BUT SO ARE YOU!

Supporting young people's mental health during COVID-19

What crazy times we are living in.

If you are feeling unmotivated, bored,
lonely and even quite low... YOU ARE NOT
ALONE!

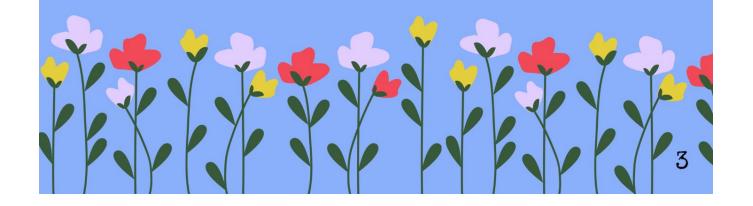
The good thing is that this WILL NOT last forever!

This small book has been created to help promote your positive wellbeing, giving you examples of how to deal with your feelings and emotions in a healthy way.

If I feel worried/anxious

- Breathe deeply (IN: 1 2 3 4
 OUT: 1 2 3 4) repetitively.
- Focus on the present moment (the right now) not the past or the future (This is called Mindfulness).
 - Find a positive distraction.
- Write down thoughts & feelings keep a journal.

Take it one day at a time



If I feel unmotivated

- Plan out my day It helps to write it down!
- Set myself small goals (Spend one hour doing... Read 1 chapter of... Help my brother/sister with...)
 - Write down ONE positive thing I experience throughout the day.
- Give myself praise for small things that I do.



If I feel lonely

- Message/facetime my friends (I'm sure they miss me too!)
- Spend time with my family/pet.
- Stay busy by learning something new (E. G. Baking, cooking, arts & crafts, classes online).
 - Find a nice way to relax.

Write on a page all the things you are looking forward to doing when lockdown is over.

Place it somewhere as a reminder.



If I feel bored

- Get creative: Bake, paint, build something, write a song.
 - Exercise.
- Dance to my favourite music.
- Do something kind for someone.
 - Start a new hobby.

If I can't sleep

- Make sure the blue light filter is activated on my phone (blue light from phones lead to poor sleep).
 - Stop looking at a screen ONE HOUR before bed.
- Fill my hot water bottle & take it to bed.
 - Listen to 'Guided Meditation' on YouTube.
 - Enjoy a relaxing bath before bed.

If I feel unhappy

I can...

SELF-CARE: What makes you feel good?
 watch a movie you love, listen to your favourite music, eat good food.

You should self-care every day!

Remember that:

- 1) This experience is making you strong.
- 2) Thoughts and feelings don't last forever.

If I feel sad

- Talk to someone I trust.
- Express my emotions... Cry, write them down, create something.
 - Be kind to myself.
 - Enjoy a hot drink (hot chocolate, tea).

If I feel angry

- Take a time out.
- Practice deep breathing until I am calm.
- Exercise: Go for a walk,a run etc.

IMPORTANT THINGS TO REMEMBER:

- 1. Eat healthier = feel better!
 - 2. Drink water regularly throughout the day.
- 3. Breaks from social media are good for my mental health.
 - 4. I am not alone in how I am feeling. I will get through this.

Positive Affirmations

TO SAY BEFORE BED

1. I did my best today.

- 2. Tomorrow is a new day & I am going to make the most of it.
 - 3. My future is so bright and exciting.
- 4. I will be successful in life & COVID-19 will not affect that.
 - 5. I am stronger than I realise.
 - 6. How I feel is important.
 - 7. I am loved & I love others.