

This guide was created by 2 Mums – An Occupational Therapist & a Social worker. The advice in this guide is our own and does not represent the NSPCC. Please use at your own discretion and feel free to circulate amongst your contacts.

This guide, although can be used across the UK and with whatever age – includes Sheffield specific contacts and the advice is aimed at young people and their parents. Parents/carers may wish to read this before giving it to their child.

Looking after your wellbeing during social distancing or isolation

Supporting children and young
people

What is Coronavirus and why do I need to stay at home?

COVID-19 is a new illness that can sometimes affect people's lungs and airways. It's caused by a virus called coronavirus. This virus is cousin with the flu and the common cold.

People are particularly worried about this virus because it is a new virus, and there hasn't been a vaccination created yet (though lots of scientists are currently working very hard to make one quickly!).

The virus appears to impact on older (age 70+) and vulnerable people (those with certain disabilities and existing health conditions) rather than young people and children.

Most children and young people who come into contact with coronavirus experience a mild illness, just like having a cough and a sore throat. Most children and young people will feel better after a few days after resting at home.

Adults are worried about the older people and vulnerable people who live near us as because it might take them longer to recover or might make them more poorly.

Doctors believe that coronavirus is spread from person to person by coughing droplets. This is why you might have seen lots of news on making sure we wash our hands properly, washing hands with plenty of soap and water for 20 seconds can kill the virus.

Because the virus is spreading quite quickly, the government have asked everyone to start **Social Distancing** – this is to slow down the spread of the virus so that less people become poorly.

Social distancing is when we spend less time with people outside of our homes eg; friends, neighbours, extended-family members such as grandparents, aunties, uncles and cousins.

You might be asked to “**self isolate**” if you start feeling unwell with symptoms of the coronavirus. This means you might have to stay in your home for 7-14 days.

Doctors believe that 14 days at home will mean you will have time to feel better and not spread the virus to anybody else outside of the home. Doctors believe once you have had the virus, your body will then build up an immunity to this so that you shouldn't get poorly with it again for a while.

Some young people might feel worried or anxious about staying home for 14 days, so we've created this guide to support you with some resources and ideas that might help during times of social distancing/self isolation.

There is lots of advice on Coronavirus on the NHS website, which is updated regularly with information on symptoms, when to self isolate and what to do if you're worried about your health.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

It might be useful to discuss this with an adult you trust.

Keeping well at home

Spending a lot of time at home might be difficult when you're used to going to school every day and seeing your friends and teachers – you might start to miss them and feel lonely or bored at home.

Some young people feel worried about family members or people that might be poorly. This can cause anxiety, which can feel quite scary.

Other young people may already experience some emotional wellbeing struggles, they might find staying at home makes them feel worse.

It's important that while you're at home you know who you can contact if you feel worried or unsafe.

Here are a list of helpline numbers and websites you might find useful...

Childline

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours)
- Chat 1-2-1 with a counsellor online

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

The Mix

- Information, support and listening for people under 25.
- Phone 0808 808 4994 (24 hours)

Samaritans

- 24 hour confidential listening and support for anyone who needs it. (Adults included.)
- jo@samaritans.org
- Phone 116 123 (24 hours)

Big White Wall: www.bigwhitewall.com

A safe, online, anonymous service for people over the age of 16. Get the support of others who feel like you, 24/7, and learn ways to feel better and how to get on top of your own troubles.

Kooth: www.kooth.com

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use

CALM: Campaign Against Living Miserably: www.thecalmzone.net

Tel: 0800 585858

Offers help via the website and a helpline for men aged 15-35 who are feeling depressed or down. Callers are offered support and information. Calls are free, confidential and anonymous. The helpline is open from 5pm – midnight, Saturday, Sunday, Monday and Tuesday, every week of the year.

Have I Got a Problem: www.havegotaproblem.com

Free counselling support, videos and diagnostic tools.

Local Let's Talk Directory: www.sheffielddccc.nhs.uk

If you're a young person, a parent or carer or someone who works with young people, this guide will help you find the right advice and support and see what services are available in Sheffield.

Heads Above the Waves: <http://hatw.co.uk/>

Online resource for young people suffering from depression and self-harm.

Maytree

If you are worried about yourself or someone else you can contact Maytree on: 020 7263 7070 or email: maytree@maytree.org.uk

PAPYRUS: www.papyrus-uk.org

HOPELineUK: 0800 068 41 41 (Open Monday to Friday 10am – 5pm; 7pm – 10pm and Weekends 2pm – 5pm). PAPYRUS aims to prevent young people taking their own lives. Their professionally staffed helpline provides support, practical advice and information both to young people worried about themselves, and to anyone concerned that a young person may harm themselves. PAPYRUS has a range of helpful resources including HOPELineUK contact cards or call: 01925 572444 or fax: 01925 240502 for a sample pack.

Support for experience of bereavement

Child Bereavement UK: <http://childbereavementuk.org/>

Supports families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement.

Cruse Bereavement Care: www.cruse.org.uk

Helpline: 0844 477 9400; email: helpline@cruse.org.uk. Provides emotional support to people who have been affected by a death. Services are free and confidential, and open to all, no matter when a death occurred. One section of the site provides information for professionals who work with bereaved people, and anyone who needs to know more about their services or bereavement in general, during the course of their work.

www.cruse.org.uk/sheffield-branch-map

Winston's Wish: www.winstonswish.org.uk

Set up in 1992 to meet the needs of bereaved children, young people and their families.

Support for experience of bullying

Beatbullying: www.beatbullying.org

Works with children and young people across the UK to stop bullying. They help young people to support each other.

Mind: www.mind.org.uk

Infoline: 0300 123 3393 (Open Monday - Friday 9am – 6pm). Provides information on a range of topics including types of mental distress, where to get help and advocacy. They are able to provide details of help and support for people in their own area. Email: info@mind.org.uk

SANE: www.sane.org.uk

SANEline: 0845 767 8000 (Open 6pm – 11pm) Emotional support and specialist information to anyone affected by mental illness, including families, friends and carers. SANE offers 1:1 support via helpline and email services and peer support via an online Support Forum where people share their feelings and experiences of mental illness, as well as exchanging information about treatment and support options.

Support for substance misuse

Alcohol Service

Tel: 0845 345 1549

Drinksmarter: www.drinksmarter.org

Helpline: 0800 7 314 314. Call free and at any time to talk to someone in confidence.

[Change, Grow, Live Substance Misuse Service](#)

Tel: 0114 275 2051 or email: thecorner.sheffield@cgl.org.uk. Change, Grow, Live (The Corner) accept referrals from young people aged 10 - 18, parents/carers and professionals for advice, support and treatment.

[Sheffield Health and Social Care Adult Substance Misuse Treatment Services](#)

Opiate Service: 0114 305 0500 or: 0845 245 0370

Non-Opiate Service: 0114 272 1481

[UK National Drugs helpline](#)

Tel: 0800 77 66 00. UK National Drugs helpline is a 24/7 service offering free and confidential telephone advice and information for anyone who is concerned, or has questions, about drugs.

I am worried about a child who I think might be at risk of harm from someone else..

999

If you have concerns that a child is in significant danger or risk of harm, either from someone else or to themselves (has a plan to end their life) then call 999.

NSPCC Helpline

You can call NSPCC's helpline on: 0808 800 5000. For advice and support on what to do if you're worried a child or young person is being harmed by someone else.

Sheffield Safeguarding Hub

0114 273 4855 – to report safeguarding concerns/worries about a child, young person or vulnerable person.

101

Non-emergency police number, if you would like to request a welfare check on someone that you're worried about. You can also do this online.

Staying safe online...

As people are spending more time at home and online, here are some useful contacts to stay safe online..

02 NSPCC Online Safety Helpline

0808 800 5002– a free helpline which can provide information or help with queries about sites, apps, games or online safety in general

Net Aware

www.net-aware.org.uk – Net Aware is the NSPCC and O2's guide to the most popular sites young people use

CEOP – Child exploitation and online protection command

<https://www.ceop.police.uk/safety-centre/> - CEOP is here to keep children safe from sexual abuse and grooming online. This includes: feeling pressured/harassed online to sending nude pictures, someone online talking to you about sex, someone making threats to share pictures.

Self Care during social distancing

Staying Connected..



Staying connected socially to our friends and family is a really important part of our emotional wellbeing. Isolation, and feeling lonely can have a big impact on our mental health – so its important to remember that..

Social distancing does not mean social isolation

there are still ways to feel socially connected even when we've been asked to stay at home..

- Use the technology and apps you usually would in order to stay in touch with friends. *Please do this safely and speak to a trusted adult if you're worried about something you've seen online.*
- Face-time family members for a chat, seeing a loved ones face as well as hearing their voice will boost the social connection!
- Go old school and write letters to friends/family members. If the post has been impacted this then perhaps take a picture of your handwritten letters and email them instead?
- Draw/paint/create artwork for friends and family that you can give to them when this is all over.
- Keep a journal/photo log of moments during the time you've been at home – share this with family and friends on a shared group to update them what you've been doing. Can you try one new thing a day? Take one photo a day?
- You could start a video diary/vlog to share with family/friends.
- Write/leave reviews on products/things you've tried/places you've been recently – this will help you to remember that things will soon go back to

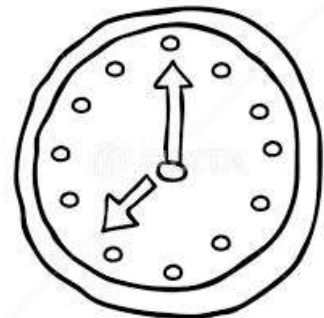
normal, and all of the positive experiences you've had. (remember to protect *your personal information online so that you're not identifiable on public websites*).

- Use safe websites to socialise with other young people eg; childline, kooth, bigwhitewall.

Don't forget your daily routines...

Daily routines and the things we usually do every day to keep ourselves feeling well are really important to keep doing – even when we have to stay at home.

Have you noticed that most days you have a set routine/ a way of doing things eg; do you get dressed first and have your breakfast, or do you have your breakfast then get dressed?



These things, although very small, bring us a sense of comfort and familiarity because we know what to expect.

During times of home isolation, you might notice that your normal routines/habits tend to get a bit muddled. This can sometimes make us feel a bit lost or anxious.

Have a think about what you would usually do every day and try, if possible, to stick to a routine during your time at home.

Helpful things to consider...

- Getting dressed every day – might be tempting to see if you can stay in your pj's for a week, but this probably won't be good for your emotional wellbeing. Getting dressed will help your body remember its daytime, and its time to do things!
- Showering/ self-hygiene – having a shower or a bath can be relaxing but also productive and good for our mental wellbeing. On days where you feel rubbish/that there's nothing to do, it's surprising how much a soak can lift the spirits.
- Eating regular meals – again, might be tempting to snack out and graze during the day but eating regular balanced meals at the set times might help our bodies feel in their normal rhythm.
- Exercise – At the moment, we are still allowed to go outdoors and get some fresh air in the local park or greenspace. This might help 'blow off the cobwebs' and make you feel a bit fresher. If you need to stay indoors then think about other ways you can raise your heart rate and get the blood pumping; dancing to your favourite playlist, youtube yoga/exercise videos?

- Sleep – Although you might not have to be up early in the morning to go to school/college, sleeping through the day and being awake all night is not always positive for our emotional wellbeing. Try to stick to regular sleep patterns. Sleep is especially important for a healthy body!
- Make a list at the beginning of your time at home of all the things you can do at home, write as many as you can. Each morning look at the list and pick one or two that you would like to achieve that day. How are you going to do this? Who can help you achieve this?

Flow Activities..

Have you ever been doing something and then looked at the clock and thought wow? Where has the time gone? They say time flies when you're having fun, this is called finding your 'flow'.

'Flow' activities are good for our wellbeing, because when we're doing them we forget about worries, anxiety and stress. Lots of different activities are good for 'flow', the idea is that you select activities that are just the right challenge (so that they're not boring/too easy) and you feel a sense of achievement during or following the activity.

Not everybody finds flow in all activities so maybe you should give a few a try and see if any of them are helpful for you...

- Play! (playing games, board games, playing imaginative games with your siblings)
- Colouring, word searches, puzzles
- Art – drawing, painting, playdough, graphic design
- Crafting – knitting, sewing, cross stitch
- Scrapbooking/Collage with old magazines/newspapers
- Baking – cakes, cookies, pies, bread, cooking recipes from scratch.
- Gardening – clearing out the weeds, cutting the grass, painting the fence
- Writing – creative writing, journaling, write a book?!
- Music – listening to music or playing music.
- Woodwork projects
- Photography – take a photo a day for your journal?

- DIY – perhaps there are some tasks around the home you could do with an adult?
- Cleaning/organising your bedroom – now might be a good time to have that spring clear out?
- Make a 'Pinterest' board for ideas on crafts you can do at home with ordinary household objects
- Research a topic you're passionate about and write an article on it.

Coping with feelings of worry...

In times of uncertainty and staying at home for a while, might make you feel more worried than usual. It is normal to feel worried when you're unsure of what will happen or what to expect.

It's important during these times to prioritise your wellbeing, and do what you can to cope during difficult times. There is no right or wrong way to do this!



Below are some strategies you might find helpful, remember not all of these may work for you – so it's important to have a go and make a list of what does help you so that you can try these things when you feel overwhelmed.

It might also help sharing what works with a trusted adult so that they can support you if things get tricky.

Types of Coping Skills when feeling worried

Self-Soothing



Comforting yourself through your 5 senses.. What works for you?

Distraction

Taking your mind off the problem for a while

- Read a book or listen to an audiobook
- Art & crafts
- Knitting
- Puzzles – crossword, sudoku, candy crush/app games

- Positive websites or youtube videos
- Listen to your favourite music
- Watch your favourite film or TV show (even if you've seen it a million times!)

Opposite Action

Activities which are the opposite of how you're feeling..

- Affirmations and Inspiration – Make a collection of your favourite positive quotes, motivational statements or pictures
- Something funny or cheering – watch a comedy film/ stand-up/ TV or books. Youtube funny videos or cute clips of animals.

Emotional Awareness

These are activities for identifying and expressing your feelings..

- Create a list or chart of emotions
- Track your moods using bullet journaling or smart phone apps
- Write in a journal
- Draw/creatively express yourself
- Body map – recognise the physical signs of anxiety/worry and remember that these feelings will pass.

Mindfulness

Activities for grounding yourself in the present moment.

- Meditation
- Relaxation
- Youtube may have useful videos for guided meditation
- Use the headspace app
- Breathing exercises
- Go for a walk in your local greenspace, take pictures of the smallest details you can
- Avoid the news and social media for a while if this helps – remember not everything you read online is true!



What other activities help??

What is personal to YOU?

Exercise, dancing, singing, watching youtube, Netflix, painting your nails, playing games with your mates online, baking, eating, having a bath, playing with your pet, doing a jigsaw, practicing your religion, doing your hair/make-up, drawing, reading

Keep doing the things that are important for you!

Make a list of your go to activities which usually work at times of feeling worried, share this list with your trusted adult and ask them for help to prompt you if you're having a struggle day.

Helpful apps..

There are a variety of apps for iOS and android devices that can support your emotional wellbeing and mental health.

For Me is a free app from Childline. It offers counselling, group message boards, and advice.

Calm Harm is a free app with password protection that provides a range of techniques to relieve emotional distress. It's particularly helpful if you often use self-harm to cope.

Clear Fear is a free app to help with managing anxiety.

MindShift is a free app with advice managing anxiety and relaxation methods.

Recharge – Move Well, Sleep Well, Be Well uses a free, personalised 6 week programme to help you improve your mood and energy levels.

SAM (Self-help for Anxiety Management) has games and tools to help you understand and manage anxiety.

Smiling Mind provides free mindfulness meditations aimed at reducing stress, anxiety and concentration levels.

MeeTwo helps teenagers talk about difficult things.

distrACT is a free app that provides help around self harm and suicidal thoughts. The app is free to download for iPhone and Android on the Apple App Store and Google Play

You can find more apps that may be useful on: <https://www.nhs.uk/apps-library/category/mental-health/>

Please be mindful that these apps have not been tested by the author and it is parents discretion whether you feel they are suitable for your child/young person.

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1. Make a plan to help you keep calm and stay in contact
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why
4. Stay hydrated, eat healthy food and boost your immune system
5. Get active. Even if you're stuck indoors, move & stretch
6. Contact a neighbour or friend and offer to help them
7. Share what you are feeling and be willing to ask for help
8. Take five minutes to sit still and breathe. Repeat regularly
9. Call a loved one to catch up and really listen to them
10. Get good sleep. No screens before bed or when waking up
11. Notice five things that are beautiful in the world around you
12. Immerse yourself in a new book, TV show or podcast
13. Respond positively to everyone you interact with
14. Play a game that you enjoyed when you were younger
15. Make some progress on a project that matters to you
16. Rediscover your favourite music that really lifts your spirits
17. Learn something new or do something creative
18. Find a fun way to do an extra 15 minutes of physical activity
19. Do three acts of kindness to help others, however small
20. Make time for self-care. Do something kind for yourself
21. Send a letter or message to someone you can't be with
22. Find positive stories in the news and share these with others
23. Have a tech-free day. Stop scrolling and turn off the news
24. Put your worries into perspective and try to let them go
25. Look for the good in others and notice their strengths
26. Take a small step towards an important goal
27. Thank three people you're grateful to and tell them why
28. Make a plan to meet up with others again later in the year
29. Connect with nature. Breathe and notice life continuing
30. Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Idea's for family activities at home for parents/Carers..

- Crafting – making sculptures of each other
- Art – drawing each other/painting
- Cooking together
- Treasure hunts
- Gardening
- Playdough / salt dough
- Scrapbooking, create life story books
- Family movie day
- Decorating together
- Jigsaws
- Stop/start animation – make a film
- Cards/ board games

Parents/Carers remember..

It's okay to watch some TV, rest and kick back. You can't be entertaining your children all the time. It is important to have some down time so enjoy a book or film.



Accept that your children will watch some TV/play on tech and don't feel bad about it, it's about getting a balance, not watching it all day long but accepting you may watch it a bit more than usual.

Online resources..

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

- Online learning (free courses)
- Virtual tours (museums, zoo's, aquariums)
- Free concerts streamed online
- Free books
- Arts/culture stuff
- Entertainment – free streams, online board games
- Mental health support
- Online prayer resources/ live stream religious mass

Anxiety happens when you
think you have to figure out
everything all at once.

Breathe. You're strong.
You got this. Take it day by day.

Karen Salmansohn



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Remember, although these times may feel lonely and being at home for a while can feel overwhelming.. this **will** pass and you're not alone. Reach out and talk to someone

