

# Wellbeing Resource Pack

## For Parents and Carers

**Wrexham and Flintshire CAMHS**

## **Introduction**

We recognise that this may be a worrying time for families with lots of uncertainty as a result of the current concerns regarding Covid-19.

This pack has been produced to offer you some suggestions as to how you can support your child with any concerns that they may have. It also contains a list of useful resources and contacts which you might find helpful.

Below is a list of topics that are covered in the pack:-

- Emotions and behaviours.
- What can you do to help?
- Coping with worry about COVID-19
- Further resources and support.

### **EMOTIONS AND BEHAVIOURS**

Different emotions lead people to act in different ways. For example, when people feel low in mood or depressed, they often have poor motivation and struggle to get going. It is important to remember that lots of the behaviours we see are not about someone being 'lazy', not 'wanting to help themselves', or just them 'wanting to pick a fight', but are actually signs of emotional distress. It is not uncommon for children and young people to have difficulties talking about their feelings sometimes because they can't put them in to words, and sometimes because they don't understand them themselves.

Below is a list of common behaviours which can be associated with emotional distress.

Feelings	Behaviours
Anxious  Worried	<ul style="list-style-type: none"> <li>• Avoid situations which cause anxiety.</li> <li>• Restlessness, being 'keyed-up', or on edge.</li> <li>• Difficulty sleeping.</li> <li>• Over, or under eating.</li> <li>• Engaging in unhealthy, risky or harmful behaviours such as drinking to deal with anxiety.</li> <li>• Limiting daily activities to reduce levels of anxiety. For example, staying in the safety of home etc.</li> <li>• Becoming overly attached to someone or something and not wanting to leave them.</li> <li>• Panic attacks</li> </ul>
Low in mood  Depressed  Hopeless  Empty/ Numb  No confidence  Low self- esteem	<ul style="list-style-type: none"> <li>• Loss or increase in appetite.</li> <li>• Difficulty sleeping or sleeping more.</li> <li>• Low motivation. Difficulty starting things or carrying them on.</li> <li>• Tiredness</li> <li>• Avoiding social events and activities.</li> <li>• Difficulty speaking, thinking clearly or making decisions.</li> <li>• Difficulty remembering or concentrating.</li> <li>• Tearful</li> <li>• Aches and pains without obvious cause.</li> <li>• Moving more slowly or being more restless and agitated.</li> <li>• Use of alcohol, drugs</li> <li>• Self-harming or suicidal behaviour.</li> </ul>

Changes in a person's usual behaviour can be a clue that someone is feeling more emotional or worried than usual. By observing behaviours, we can gain clues as to how someone might be feeling, even if they are unable to talk about it. Just as behaviours can give us clues as to how someone is feeling, changes in behaviours can also help alter how someone may feel. For example, listening to classical or relaxing music has been shown to help people feel less anxious and less depressed. Therefore, by helping your child to do more positive behaviours or activities, you will be helping them improve their mental wellbeing. Small changes in behaviours can have a big impact on overall wellbeing.

## WHAT CAN YOU DO TO HELP?

Given the current situation with COVID-19 it is understandable that people will be feeling more anxious and worried. Possible restrictions on social interactions such as meeting with friends and family could also increase feelings of low mood. Although the measures put in place to protect vulnerable people are important, they may well be difficult for people to manage. Therefore, it is important that people take steps to look after their own mental health as well as that of others.

Below is a list of 5 areas of wellbeing which are known to improve emotional wellbeing. By encouraging your child to do a range of things in each area, you will be helping their wellbeing. Below are some examples of different wellbeing promoting activities which you might want to encourage your child to try, or you may want to use them to come up with your own ideas of what will work for you and your family.

### **1) *Connect with others***

Strengthening relationships and feeling valued and close to others is good for wellbeing.

#### **Ideas to connect:**

- Watch films or a box set (or two) with someone.
- Share some funny YouTube clips with someone.
- Play a game with someone in your home.
- Talk to someone in your home.
- Plan activities to do in the home with people.
- Message a friend to ask about what they are doing.
- Talk to someone on the phone, through SKYPE, FaceTime or similar.
- Do things together with people at home.

**Write below what else could you try?**

## **2) Stay active**

Being physically active improves mental wellbeing whilst decreasing anxiety and depression as does eating healthily and getting enough sleep.

### **Ideas:**

- Create a routine to do every day
- Plan a household schedule and agree how the household will run with everyone at home every day.
- Do some physical activity in your home
- Dance to your favourite songs
- Run up and down the stairs
- Do some star jumps
- Clean a room in the house
- Have a Wii-fit competition
- Stretch your arms and legs
- Do a YouTube exercise class
- Start an indoor exercise challenge app
- Do some weights with some tins of beans.
- Create a rota or plan for household jobs and things that need to be done.
- Get up at the same time each day and go to bed at the same time each night.  
Avoid laying in all day.

**Write below what else could you try?**

### **3) Take notice**

Paying more attention to the present moment boosts wellbeing.

#### **Ideas:**

- Put your phone down and notice what's around you.
- Be close to nature.
- Have pictures of nature around the house.
- Use your 5 senses (sight, touch, smell, sound and taste) to notice the things around you to do a usual task like drinking a hot chocolate.
- Open the window and watch and listen to the animals and birds outside.
- Grow some herbs or plants on a window sill.
- Try a new food and notice how it tastes, feels, smells.
- Close your eyes and notice what you can hear.
- Notice the nice things other people in the house do for you and tell them.
- Download a mindfulness app and practice every day.
- Listen to your favourite music.
- Create a box containing activities which your child can go to and use when they are distressed or when they want to calm down. Pick items which use the 5 senses. It might include colouring pens and pictures, stress ball, bubbles etc.

**Write below what else could you try?**

#### **4) Learn**

Learning and seeking out new things stimulates the brain and helps contribute to wellbeing.

##### **Ideas:**

- Do something which gives a sense of mastery or skill.
- Get creative.
- Try something you've never done before.
- Research something interesting to you.
- Learn a new word every day.
- Play a quiz with friends or family on line or face to face.
- Learn a new hobby.
- Read a book.
- Paint, draw or colour.
- Make and decorate a cake.
- Decorate a room.
- Tidy or rearrange the furniture in a room.
- Try a new recipe.

##### **What else can you try?**

## **5) Give**

Acts of kindness, no matter how large or small, can increase happiness, life satisfaction and a general sense of wellbeing.

### **Ideas:**

- If you aren't staying home, put a note through a neighbour's door asking if you can get them any shopping etc.
- Sort through your things and get things you don't want ready to go to charity.
- Offer to help someone do a task.
- Bake a cake or cook a meal for someone.
- Give your pet a hug

### **What else can you try?**



## Coping with worry about COVID-19

If your child is very worried about COVID -19 then you can read 'My name is Coronavirus', produced by Manuel Molina @MINDHEART.KIDS, with them. ([www.mindheart.co.uk](http://www.mindheart.co.uk)) a copy of which is attached.

Other things you can try, might include:-

- Limit the amount of time spent listening and reading the news.
- Pick two sources of information to get updates and make sure these are reputable such as the WHO website, BBC news or Mind website.
- Avoid sources which might act as triggers for worry. For example social media etc.
- Focus on any positives, such as the community coming together to manage this etc.
- Talk to your child about what is going on and reassure them that if they catch it then symptoms will likely be mild.
- Make sure what is discussed in front of your child is age appropriate. Not talking about what is happening will increase anxiety, however focussing on people being sick, dying and being in 'lockdown' will also increase anxiety. Help children and young people get a balanced understanding.

**REMEMBER** for most people who catch the COVID-19 virus, their symptoms will be mild and can be treated at home with over the counter medication and bed rest.

## Top Ten Tips from Young Minds

1. Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
2. Talk to your child about what is going on. You could start by asking them what they have heard.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. For activities ideas, visit our starting a conversation with your child guide.
8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

## USEFUL WEBSITES, HELPLINES AND RESOURCES

Currently people are being asked not to go to their GP or to A&E. If medical attention is required. Then phone your GP surgery, or the North Wales Out of Hours GP Service on 0300 123 55 66.

Follow government advice regarding how to manage symptoms and when to seek medical advice.



**SAMARITANS**

### **Samaritans**

Offers free 24 hours, 365 days per year support to all.

**Tel: 0845 790 9090 / 116 123**

**Website: [www.samaritans.org](http://www.samaritans.org)**



**PAPYRUS**  
prevention of young suicide

**HOPELineUK 0800 068 41 41**

### **Papyrus**

Papyrus HOPElineUK provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person:

**Tel: 0800 068 41 41**

**Website: [www.papyrus.org.uk](http://www.papyrus.org.uk)**



### **Rethink Mental Illness**

This website offers advice and information – They have useful factsheets that can be downloaded. They offer general advice with regards to mental health.

**Tel: 0300 5000 927**

**Website: [www.rethink.org](http://www.rethink.org)**



### **Mind**

Mind has many available resources, help and advice detailed on the website for young people, parents and professionals. They have a helpline, text services and online chat with advisors.

**Helpline: 0845 766 0163**

**Text: 86463**

**Website: [www.mind.org.uk](http://www.mind.org.uk)**



**NSPCC**

### **NSPCC**

The national society for the prevention of cruelty to children. The website provides information on the services that they run and which are currently run in your local area. They also have a helpline

**Tel: 0808 800 5000**

**Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)**



### **The Mix**

Support service for young people and any difficulties or worries they may be experiencing.

**Helpline: 0808 808 4994**

**Crisis Messenger: 85258**

**Website: [www.themix.org.uk](http://www.themix.org.uk)**



### **Young Minds**

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to start the text.

**Text: [85258](text:85258)**

Young Minds has information and resources for parents and professionals. They also operate a parent helpline Monday to Friday 9.30 – 4pm, for any worries or concerns about a young person behaviour or mental health under 25.

**Helpline: 0808 802 5544**

**Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)**



### **C.A.L.L. Community Advice and Listening Line**

Offers emotional support and information/literature on Mental Health and related matters to people of Wales.

Anyone concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L. Helpline offers a confidential listening and support service

**Tel: 0800 132 737**

**Text: 60062**

**Website: [www.callhelpline.org.uk](http://www.callhelpline.org.uk)**



### **SAM**

This is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

*Free*



### **Catch it**

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

*Free*



### **MindShift**

This app will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: making sleep count, riding out intense emotions, test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, conflict. *Free*

## Useful Websites

[www.mind.org.uk](http://www.mind.org.uk) has information regarding mental health.

Specific information relating to mental wellbeing and COVID-19 can be found at [www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/) . This page also contains information about looking after yourself and family members.

[www.youngminds.org.uk](http://www.youngminds.org.uk) - This site contains information on mental health and tips for young people and their carers.

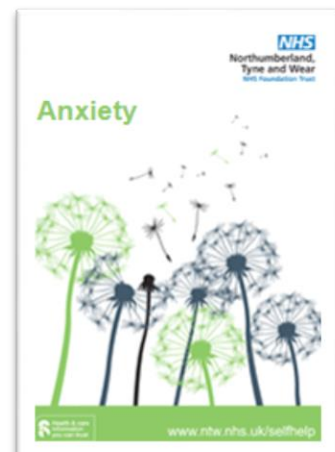
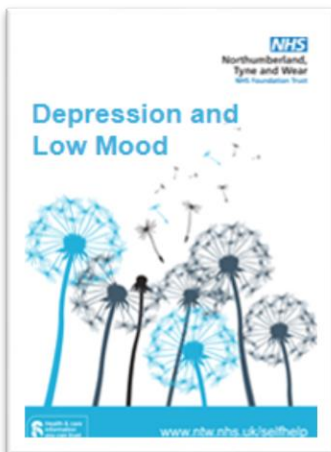
[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) – A website with lots of ideas on how to cope in distress

[www.bullying.co.uk](http://www.bullying.co.uk) – Information and support about bullying

[www.papyrus-uk.org](http://www.papyrus-uk.org) – UK charity for the prevention of young suicide (support for young people and parents/carers).

[www.nshn.co.uk](http://www.nshn.co.uk) – National Self Harm Network – resources, advice, support forum

<https://web.ntw.nhs.uk/selfhelp/> - NHS has a range of self-help materials (examples shown below);



### Emergency help:

If you are worried about your mental health speak to your parent or carer. In an emergency:

- Contact CAMHS to update them and ask advice (Mon-Fri, 9-5). Should your allocated clinician be off you can request to speak with a Duty Clinician.
- Contact the GP out of hours service (Mon-Fri 5pm-9am and Sat/Sun 24hrs) for advice.