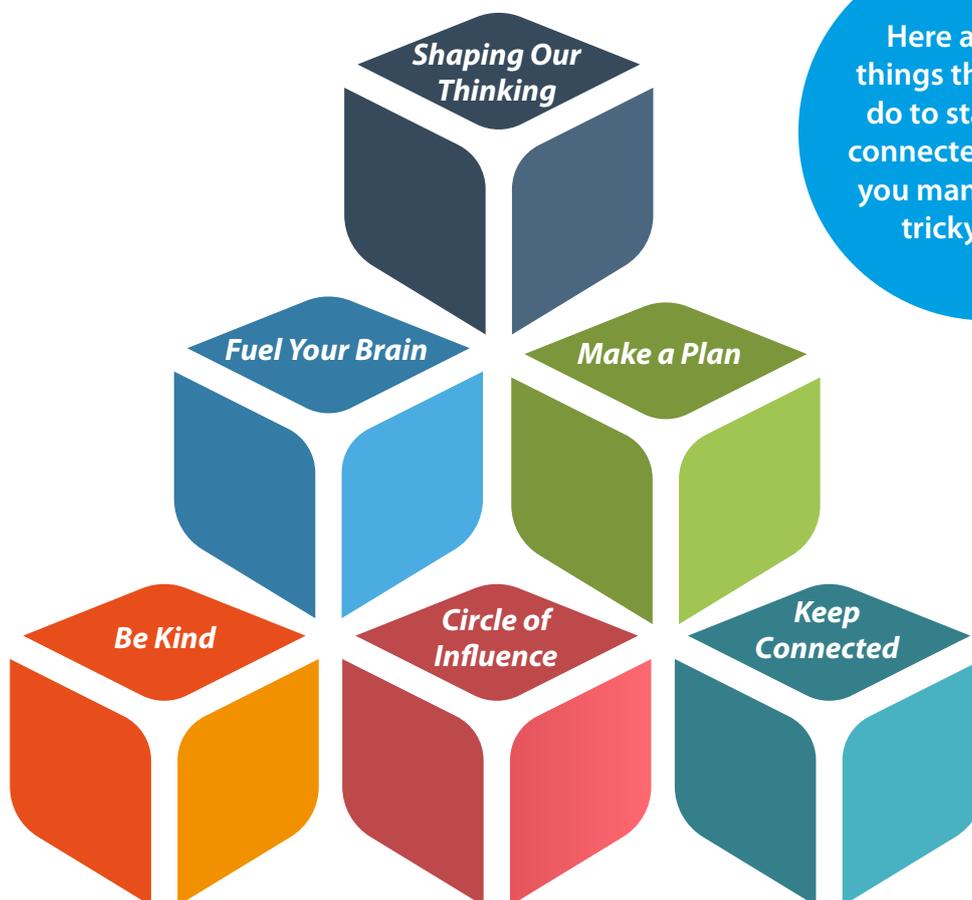


Covid-19: Wellbeing Children and Young People



As human beings we are designed to want to be around others. Positive relationships with family and friends are key to our wellbeing and feeling connected but at the moment, we are being told to stay at home and be safe. This may mean that you have not met with some family and friends for a long time. This can feel hard.

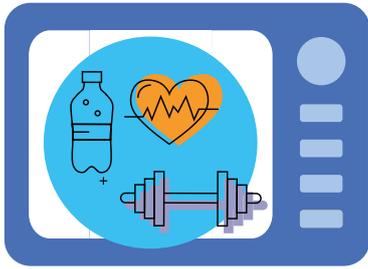
In this uncertain time feeling unsure, anxious, sad, worried, angry and confused are completely normal. These feelings may feel very strong some of the time.



Here are some things that you can do to stay feeling connected and help you manage those tricky times.

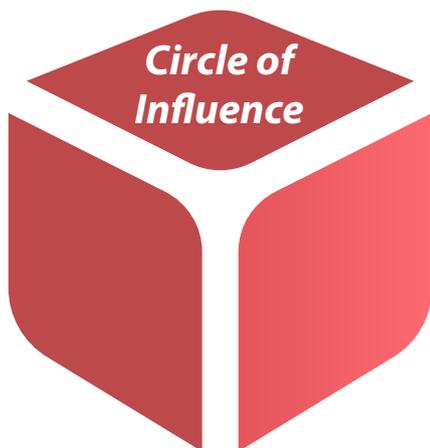
Building Blocks of Wellbeing

At the moment you may have limited access to some of the things which help you cope when things are challenging. We may get stressed and frustrated and may not always manage in the way we typically do.



Doing things for others makes us feel better. In challenging times we also need to remember to take care of ourselves. It's important to be kind to yourself, to have a break, to do things you enjoy and come back refreshed.

Try to make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small.



It may feel like everything is out of your control and that you have lost your independence. It helps to identify where you can make a difference and focus on those things.

Thinking about your circle of influence can help direct your focus to those things where you can have an impact.

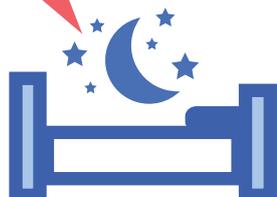
Things you can influence include:

having a bedtime routine to support getting enough sleep;

making time for daily exercise;

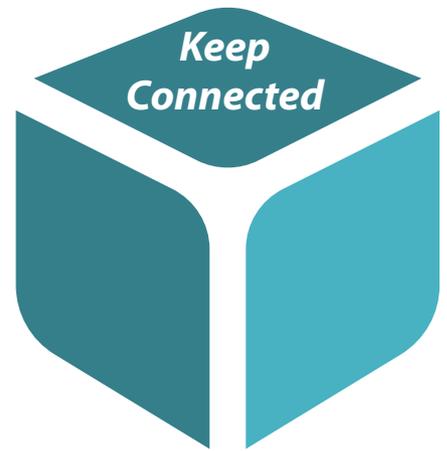
limiting the news coverage you read, it can help to identify a reliable source of information and limit your access to only checking the news once or twice a day;

following a simple morning routine to be ready for learning.

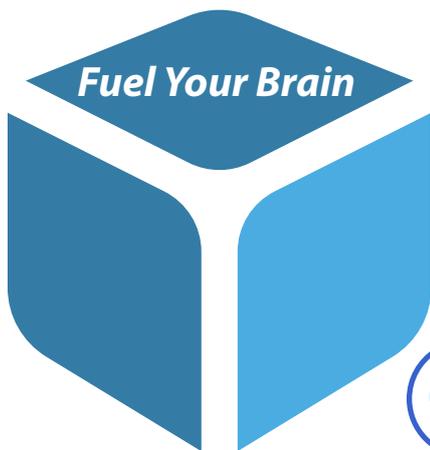


There are some things we can't control, such as when schools will re-open and when we can see friends, this can be frustrating but is something we need try to accept.

Feeling connected and a sense of belonging is key to wellbeing. Through technology we can keep in touch with friends and family while physically apart. Despite the importance of connectedness there is a risk of spending lots of time online and it's important that we plan breaks from screen time.



Being confined at home together may increase stress and put relationships under pressure. Fallouts are to be expected, what's important is that we acknowledge this and find ways to make up! If you can, try to identify a space for when you need time alone.



Keeping the 'feel good' chemicals in our brains topped up supports our wellbeing and our ability to help others.

Things you can try include:



Unpredictability can increase anxiety, however we can create some predictability by developing a simple daily plan.

When creating your plan remember:

- **Set realistic goals** - keep it simple. Think about what might get in the way and remember you are not expected to work for the equivalent of a full school day.
- **Don't overthink it** if those goals aren't achieved - tomorrow's another day.
- **Have clear boundaries** between school and home time. Keep familiar routines of getting up, dressed, having breakfast to mark the start of the day.
- **Try to go to bed and get up at the same time each day** - this will help to stay rested and energised.
- **Being active** reduces stress, increases energy levels, and can make us more alert and help us sleep better. Find ways to add a bit of physical activity into your day.
- **Make time for things you enjoy** eg reading, calling a friend, watching a film.
- **Be kind to yourself** - some days will be trickier than others.



It is normal to be feeling anxious, scared, unsettled or powerless right now. Taking time to name and recognise these difficult feelings will make it more manageable and help lessen anxiety.

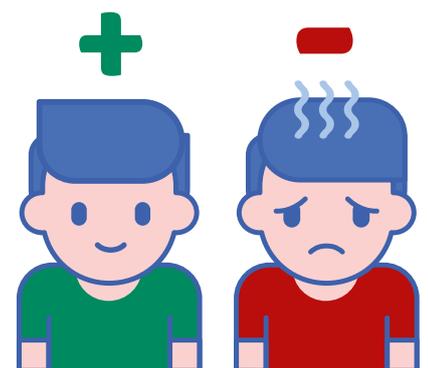
Talking through things with others can help things feel more manageable. While making plans is helpful sometimes difficult feelings may remain. Thinking about the future can be worrying, try to focus on the current moment.

Another strategy is to catch negative thoughts and replace them with positive thoughts, eg **Red (negative, unhelpful)** thought, such as 'I am going to catch Covid-19 when I go outside for daily exercise', catching this and replacing with a **Green (helpful)** thought, such as 'I can minimise the risk by keeping physical distance'.



Revisiting key messages of resilience also help in reframing our thoughts, be optimistic and give hope for the future:

- *This won't last forever; things will get better.*
- *Don't be afraid to ask others for help and support.*
- *Remember everyone is facing their challenges right now, not just you.*
- *Keep things in perspective - this is tough but you can be thankful for the good things in life right now.*



Sources of Support

The Educational Psychology Service are there to support your and others' wellbeing. Please do not hesitate to get in touch.

Tel **01738 476242**

Email **ECSPsychologists@pkc.gov.uk**

Twitter **@PerthEPS**

We will tweet further information, follow us @PerthEPS and use the #buildingwellbeing

Cool to Talk

An interactive website for young people aged 12 and over in Tayside **www.cool2talk.org**

Mindspace

www.facebook.com/MindspaceMySpace

Tel **01738 631639**

www.mindspacepk.com

Breathing Space

Tel **0800 838587**

www.breathingspace.scot

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You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

(PKC Design Team - 2020041)