


Sometimes we all get worried or feel down  about things, especially with the current pressures of the COVID 19 pandemic. You will know that talking things through helps but it is important that you talk to the right person.



The best people in the first instance might well be your parents/carers. Although it might not seem like it, they probably understand you much better than you think they do!



If that doesn't feel right, you could contact someone from school: your guidance teacher or another member of staff with whom you feel comfortable. They may be able to help you and if not, they can find someone else who will.

If that still doesn't feel right and you want something more confidential, there are a number of excellent organisations who can help.



There are also things that you can do to help yourself. We hope that this short leaflet might give you some good ideas.

5 Ways to Mental Wellbeing (and ideas for achieving these during lockdown)



Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these could help you feel more positive during lockdown. Remember that at all times we need to follow the guidance for keeping ourselves and others safe – please see <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19> for up-to-date guidance.

1. *Connect with other people* - It is harder to do this during lockdown, but you can still:

Spend time each day with the people in your home e.g. cooking a meal or watching a favourite series together



Connect with your family and friends using technology. Seeing someone's face really can make a difference - it can lift your mood and make you feel less lonely. There may also be some days where you don't feel up to this so chatting through text/IM will still help you to feel connected.

2. Take care of your body

Be physically active - You could go out for a walk, run or cycle – getting outside into nature is also great for your wellbeing. If you normally enjoy doing exercise with a friend, why not see if you could go out at the same time and video chat while you are exercising? You could also find an exercise app or YouTube workout to do at home – you could try different ones to see which you like the most. Try to get some exercise, even 20 minutes, a few times each week. Try to make sure it is an activity you enjoy, as this will help you to make it a regular part of your routine (rather than avoid it).

Get enough sleep - this really helps your mood, helps you deal with stress, and gives you the energy you need to feel motivated and enjoy activities. If you are having trouble sleeping see <https://tinyurl.com/YMSleep> for advice.



Eat well - this promotes healthy development, and can also improve your mood, give you more energy and think more clearly.

3. Keep learning

This could involve reading up on something you've always been curious about, or learning a new skill (perhaps from someone you know or online tutorials). Make it something that interests you, rather than something you feel you should do or others would like you to do.



4. Give to others

It doesn't have to be something big and time consuming. You can give of your time, your words, and your presence.



Small daily acts of kindness can make a difference, both to yours and others' wellbeing. You could offer to help your parent/carer with making a meal, or reach out to a friend who is having a bad day.

5. Pay attention to the present moment (mindfulness)

Paying more attention (being mindful) to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Apps like [Calm](#) and [Headspace](#) offer lots of guided meditations, and [Headspace](#) is offering a free set of meditations, sleep, and movement exercises during this time called 'weathering the storm.' Why not also try some yoga as a way to relax and get some gentle exercise which can boost your mood? There are lots of free videos on YouTube.



Other things you could do to be more present include taking a different route on your daily walk and paying attention to sights, sounds and smells around you; or making something different for lunch, eating it slowly, and paying attention to the flavours.

Websites and helplines



<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Lots of information in the form of advice, blogs and real-life stories regarding issues such as anxiety, low mood, self-isolation, social distancing, eating disorders and grief. It also includes links to helplines and advice services.

CAMHS Resources

<https://www.camhs-resources.co.uk/downloads>

A wide selection of self-help guides recommended by mental health professionals. Most are aimed at young people and they focus on a number of topics including mindfulness, anxiety, self-esteem, self-harm, using CBT and many more.



<https://www.annafreud.org/coronavirus-support/coronavirus/>

Videos, booklets, links to apps and more on topics like self-management strategies for dealing with anxiety during this period. There is also a self-care resource, written by young people for young people with simple self-care strategies to do at home. Check out the video recipe for double chocolate brownie mug cake!

If you're concerned about someone else the Anna Freud Centre have advice for you too in their "Helping someone else" booklet:

https://www.annafreud.org/media/10480/helping_someone_else_accessible_pdf.pdf

Straightforward and practical advice for when you are worried about someone else. Lots of tips on supporting friends with their mental health, how to talk to someone that you are worried about and also talking to an adult about someone that you are worried about.



<https://www.lltffp.com/corona/>

A range of CBT based modules and interactive workbooks on looking after your wellbeing along with helpful videos. Registration is free but only until 30th June so don't miss out!

https://issuu.com/universityofexeter/docs/busting_the_blues_/1?e=1707859/15011920

A really user friendly, self-help booklet produced by the University of Exeter that helps you to lift your mood based on CBT. There are a number of techniques and activities to support you in this.

childline

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/get-support/contacting-childline/>

ChildLine is there for advice and support on anything that might be worrying you. You can: phone (free) 0800 1111 from 9.00am until midnight; have a 1-2-1 webchat with a counsellor; post on their message boards; use their self-help guides; “Ask Sam” an anonymous question; or if you use sign language they have SignVideo – video webchat with a counsellor for deaf users of British Sign Language.



<https://themix.org.uk>

Advice and help for under 25s. You can call the free helpline on 0808 808 4994, 4pm – 11pm seven days a week. Text the Crisis messenger text service (24 hours) - text THEMIX to 85258. Use one-to-one webchat 4-11pm seven days or request telephone/online counselling (on application).

SAMARITANS

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

Available for mental health support 24/7 so good to know if you have an urgent concern or are feeling suicidal. You can telephone 116 123 (Freephone) anytime, or email jo@samaritans.org

Apps

Please click on this link: https://www.argyll-bute.gov.uk/sites/default/files/self-help_apps_for_mental_health.pdf for a list of self-help apps to support your mental wellbeing. Included are descriptions of each app, age range, whether they are free or not and compatible phones. The links included take you to the Apple store, so if you're on Android you will need to search in your app store.

In summary: remember to talk to your parent or carer, or someone else you trust about what you're finding difficult and what could help you to feel better. This may be something practical, like making a call to a friend or listening to music. Even though life is disrupted right now, stick to your routines where possible, stay in touch with your close friends, and try to find time every day to do something you enjoy.

You can get more help from school, or through a website or helpline if you need to.

Remember, it's always OK to ask “Can I talk to you?”