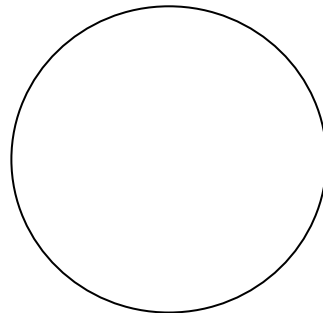
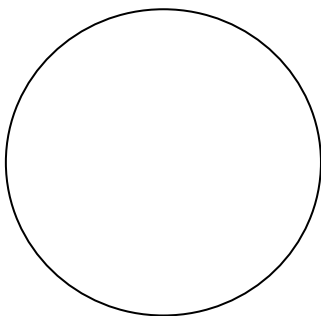
# Emotions

We might think of different emotions in terms of being 'good' or 'bad' and that to be emotionally well we need to just feel the 'good' emotions. However, all of our emotions are really important and they give us information about what we are experiencing. At any time, but particularly at times of change, we can experience a variety of emotions throughout the day and sometimes it can feel like a bit of a rollercoaster.



**How many emotions can you think of?**

Write or draw them in the circles below...



# Sleep, Diet and Exercise

## QUIZ

Below you will find nine questions about sleep, diet and exercise; circle either true or false for each question! The answers will be revealed in the workshop video...

1. Bananas can help you sleep and reduce anxiety:

True

False

2. Energy drinks are harmless:

True

False

3. Skipping breakfast can help you think more clearly:

True

False

4. It is recommended that we exercise for half an hour a day, three days a week:

True

False

5. Drinking lots of water can help you concentrate:

True

False

6. Most young people need 8-10 hours sleep per night:

True

False

7. Increased levels of exercise during the day can help you sleep better at night:

True

False

8. Being active is linked to better emotional wellbeing, reduction in stress levels and improved concentration:

True

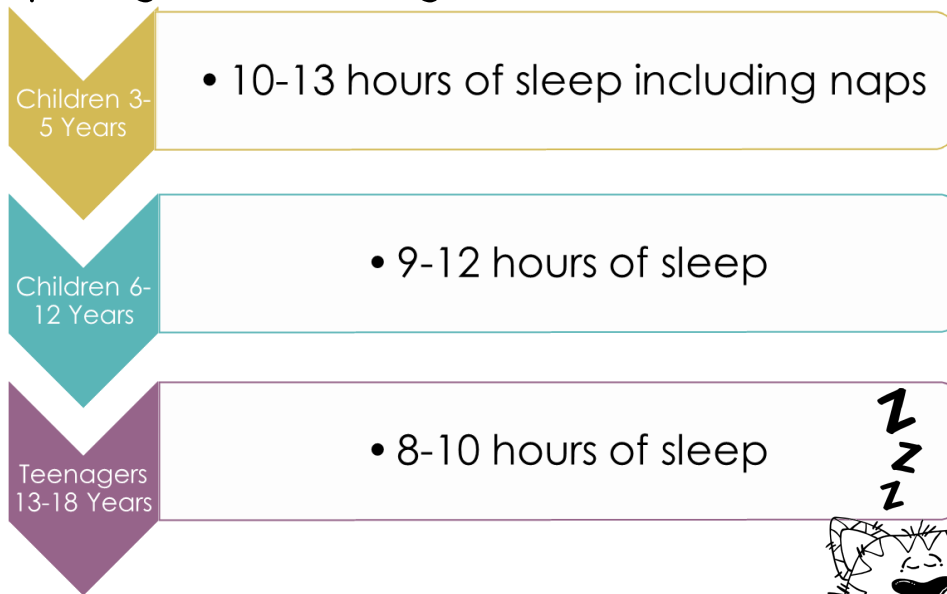
False

9. Chocolate gives you energy:

True

False

# Do you get the right amount of sleep?



## Sleep Top Tips

- ☀ Make your bedroom 'sleep friendly'. It should be cool, quiet and dark. Make sure your mattress and pillow are comfortable.
- ☀ Make sure you get enough exercise as this can help you fall asleep easier. Exercising helps to improve sleep quality and doesn't have to be strenuous, walking or cycling are fine. Be aware that some people find that exercising too close to bedtime can leave you "pumped up" and awake, which makes it harder to sleep.
- ☀ Try not to spend too much time in bed when you are not sleeping e.g. playing games, watching films or eating as this can confuse our bodies and keep us awake.
- ☀ Make sure you spend some time relaxing before bed, try to stop using electronics at least 30 minutes before you go to sleep as this can make your brain think it's still daytime.
- ☀ Get into a good sleep routine... Try to wake up and go to bed at the same time each day even on weekends! A regular nightly routine helps the body recognise that it is time for bed. This could be having a nice warm shower or bath, reading a book or listening to some light relaxing music.





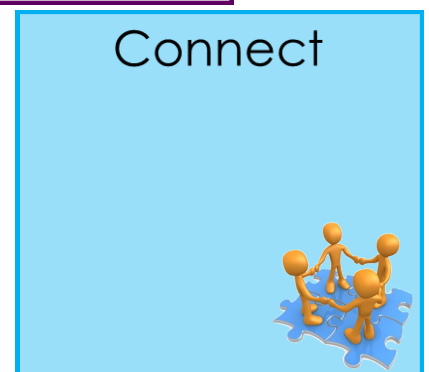
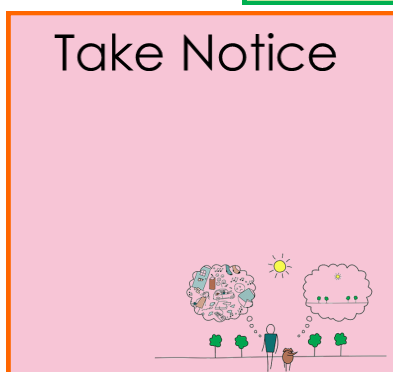
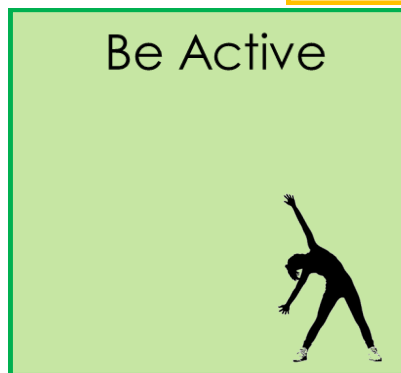
# Staying Emotionally Healthy

## The 5 Steps to Wellbeing

We are all adjusting to a new, rather different way of living; despite this it is still important to look after your emotional wellbeing.

There are 5 steps to maintaining positive wellbeing and it is important to not let change get in the way of you achieving them. Be creative - there are lots of ways to do these things from the comfort of your own home.

**Write down what you are doing in each of these 5 areas to improve your emotional wellbeing?**



Check out our website Coronavirus page for more tips:

<https://www.lpft.nhs.uk/young-people>

reminder:  
take care  
of yourself!

# Self-Care

Self-care is any activity that we do in order to take care of our mental, emotional, and physical health. It is not about forcing yourself to do things you feel you have to; it's about finding things you enjoy which refuel and relax you! .

This might even be the little things like taking time to go for a walk...



Self care not only improves your emotional wellbeing through creating a healthy work life balance and reducing stress but it also helps you realise your worth.

**In the space below write a list of self-care activities you can do for yourself even if they are only small...**

Why not create a self-care fortune teller with all your ideas?  
Don't forget to do at least one self-care activity a day!

# Getting back into a routine

## Top Tips

**Set your goal.** Set a date where your routine will be back to normal, and stick to it. This should be before you will rely on this, for example 3-4 days before school goes back.

**Take small steps.** We often find it more difficult to change many aspects of our lives and routine, so start small. It may be waking up a half hour earlier for a couple of days, and even early for the few days after.

**Schedule fun time.** We often think of our days being filled with the “routine” activities such as brushing our teeth, waking up, eating our breakfast. Routines are also about ensuring we have time to focus on our wellbeing, so schedule this in too! We need a good mix of **routine** (such as washing, dressing, eating etc.), **necessary** (such as going to school, completing homework etc.) and **pleasurable** (spending time with friends, playing games, hobbies etc.) activities in our daily routines. It can be helpful to write down your schedule to remind you of what you want to achieve – we have included an example of a day planner for you to use on the next page.

**Get organised.** This could include writing your schedule and displaying this somewhere you can see it, or organising your room or space to maximise your time. It may be sorting through your school work and bag to make sure you have everything you need, or sorting your wardrobe so you can easily access your uniform, club outfits etc. Organising our physical items can also be calming for our minds as the space we are in feels more relaxing.

**Don't worry if you miss a beat.** Everyone has days where their routine doesn't go the way they had planned. If your day does not go to plan, smile, stay positive and start again the next day.



# DAILY PLANNER

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

## TO DO

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

## FOR TOMORROW



What three small goals would you like to achieve tomorrow?

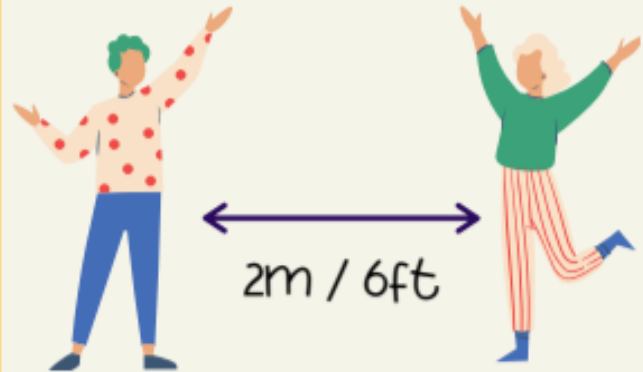
# Staying Healthy

School and other places we go to may be a lot different but this is okay, we can use the skills we already have and ones we have learnt to adapt to these new changes and it's okay as we won't be doing it alone! Remember to do the following things to keep yourself safe...



## WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for 20 seconds.



## MAINTAIN SOCIAL DISTANCING

Maintain at least 2 metre (6 feet) distance between yourself and anyone outside your household.



## AVOID TOUCHING YOUR FACE

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus. So avoid touching your face where possible.



## CATCH COUGHS AND SNEEZES

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Put used tissues in the bin immediately and wash your hands afterwards.

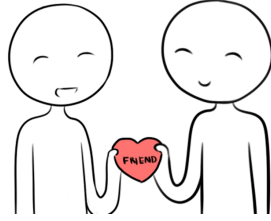
Source: National Health Service UK

# Part Four

## Staying connected



# Friendships



Friendships are an important part of social connection and good friendships mean that we are more likely to have feelings of belonging. Friendships also increase feelings of happiness and confidence. What makes a good friend is something we continue to learn throughout our lives.

## Do you know what makes a good friend?

We would like you to write down what you think are good qualities to have in a friend and add them to your jar. On the outside of the jar write qualities and things that aren't so great to have in a friend.

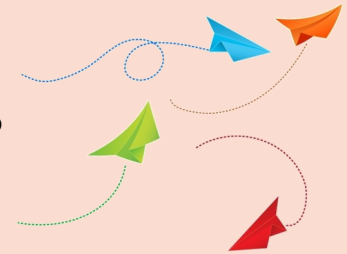


# Changes in relationships

Many things may have changed in the past few months, including our friendships. It is common for friendships to change over time. Sometimes, changes can cause friends to drift apart. This is something many people go through, but it can still be tough to deal with.

There are several things you can try and do to cope with changes in relationships;

- **Talk about it:** let your friend know how you're feeling about the situation; you never know your friend may be feeling the same too.
- **Stay positive:** try not to blame anyone for the changes in the relationship. Instead try focusing on each other's strengths and what you can both do to improve the friendship.
- **Give them space:** if your friendship is really bringing you down, you may need to take a break and spend time outside of the relationship. You could try a new extracurricular activity, hobby or something else that interests you to take your mind off things.
- **Express yourself:** consider writing your feelings down in a journal, singing, dancing, creating art or doing something else you enjoy.
- **Meet new friends:** look for peers who you'd like to get to know better. You may even find yourself growing closer to people you already know and building on those relationships.



## Staying connected from afar...

**There are lots of things you could try to keep in touch with friends;**

- Try to make the most of technology to stay in touch with friends and family.
- Video-chat apps like Skype and FaceTime are a brilliant way of keeping connected!
- You can even try playing online games together or connecting through social media, why not make a quiz or have a virtual party!



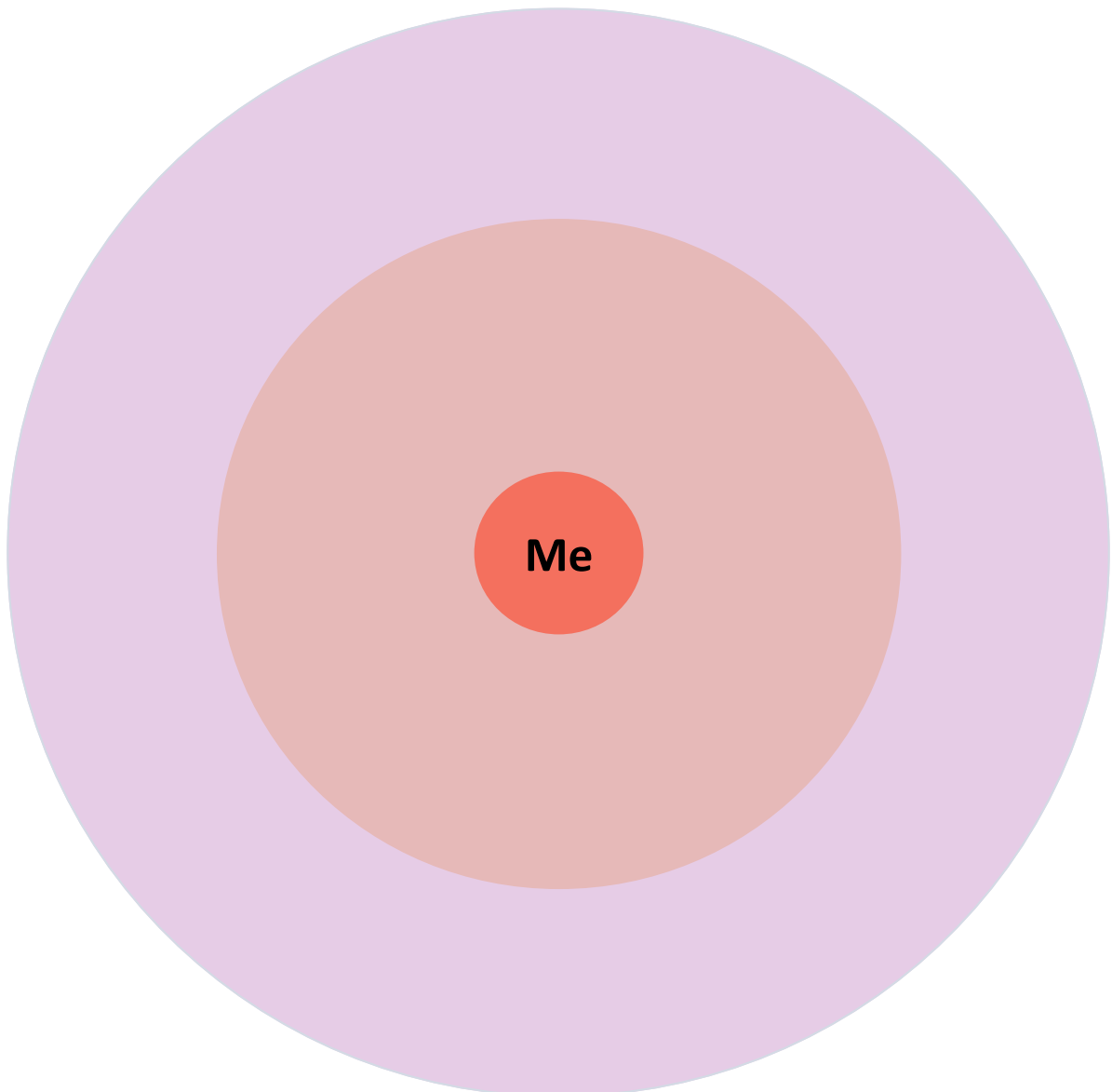


# Circles of Support

Everyone faces challenges from time to time. Even in times of change, we still have lots of people around us who love and support us. We may not always be able to deal with things alone, so asking for help can help you to deal positively with your problem.



Below is a diagram called the 'circles of support'. With you in the middle, think of people who support you, within the inner circle place the people who you would go to first if you needed help. Within the outer circle place the people in your life that may be able to support you as well.



# Other Sources of Support

Sometimes we are not able to cope with change by ourselves and this is okay.

We recognise that there may be times when you don't want to speak to someone in your circle of support, or you feel that those in your circle may not be best placed to support you with what you need. It's important to remember that there are lots of great services out there should you feel you ever need someone to talk to...

## Websites & Numbers

- KOOOTH.com
- LCC Emotional Wellbeing Pathway
- Here4You Advice Line: 01522 309120 (Healthy Minds & CAMHS)
- ChildLine: 0800 1111
- Samaritans: 116 123
- Your Minds Crisis Messenger (SHOUT):  
Text SHOUT to 85258
- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)



# Staying Safe Online

It's also really important to remember to stay safe if you're using websites, apps or any other technology. Here are some websites that give advice to young people and parents/carers....

1. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
2. [www.childline.org.uk/info-advice/bullying-abuse-safety](http://www.childline.org.uk/info-advice/bullying-abuse-safety)
3. [www.bbc.co.uk/cbbc/findoutmore/help-me-out-staying-safe-online](http://www.bbc.co.uk/cbbc/findoutmore/help-me-out-staying-safe-online)
4. [www.nspcc.org.uk/keeping-children-safe/online-safety](http://www.nspcc.org.uk/keeping-children-safe/online-safety)



# Memory Jar

Memory jars are a nice way to remember someone we are unable to see. They are made using natural materials which also provide soothing sensations due to the negative ions present. Follow the steps below to create your memory jar. Sit with someone special to you, and make one for each other!



## You will need:

A small jar (try not to pick one too big as you need to fill it!)

Table salt

Coloured chalk (powder paint works well if there is an allergy to chalk)

2x pieces of paper

**Optional:** Glitter and Cotton wool

## Steps:

1. Write down some memories or words that remind you of the person/place you are creating your jar about.
2. Choose a colour to represent that memory/word from your chalks/paints/glitter available.
3. Take the plain piece of paper, and in the centre pour some salt (think about how much you may need for the jar, and how you wish to divide this between your chosen colours)
4. Rub the salt with the coloured chalk. If using powder paint, mix this in well with the salt. While doing so, think about why this memory or word is special to you. You may wish to add some glitter for a different dynamic!
5. Pour the salt/chalk/paint mix into your memory jar.
6. Repeat steps 3-5 for each of your memories/words until your jar is full!
7. If you have cotton wool, you can place this on top of your chalk/salt mix in the jar to hold firmly in place.
8. Place the lid on your jar. Don't shake it if you do not want the colours to mix!
9. Speak with the person you are doing this with about what each colour represents for you.

Keep this somewhere you can see, and use this to remind yourself of the memories/words within the jar. Alternatively, you could do this with a loved one and swap jars to be reminded about all the good things they think of when they think about you!

# Part Five

Other strategies for  
coping with change  
and uncertainty



# Creating positive thoughts



Everyone experiences negative thoughts at times, but when we are feeling low or anxious, these thoughts can maintain a negative cycle of unhelpful emotions, behaviours and physical sensations (the 5 areas). When we start to notice our thoughts having a negative impact, it is important that we challenge them to help break the vicious cycle.

It can be hard to challenge our unhelpful thoughts and look at things in a positive light, however the following questions can help you...

**What is another way of looking at this? What's the bigger picture?**

**What advice would I give someone else?**

**Will I feel this way in 1 week, 1 month, 1 year?**




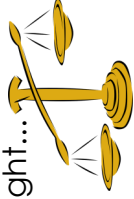
**Is my reaction in proportion to the actual event?**

**What would someone I trust say to me?**

**Is this always the case? Is this fact or my opinion?**

A tool you can use to help you challenge your thoughts is a thought diary, you can find one on the next page...

# Thought Diary

<p>Date and Time</p> 	<p>Situation</p> <p>Where was I? Who was I with?</p> 	<p>My negative thought</p> 	<p>Challenging my thought...</p> <p>Ask yourself some of those helpful questions!</p>	<p>More balanced perspective</p> <p>Alternative/Realistic thought...</p> 

# Positivity Box

Find a box, jar, piece of cardboard, basket – this could be from your recycling waste, such as a tissue box, empty jam jar, Amazon parcel box opened out, shoe box. Remember to check with an adult that is safe and ok for you to use it.

Now use your creative brain and decorate it. You could use wrapping paper, stickers, paint, photos, drawings, collage materials. Whatever you like...it is yours... use colours that make you feel happy or photos of happy memories...remember to check with an adult that you can use these items.

Your challenge, every day (and at the weekend if you like), is to write a positive comment about something that happened in your day or it could be something you would like to say thank you for. You can write them on post-it notes, make shapes from coloured paper, or any piece of paper is fine. If you don't like writing – draw it!

## Here are some ideas:

I completed everything on my to do list.

We played football at lunchtime.

I got a smiley face on my learning.

I spoke to my friends.

I had my favourite lesson.

Sometimes, it is hard to think of something to be thankful for or be positive about so if you can't think of something, ask other people who live with you about the things that went well in their day. Sometimes, we remember things later; you can add things at any time. The more you practise doing this the easier it will become.

Ask other people who live with you to add to the jar, box or board. You can share your thoughts that day or save them up for a special time, like at the weekend when you have some family time.



# Re-focusing

When your mind wanders on to negative thoughts and worries, bring yourself back to the present. Accept that you are having bad thoughts, try to challenge them (what would someone I trust say? What's another way of looking at this? Is this fact or my opinion?) and then concentrate on other things. You can do this by distracting yourself. One way to do this is to focus on your senses ... can you name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste?



## Other things you can try...

- ⇒ Try doing some exercise; go for a walk, go outside or walk your dog.
- ⇒ Try doodling or scribbling on paper.
- ⇒ Listen to music.
- ⇒ Write in a journal or write a letter.
- ⇒ Have a relaxing bath.
- ⇒ Watch your favourite movie or TV show.
- ⇒ Try cooking or baking.

Managing Uncertainty with **APPLE**:

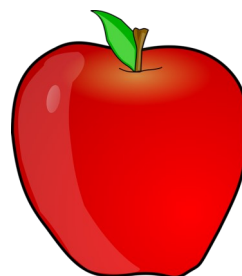
**A** for AWARE

**P** for PAUSE

**P** for PULL BACK

**L** for LET GO

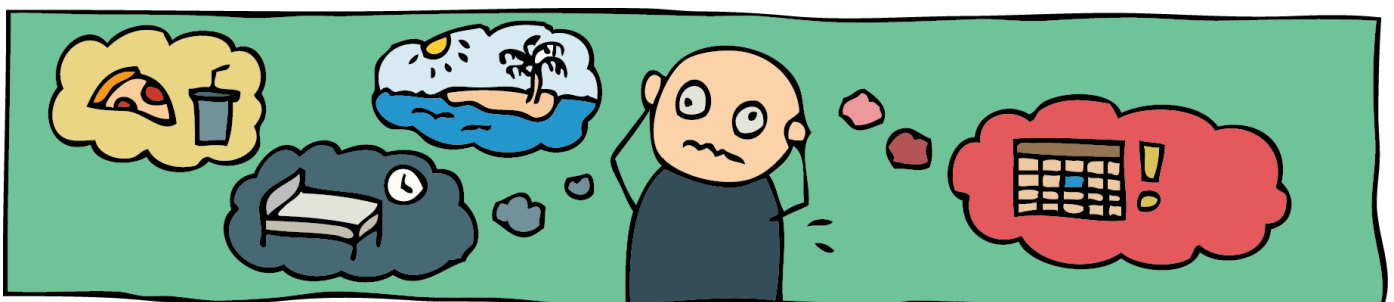
**E** for EXPLORE





# Things I can do to re-focus...

Create a list of things you can do to refocus your mind and bring you back to the here and now...



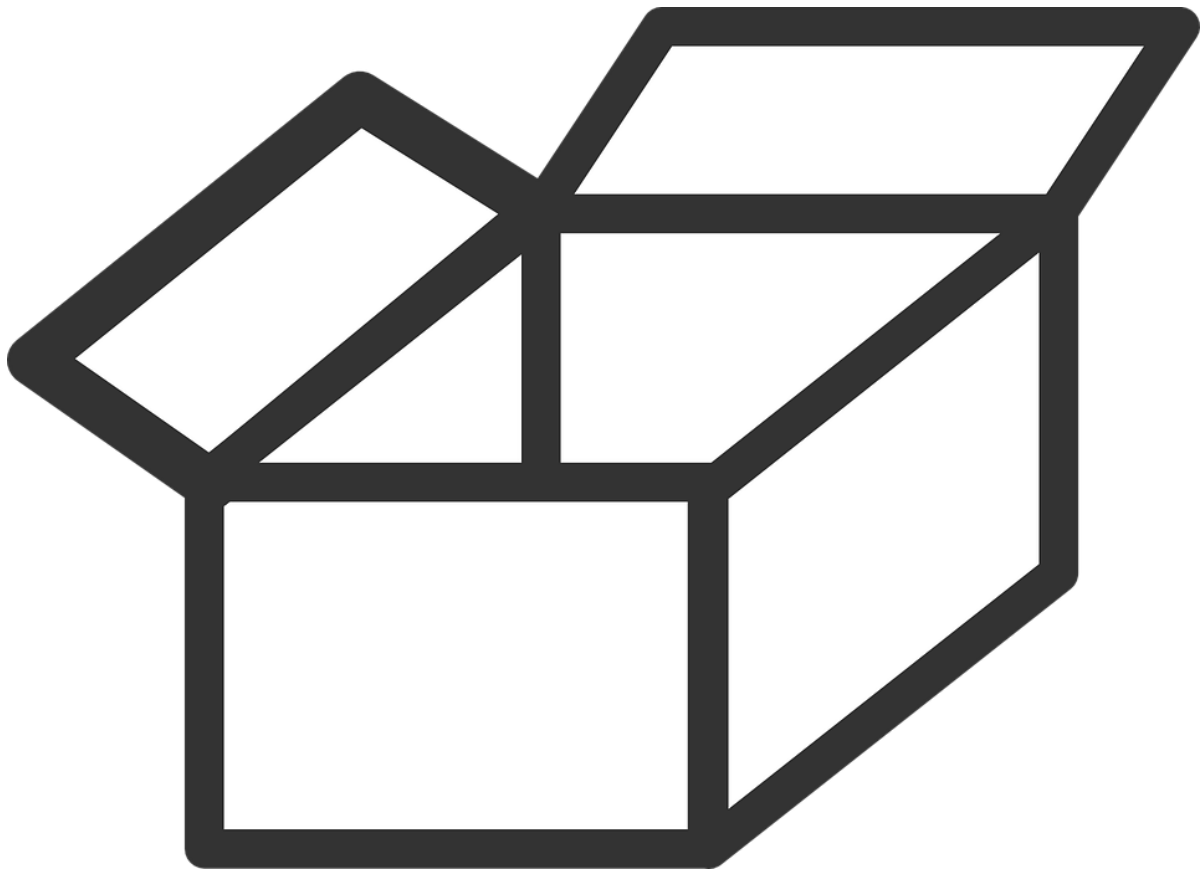


# Self-Soothe Box

A self-soothe box is a useful tool to use when you are feeling a variety of emotions including sadness and worry. It is personal to each individual and can be kept throughout their life and continuously updated.

We recommend sourcing a shoe box and taking time to decorate this how you like, to ensure it's personal to you. It is important to decorate this with things that will improve your mood. Collect together items that are meaningful to you, or you know will be helpful (e.g. Apps, websites and important numbers). Make sure to keep it somewhere you can easily access it.

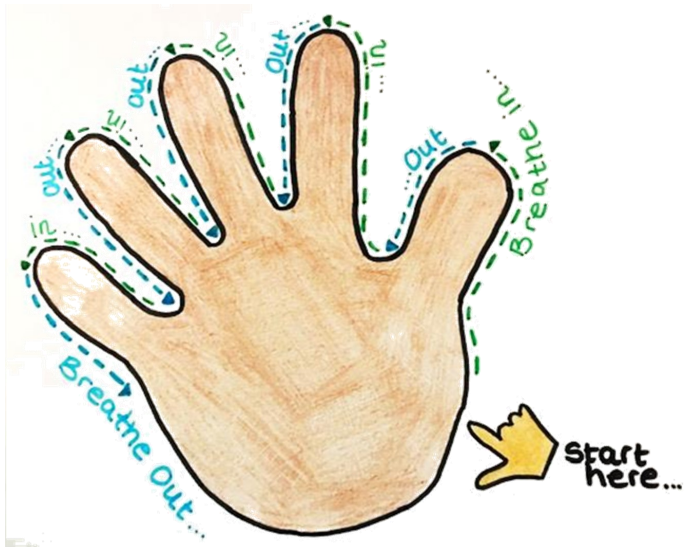
Draw and write down the things that you might put in your self-soothe box to help keep you calm...



When you have time you can take these ideas and make the real thing!

# Relaxation

We can use relaxation methods to help manage our anxious feelings. Here are some to try...



## Finger Breathing

**Step 1:** Sit comfortably, resting one hand in front of you with fingers outstretched like a star. Have the index finger of your other hand ready to trace your hand.

**Step 2:** Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your index finger up to the top of your thumb.

**Step 3:** Breathe out slowly and slide your index finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down.

**Step 4:** Continue breathing in and out as you trace your whole hand.

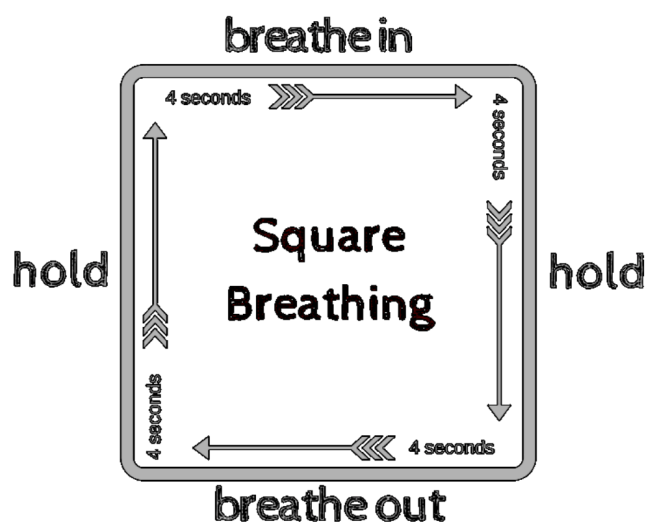
**Step 1:** Starting at the top left hand corner of the square, sit upright and slowly inhale through your nose for a slow count of four. Pay attention to the feeling of air filling your lungs.

**Step 2:** Hold your breath for another slow count of four.

**Step 3:** Exhale slowly and deeply through your mouth to the count of four. Feel the air leave your lungs.

**Step 4:** Hold your breath for the same slow count of four before repeating this process.

## Square Breathing



# Progressive Muscle Relaxation



Please begin by sitting back comfortably or lie down. Now, take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.) Breathe in again through your nose (pause for 4 seconds) and out through your mouth again (pause for 4 seconds.) Keep breathing like this, imagining any worried thoughts or tightness in your body floating away as you breathe out.

Now, we're going to start by focussing on our feet. Tense your feet by curling your toes up like fists. Hold on to that tense feeling (pause for 5 seconds) and now slowly let go, imagining all the tightness in your toes slipping away from your body. Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.)

Now we're moving to your lower legs and calves. Maybe there's some tightness in your calves, do your legs feel heavy or sluggish? Tense your lower legs now, tensing the calves (pause for 5 seconds) and slowly let go.

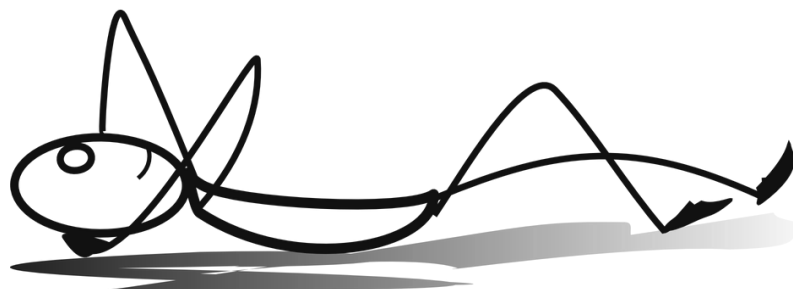
Now, your upper legs. Squeeze your thighs together (pause for 5 seconds) and now slowly let go. Next, we're moving on to your tummy area. Tense your stomach by sucking in your tummy (pause for 5 seconds) and now slowly release and let go.

Next we're going to move on to your shoulders. The shoulders are one of the places that we can hold lots of tension, so really push those shoulders up as high as you can (pause for 5 seconds) and slowly let go.

Moving on to your arms and hands, tense up your arms and make your hands into fists, squeezing tight (pause for 5 seconds) and now release, letting your arms go limp and letting go of any tightness.

Finally, your face. Keeping those eyes closed, scrunch up your face as much as you can and hold it there (pause for 5 seconds.) Now let go slowly and imagine any tightness in your face leaving you.

Now, when you're ready, slowly open your eyes.



# Gratitude

Getting into the habit of noticing what we are grateful for in our lives is an excellent way that we can become more mindful of the little things and the big things in our lives that we might miss. Despite going through change it can give us a great way to be thankful for all the amazing things we have.

A really good way to do this is to start slowly and at the end of each day think of three things that you are grateful for. These could be things about yourself, other people, things. It might seem hard or silly when you start doing this but soon you will notice yourself finding more and more things that you are grateful for and it will get easier.

## Activity!!

So to start you off and to help you get into the habit of gratitude, like the example shown in the video, you could draw a trunk on a piece of paper and then draw around your hand to create the leaves on your tree. You could add to your tree when you notice more things you are grateful for. Try and see how many leaves your tree gets! There are lots of ways to practice gratitude: you can do it in the moment by noticing it, you can say thank you to someone, you can make a note on your phone each evening of three things you are grateful for. Some ideas of things you might feel grateful for are: nature, pets, friends, family, fun activities, a kind thought/message/gift, spending quality time with someone, having achieved something new or having an idea about what you want to achieve, watching your favourite movie...[the list is endless!](#)



# What am I grateful for?

You can complete the activity instructed on the previous page here. You can be as creative as you like with this and have different colours for people, things, yourself and write what you are grateful for on your leaves!





# Your time capsule...

Everyone who has been here during coronavirus is now a huge part of history and as scary as it may seem now, you will look back at this time and think about all the amazing ways we were able to cope and support each other through such a unique experience. In a few months or maybe even a few years you may want to remember what you experienced, who you were with and how you coped. We would like you to create a time capsule to help remember this time!

Here's some ideas of what to include...

## A letter to your future self!

When you write this letter have a think about some of the following questions;

How are you currently feeling? Who are you with?

What, if anything, has been good about the lockdown?

What have you learnt during this experience?

What are you most excited to do when this is over?

What have you done to keep yourself busy or stay in touch with others?

What helped you the most during this time?

Is there anything you will miss about lockdown? Maybe something you might have taken for granted before?

What has been your proudest moment during this time?

What advice would you give to your future self with how to cope with change?



Photos, newspaper clippings, artwork, journal entries



Interviews with your family members or friends



**My ideas:**

# Letter to my future self...





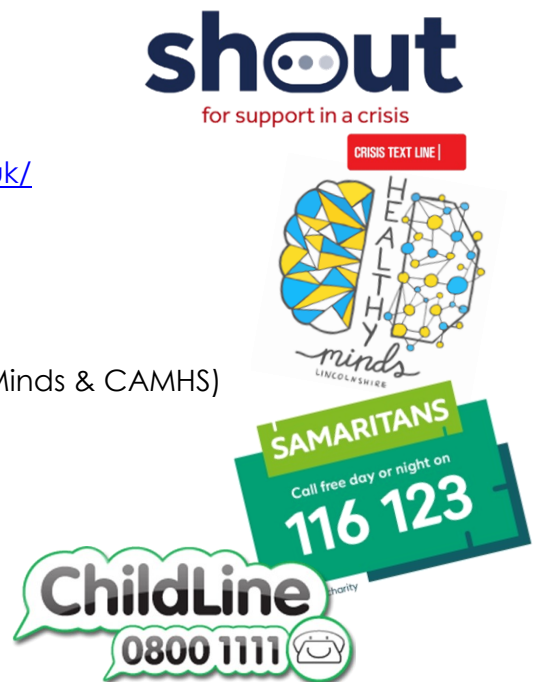
# Useful Websites & Numbers

## Websites:

- **Get self-help**—[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- **Young Minds**—[www.youngminds.org.uk](http://www.youngminds.org.uk)
- **KOOTH (11+)** - [www.kooth.com](http://www.kooth.com)
- **Mood Juice**—<http://www.moodjuice.scot.nhs.uk/>

## Numbers:

- **Here4You Advice Line:** 01522 309120 (Healthy Minds & CAMHS)
- **ChildLine:** 0800 1111
- **Samaritans:** 116 123
- **Young Minds Crisis Messenger (Shout);**  
SHOUT to 85258



Don't forget to check out our website, for lots of other useful information; such as our relaxation videos and our useful apps booklet!

<https://www.lpft.nhs.uk/young-people>



We really appreciate your feedback so we can continue to improve our service for you!  
Please don't forget to fill out the short feedback survey once you have completed the workshop;

<https://www.surveymonkey.co.uk/r/HMLvirtualworkshop-CYP>  
<https://www.surveymonkey.co.uk/r/HMLvirtualworkshop-Parent>