



Feeling stressed and anxious during Covid-19

This is a very difficult time and it is okay to feel anxious and stressed about everything that is going on. Our routine has been completely changed, what we are used to has become quite a distant memory, but in reality it has only been a couple of months. We are now living in the 'new normal' and this 'new normal' is far from how we want to be living our lives.

Things will change again and hopefully things will get back to how we want them to be, but it will take time and we have to be patient. During this time it is good to develop a new routine and it is good to plan how our days are going to look and how much time we are going to spend doing certain things, but before we discuss this it is important to say that the most important thing to worry about at the moment is our physical and mental health.

You can and will catch up on your school education, but stop and think for a minute, you are learning vital life skills during this period of time and these skills are called transferable skills because you are able to use them in everyday life and everyday activities. If we take something like cooking for example, you use lots of different skills that you could use in everyday life and from across all subjects, here are some examples;

- **Maths** – you have to weigh out all of the ingredients before you start cooking and this includes weights and also volume when you are measuring liquids.
- **Science** – sometimes there are really cool scientific reactions that take place in cooking, for example yeast, when it is added to a bread mix, it feeds on the sugars in the flour creating Carbon Dioxide, which is a gas and this causes the bread to expand and grow.
- **English** – Reading or writing a recipe is key when you are cooking so that you get it right.
- **Geography and History** – sometimes we cook meals from other countries or from the past, we can learn about certain cultures and historical events through recipes and meals that we eat.
- **ICT** – we now use our phones and tablets to access the recipes that we use and we can watch live or recorded videos of celebrity chefs cooking.

If you think about it we can apply any subject to everything that we are doing. These skills and this learning is vital, don't put too much pressure on yourself to complete every piece of work that is set. As we said before, it is a really good idea to produce a daily schedule and plan. This plan is not like a normal school day and is broken up throughout the day with lots of breaks and activities that you enjoy as well. This will allow you to have 'your' time and to make this whole situation a little easier than it is. On the last page is a plan of how you could set out your day, but this is not set in stone, you can change it and you can adapt it to suit your own time and your own ideas.

Life is not normal at the moment and it is okay to be anxious and stressed and it is completely okay to not understand what is going on and your own feelings. It is also okay to talk to people that you trust and there are things that you can do to help you get through this time.

Remember that you are closet to your family members and that they love you, yes sometimes they can annoy you and sometimes you will lash out at them and we understand that this is because you love them and because you feel safe; your house is your safe place.

They will love you no matter what, but stop and think for a moment, how do they feel when this happens? They will feel hurt and sad and they will wonder what they have done for this to happen and this is not good because this can mean that they cannot help you in the way that they want to. It is not okay to lash out and do this, there are other things that you could do to help you regulate. Regulate means bring yourself back to a calm and happier place. Here are some things that you could try;

- **A worry book** – This is a book that belongs to you, when you feel stressed, angry or anxious you can write down your thoughts in this book. This book is your property and no one else can look at it unless you invite them to. When you do invite someone to look at your book this is because you want them to know how you feel and because you want to talk about it.
- **A stress ball/toy** – This can be something soft that you can use to squeeze or mess about with when you feel stressed or anxious, it is something that has no feelings or cannot be hurt and so you do not need to worry about how it feels afterwards. You can take all of your stresses out on it.
- **Blu tack** – This is amazing to use, you can squash it, squeeze it, pull it, roll it and destroy it when you are feeling stressed. Again, it has no feelings and you can do whatever you want to it without it getting hurt or hurting its feelings, try it, it is amazing! (If you can't get blu tack, you can also use white tack).
- **A stress jar/bottle** – This little craft activity is amazing and it belongs to you, you mix warm water with some PVA glue in your chosen jar/bottle. You then add glitter, buttons, craft stars or other small craft materials, put the lid on and shake. When you are feeling stressed, find a safe place, shake your jar/bottle really hard and get all of your stress out, put it down and watch everything inside move around and begin to settle. Think of it as a storm that is calming down.

Remember, you are learning vital skills that you would not have had the chance to do if this had not of happened. This includes everything that we have talked about above, but it also includes resilience and patience and also compassion. You also get to spend time with the people who care about you the most, something that is very unlikely to happen ever again in your lifetime, enjoy it, don't stress too much and everything will be okay in the future. As promised, on the next page is a weekly planner that you can use however you want, feel free to change the times and order of the day to suit you and you can also take things out if you don't want them in your planner. This belongs to you and make it your own.

This is _____ daily
Planner during Covid-19

Between 8:00 – 8:30 am	 get up	
Between 8:30 – 9:15 am	 breakfast	 brush teeth
Between 9:15 – 10:00 am	 Activities	
Between 10:00 – 11:00 am	 Physical Activity	
Between 11:00 – 11:45 pm	 Activities	
Between 12:00 – 12:30 pm	 Lunch Time	
Between 12:30 – 1:00 pm	 Break Time	
Between 1:30 – 2:15 pm	 Activities	
Between 2:30 – 3:15 pm	 Activities	