



My COVID-19



diary and self care

workbook



Welcome

Lancashire Mind have created this booklet of activities and useful information to help you in the current situation. Whether you are still going to school or learning from home the tools included are designed to help you look after your own wellbeing.

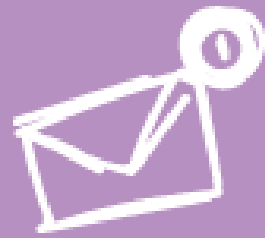
It is completely up to you how you use it, you may find all or just a couple of the activities useful. You may even use the booklet to develop some new skills.

If you do find you need some more support with your wellbeing, check out the organisations listed on **page 43**.



We hope you find it useful – take care and enjoy!





Emotion symbols



On the next three pages you will find some emojis that can be used in your mood diary. You can cut these out and stick them on, draw your own version or add emojis from your phone.

Use these emojis to show how you felt on that day (you can pick more than one!). You can define the emotion however you like - it's all about your feelings and how you want to express them.







omg!



Pick one of our emotion
symbols to describe your
mood or moods today

What positive thing can
you do for yourself
today?

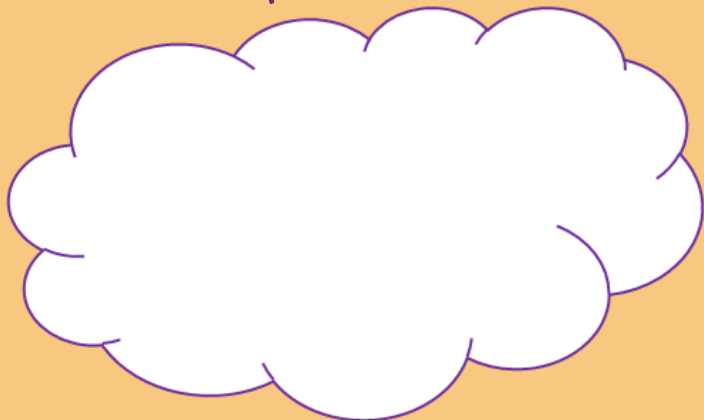
What positive thing can
you do for someone
else?

Mood diary

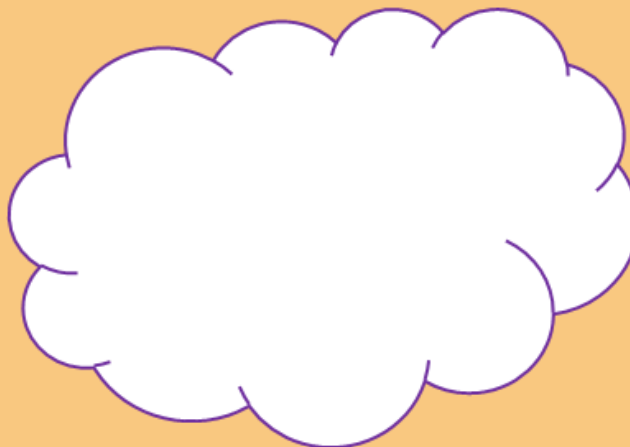
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Hope and goals

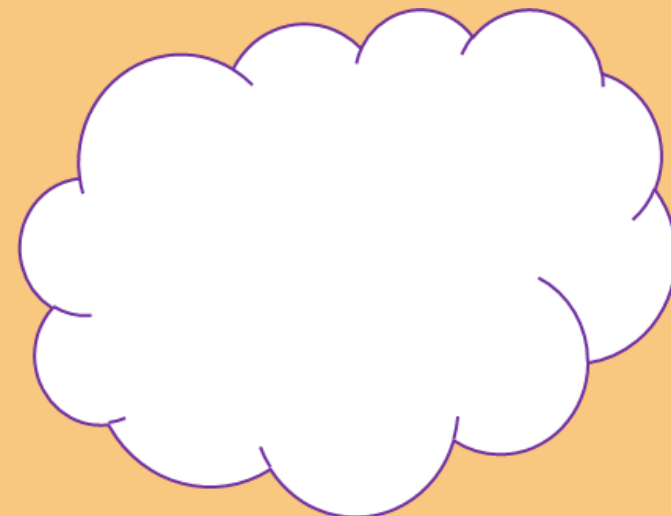
Hope



Hope



Hope



Hope



Think about some of your hopes for the future then use the next few pages to explore what you need to get there.

Hope



Looking ahead

Sometimes it's hard to not feel overwhelmed by what is going on in our lives. Thinking about a goal or something to look forward to can help the brain to realise that there's more to look forward to and things can feel a bit more manageable.

We can achieve our hopes for the future by setting some goals and doing some planning. This next activity will help you think about goal setting.



THE GOAL

Deciding on a clear objective to work towards

BOOSTS

Figuring out things that will help you get there

OBSTACLES

Recognising things that might get in your way



Use the following pages to set out your plan.

Our example...

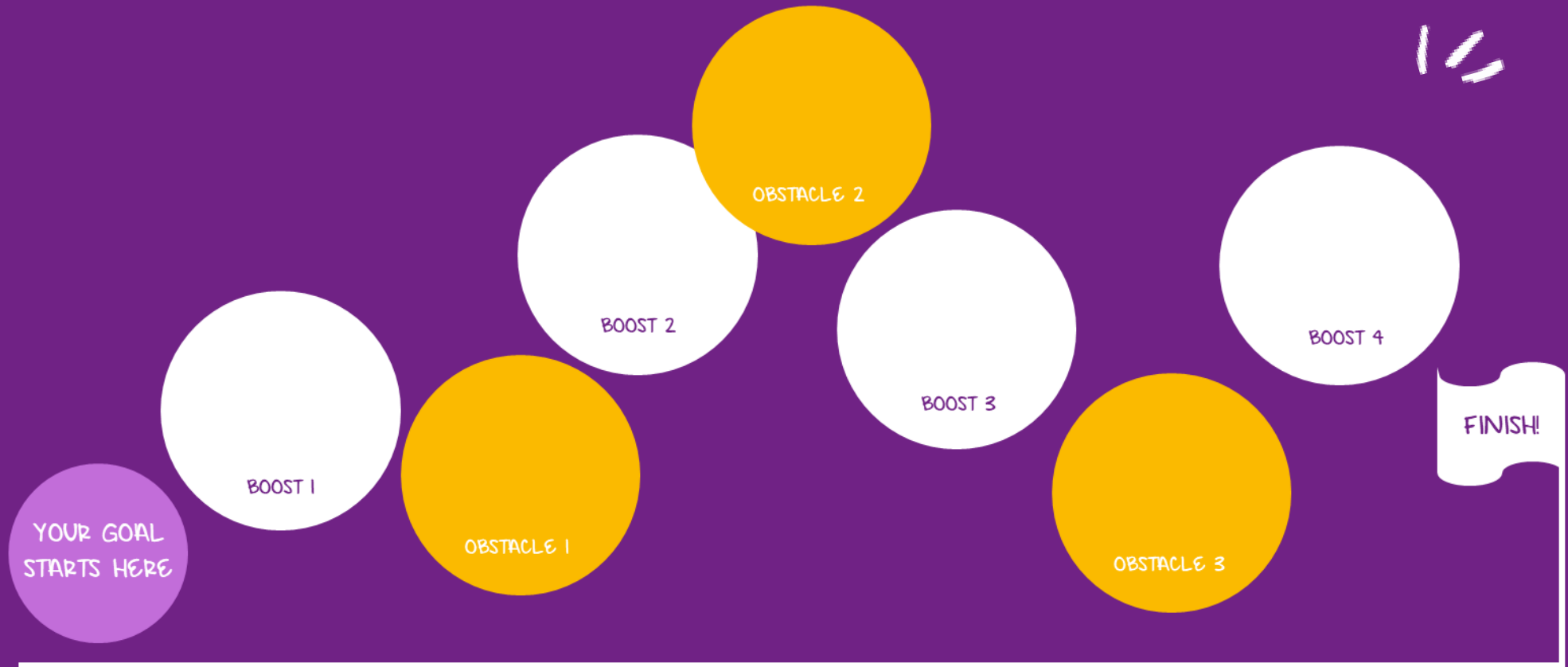
Write your hope or goal here:

To visit my family in Spain



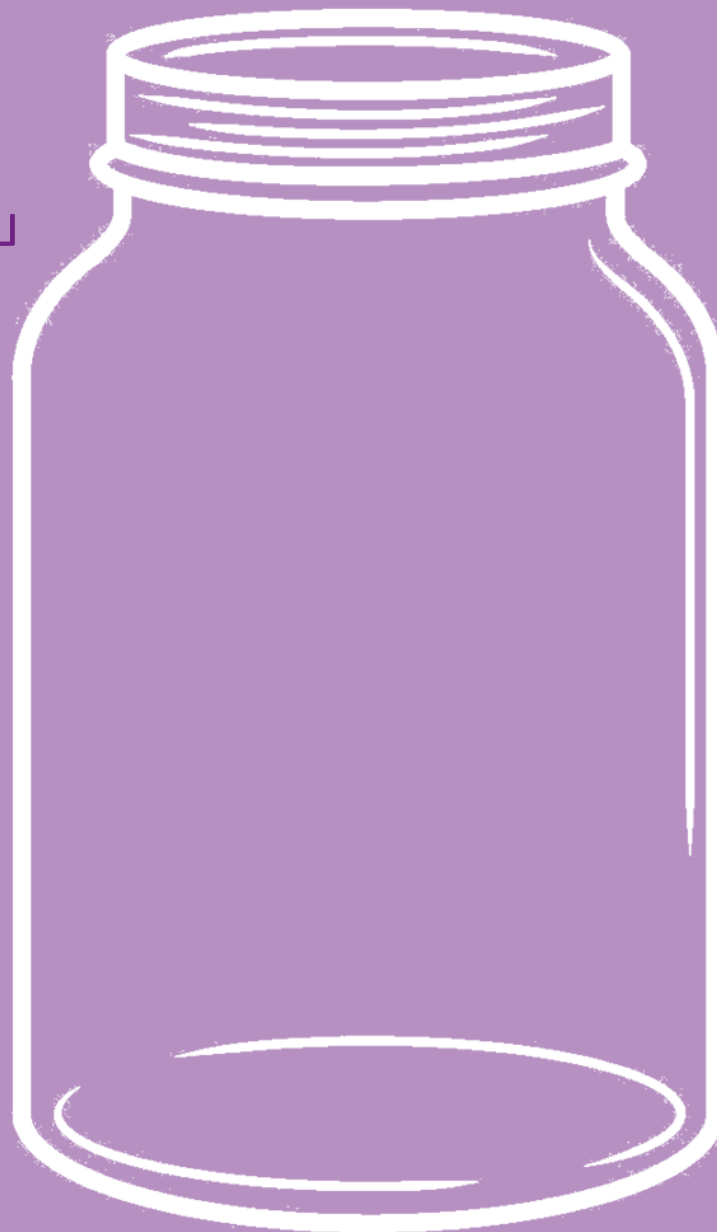
Your turn!

Write your hope or goal here:



My Future Jar

Fill this virtual jar, or a real jar, with things you want to do when lock down has ended.



You could also add things you want to do over the next few weeks at home. Why not colour coordinate it?



My self care plan

Use this plan to make a note of things that support your mental health and wellbeing.

What makes you feel good and helps your wellbeing?

What makes you feel not so good, and may make your wellbeing worse?

Write down 3 things that help when you are having a bad day:

1.

2.

3.

Continued on the next page...

My self care plan

Sometimes we can't access the things we know help us on a bad day. Using the activities and resources from this booklet, write down some ideas of other self care techniques you could try.

If you like this, why not try our Wellbeing Passport.

They are free to download here:
<https://wellbeingpassport.org.uk/>



On the next page there is space to think about your personal support map. You don't have to fill in every box, but remember there is always support somewhere.



People who support me at home

Friends who support me

Me

People from school who support me

People in my community who support me

Remember, you can always access support from the organisations listed at the back of this booklet, or from your school.

☺ If you liked these activities, why not try...

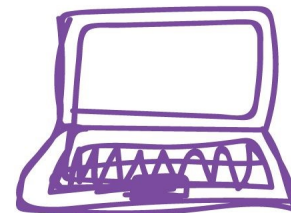
A great video - We all have mental health
(Anna Freud NCCF)

<https://www.youtube.com/watchv=DxIDKZHW3->



Some excellent blogs - Young Minds

<https://youngminds.org.uk/blog/>



The 5 Ways to Wellbeing

We know that there are five ways to help us feel happier, a bit like a five a day for our mind.

Connect Make time to connect with those around you, or virtually. Relationships are important to help us feel supported.

Be Active Getting active is just as important for our mental health, as our physical. Make sure you are taking the opportunity to take breaks and move around.

Take Notice Slowing down and noticing the world around us is important for our wellbeing. Try going for a walk and noticing the Spring nature around you.

Keep Learning If you feel up to it, now is a great opportunity to learn some new skills. There are loads of free online courses like coding and sign language.

Give We can give to those around us in small but meaningful ways. Try saying thank you to a loved one, or telling a friend why you appreciate them.

Sharing stories

We are all going through this experience together, but everyone has a different perspective. Use this template to interview a family member or friend!

Name.....

Has your day to day life changed much since lock down?

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What has been the hardest thing about lock down?

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What is your favourite moment from the past few weeks?

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What do you enjoy doing for your wellbeing?

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How can I support those around me?

This period is affecting everyone, and sometimes we need to be there for others as well as ourselves. You may have members of your family who are key workers, or are having their own challenges with their mental and physical health.

- Don't underestimate how much you can do by just listening! Offer a brew and a listening ear. Sometimes people just need to talk, especially if they've had a hard day.
- Reassure them that this is a challenging time, and things will get better.

- Share the things you have learnt about wellbeing with them. Look through these resources and things you may have got from school. They can help anybody!
- Small acts of kindness and appreciation make a big difference. A hug, a compliment or a thank you can mean a lot.
- Make some time to do something that benefits both of you. Get out for a walk in the fresh air, or cook something healthy and tasty together.



If you have concerns about someone's safety or it is an emergency, call 999.

Be Active

Activity bingo

Have a go at some of these ways to be active!

Join an online exercise class. PE with Joe or a yoga video are good options!	Take a walk with a member of your household	Start a challenge with a friend. How many keepy uppies can you do?
Join a challenge online - check out Youth Sport Trust	If you have an outdoor space, make the most of it by playing a ball game	Bring back playground games you or your family played when you were younger
Pets are a great reason to get moving - head out for a dog walk	Be inspired by the ways people are getting active at home. Daily mile on the lawn?	If you've always wanted to have a go at running, try a couch to 5k app

Take Notice

Hunt the good stuff

Use this diary to note down three good things that have happened each day. It doesn't matter how small they are!

E.g. I talked to my best friend today I went out in the sunshine I watched a really good show	Monday	Tuesday	Wednesday
Thursday	Friday	Saturday	Sunday

Remember, not every day is a good day, but there is good in every day!

Growth map

Use this chart to think about skills you want to develop, and how you are going to get there!

Right now I am good at...

I have some trouble with...



But if I...

1.....

2.....

3.....

I cant...



Yet!

Give

Compliments and encouragements

Paying someone a compliment, or telling them why you appreciate them is a great way to spread positivity. Cut these slips out and share with those who may need a boost.

Dear

You are amazing because

Dear

You are amazing because

Dear

You are amazing because

Dear

You are amazing because

Dear

You are amazing because

Dear

You are amazing because



The 5 Ways to Wellbeing

Now have a think about some of the things you already do as part of the 5 ways, and some new things you could try.

	I already do	I could try
Connect		
Be Active		
Take Notice		
Keep Learning		
Give		

Writing prompts



Writing or keeping a journal can be a great way to process your feelings and deal with anxiety. Use these prompts to begin.

How do you feel today?
Is there anything in particular that has made you feel like this?

What are you most looking forward to doing when lockdown is finished?

What have you found the most difficult about lock down?

Think about your favourite place in the world. Use your five senses to describe that place.

Imagine you are going on a road trip. Which 5 people, anyone in the world real or not, would you invite and why?

Writing/doodling/journaling pages...

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Writing/doodling/journaling pages...

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Writing/doodling/journaling pages...

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!! If you liked these activities, why not try...

Something creative - Quaranzine

<https://www.blurtitout.org/2020/04/15/project-quaranzine/>



Tips on staying well - Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>





Practical tips for dealing with anxious feelings

This section of the workbook is designed to help you combat anxious feelings. We all get them and it is important to remember they do go away. Using some of the following techniques can be really helpful, but remember, they often take practice!



Mindfulness

What is it?

Mindfulness is all about slowing down and recognising what is going on around us, a little like meditation.

It is recommended by the NHS as one way to relieve feelings of anxiety and depression.

There are lots of different ways to practice mindfulness, but it might feel a bit strange at first and takes practice. Using an app to guide you can be a great start.

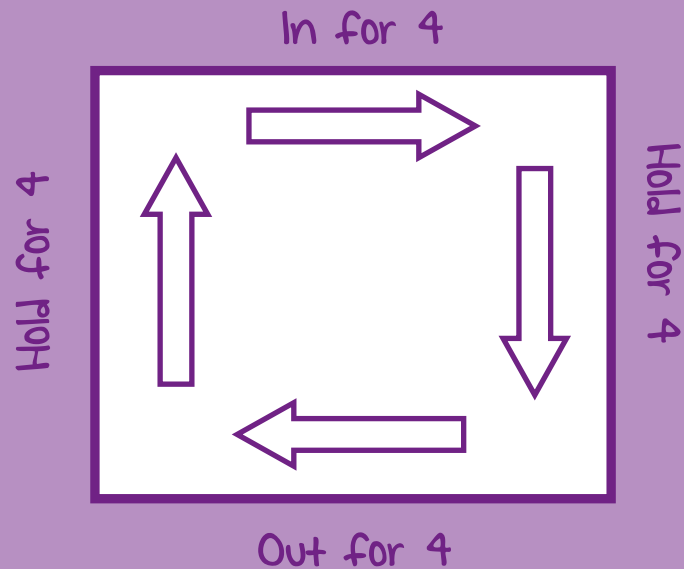
Great apps

- Try ORCHA for health apps recommend by the NHS
- Headspace
- Stop Breathe & Think
- Calm
- Worry Time

Remember, if you are experiencing prolonged symptoms of anxiety, it may be time to see your GP for further advice.

Breathing and grounding exercises

Square breathing



Describe what is around you in as much detail as you can. Take time to really notice what is going on.

Countdown

Countdown from 5 using your senses to check in with your surroundings.



5 things you can hear



4 things you can see



3 things you can touch



2 things you can smell



1 thing you can taste

Sleep

Sleep is one of the most important factors in looking after our wellbeing, but anxiety can often making getting a restful night difficult.

Sleep hacks

- Establish a good routine by going to bed and waking up at roughly the same time each day
- Try doing some breathing exercises or yoga before bed to relax
- Try keeping a sleep diary - use ours on the next page to start!
- Avoid tech for an hour before bed. It can be really hard but makes a big difference
- Check your intake of caffeine and sugar

Tips from Mind

Worry and sleep

If you find yourself worrying about things when trying to get to sleep, try writing down those thoughts before you get to bed, and any solutions you can think of. Try and get the thoughts down on paper for another time so you can relax into sleep.

Remember, if your sleep is really affecting your health, it may be time to see your GP for further advice.



Sleep routine diary

Make a note of the times you went to bed and woke up to help you get into a routine.

	How was your sleep?	What time did you go to bed?	How long did it take to fall asleep?	What time did you get up?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

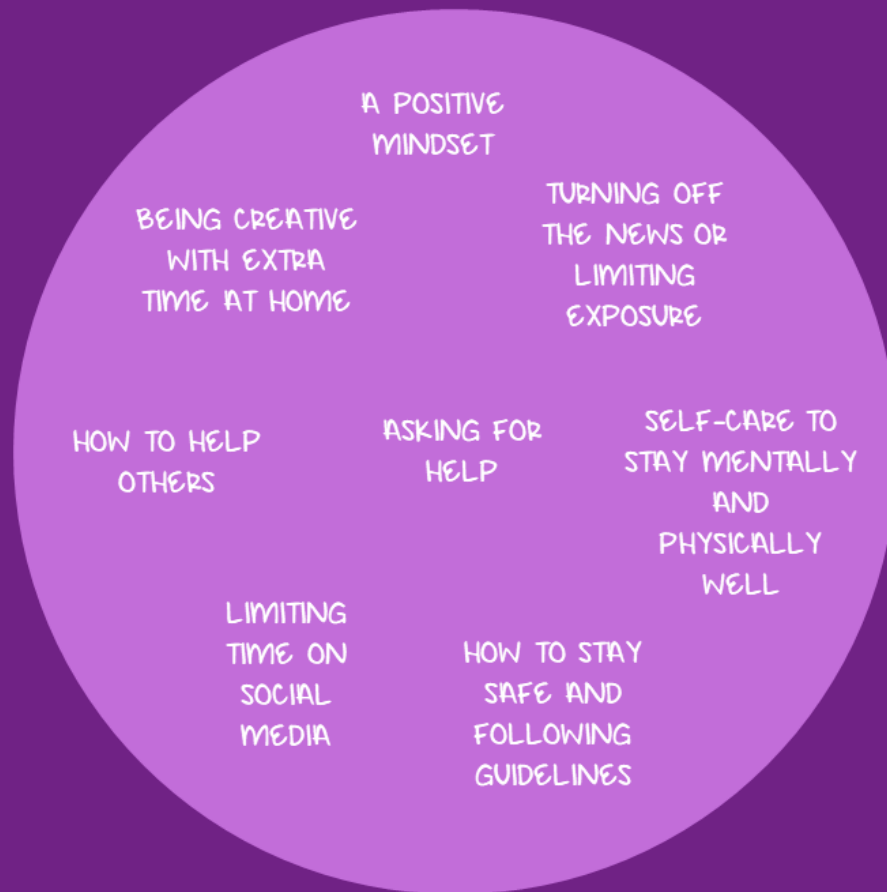
Sleep routine diary

Make a note of the times you went to bed and woke up to help you get into a routine.

	How was your sleep?	What time did you go to bed?	How long did it take to fall asleep?	What time did you get up?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

The Circles of Worry during Coronavirus

Sometimes things can feel overwhelming and it's not always easy to make sense of your worries. Follow the diagram below to see which circle they fall into. You can then start to work out which things you can change.



Things I can control



Things I can't control

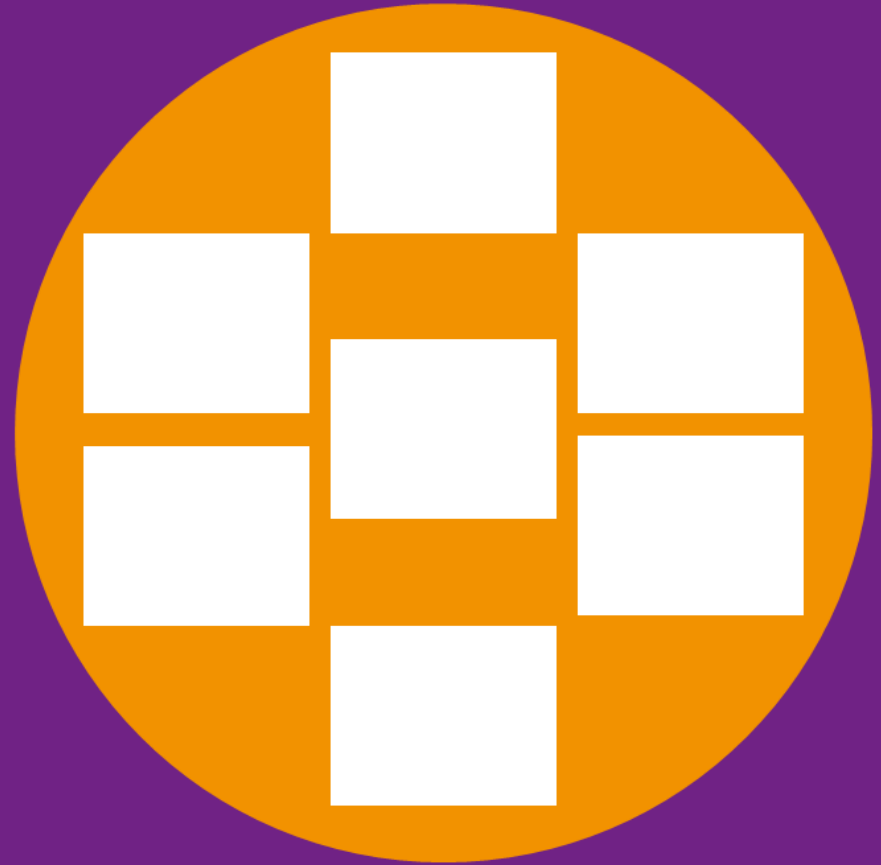
The Circles of Worry during Coronavirus

Now it's your turn!

Think about one worry at a time and decide which circle they should go into. Write that worry in a box inside the coloured circles below. Now keep adding your worries. This will help you to see what you are able to change to help you feel more positive and in control of things.



Things I can control



Things I can't control

Positive memories

Think of a time when you felt happy, a positive memory.

Draw around your hand on a piece of paper and write each of the five senses above a finger.

Draw or write the memory on the palm of the hand you have drawn. Look at each of the five senses and think about how you experienced that memory.

Write words associated with your senses to help you connect with that memory.



For this person, their positive memory was going to the pleasure beach with their sister and having a brilliant time.

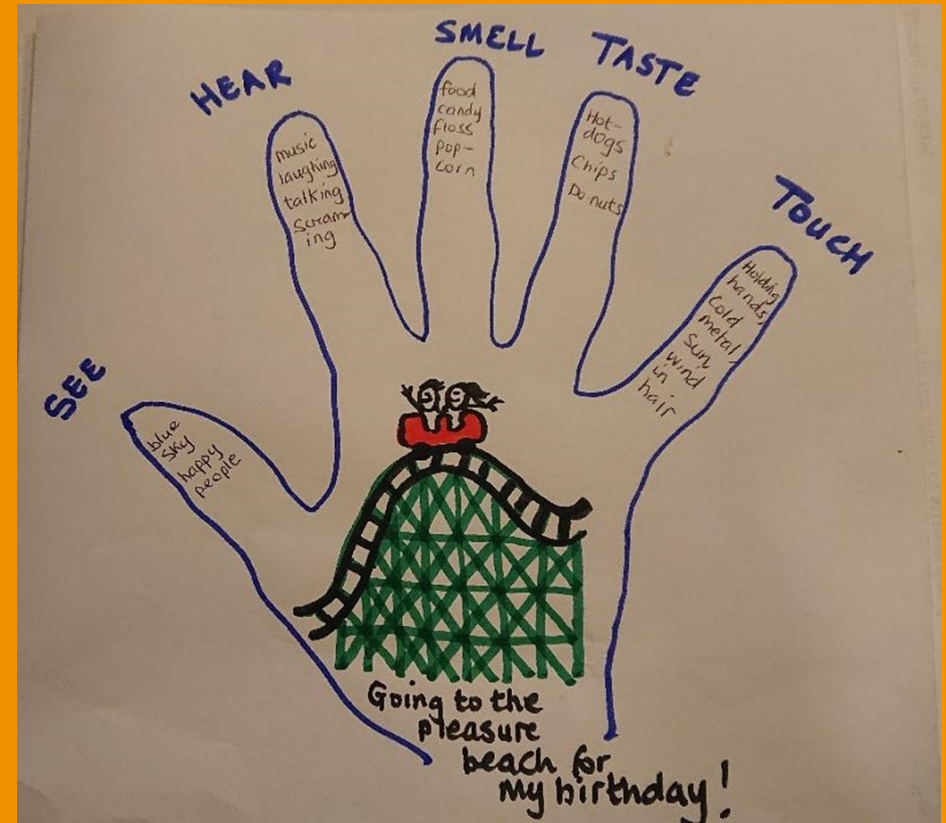
Positive memories

You could share this memory with someone at home or a friend, and talk about how it made you feel.

Positive memories can really help us in difficult times. You can carry this positive memory in the palm of your hand.

Wherever you are you can use it to help you to get through challenging times by focussing on that memory and those happy feelings.

We are all faced with difficult times in life, but it is how we deal with them that make us more resilient.



As an extra activity, when not try drawing or painting your memory words and pictures on a pebble, so that you can carry it with you.



My self care plan

Use these pages to make notes about any self care or wellbeing activity you try. It can be from this booklet or elsewhere!

I tried

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I found it.....

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I tried

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I found it.....

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I tried

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I found it.....

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I tried

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I found it.....

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I tried

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I found it.....

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I tried

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I found it.....

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Useful websites

Childline <https://www.childline.org.uk/>



Lancashire Mind <https://www.lancashiremind.org.uk/>

Young Minds <https://youngminds.org.uk/>

Kooth <https://www.kooth.com/>

Samaritans <https://www.samaritans.org/>

Remember, in an emergency you
should call 999 or go to your nearest
A and E department



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