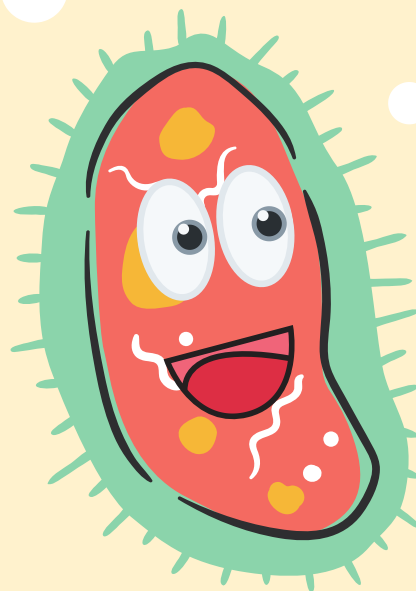
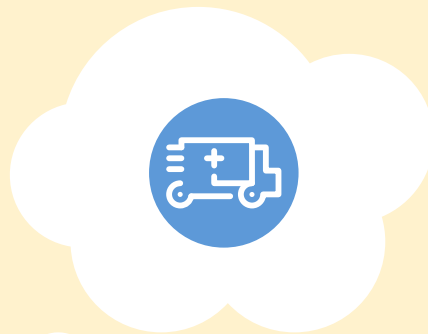


# HELP FOR WHEN I AM FEELING WORRIED ABOUT MY HEALTH

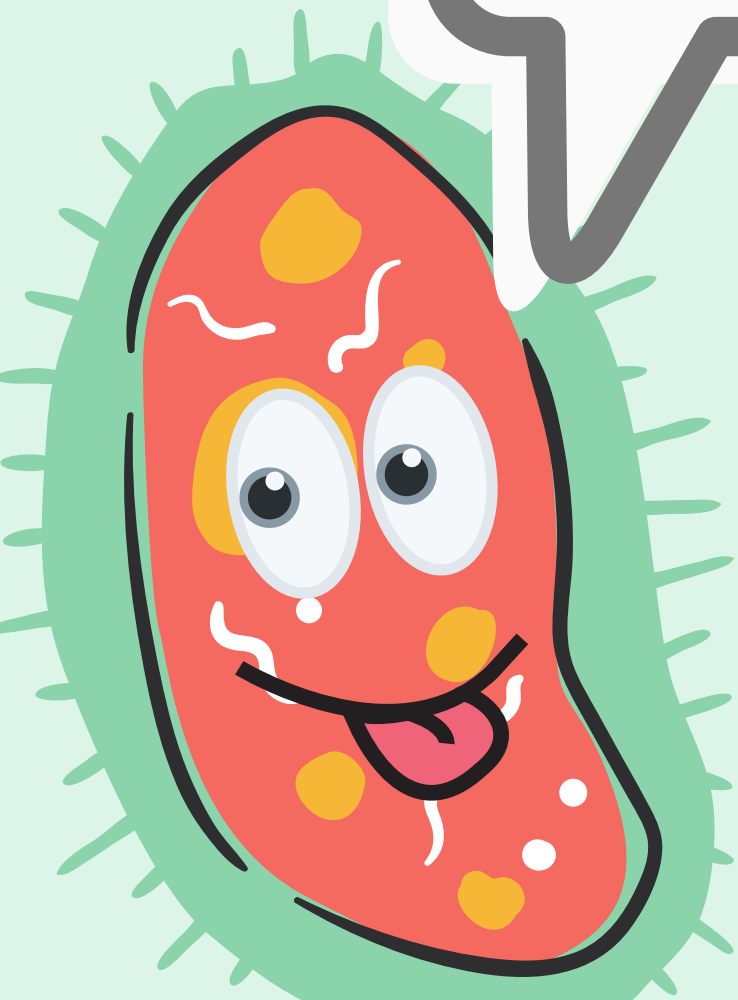


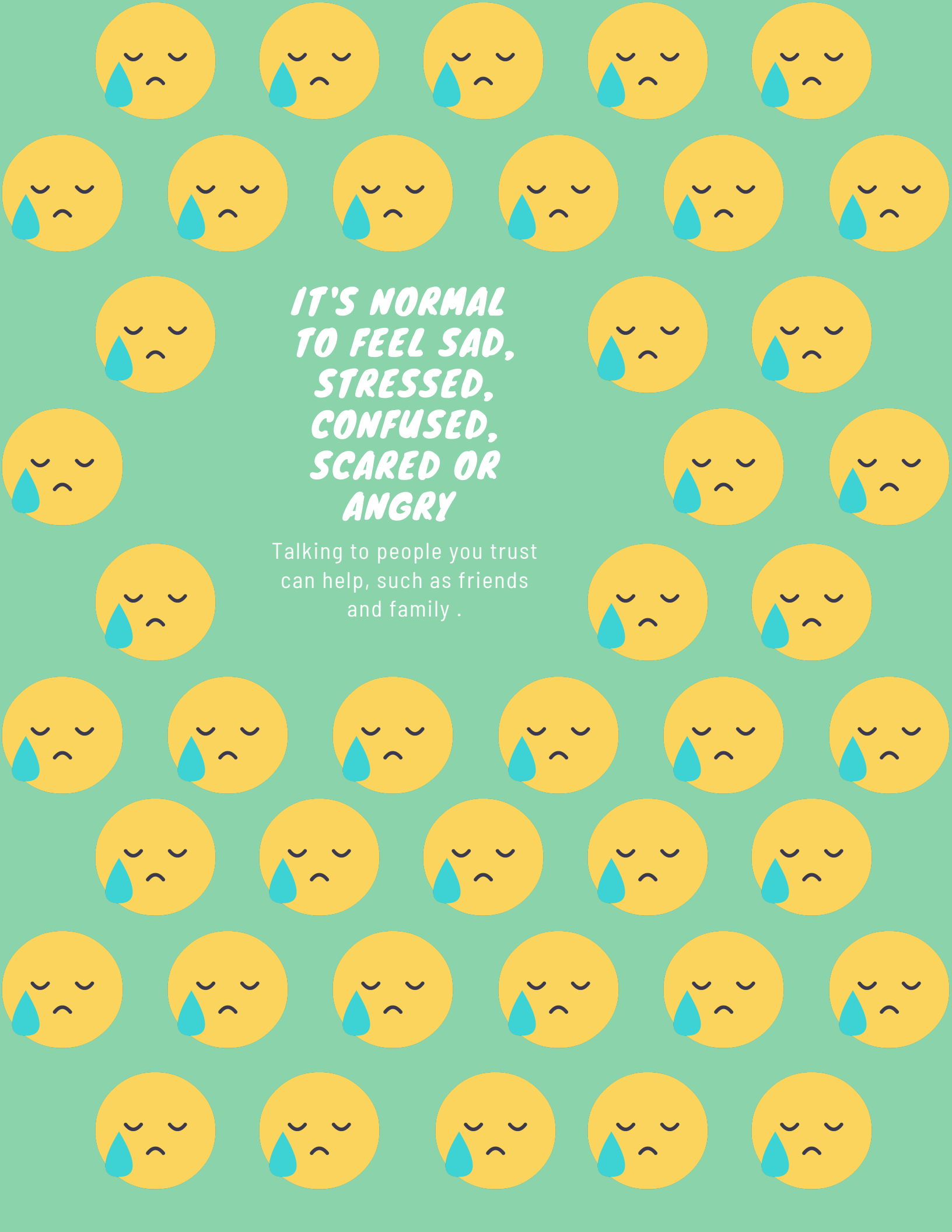
MANAGING WORRIES ABOUT HEALTH  
IN A CORONAVIRUS OUTBREAK

# SCARY TIMES

Hello! I am the coronavirus, you may have heard of me and my brother and sister, cold and flu!

I have made everything change for a little while which can be very scary and make you feel worried.





***IT'S NORMAL  
TO FEEL SAD,  
STRESSED,  
CONFUSED,  
SCARED OR  
ANGRY***

Talking to people you trust  
can help, such as friends  
and family .

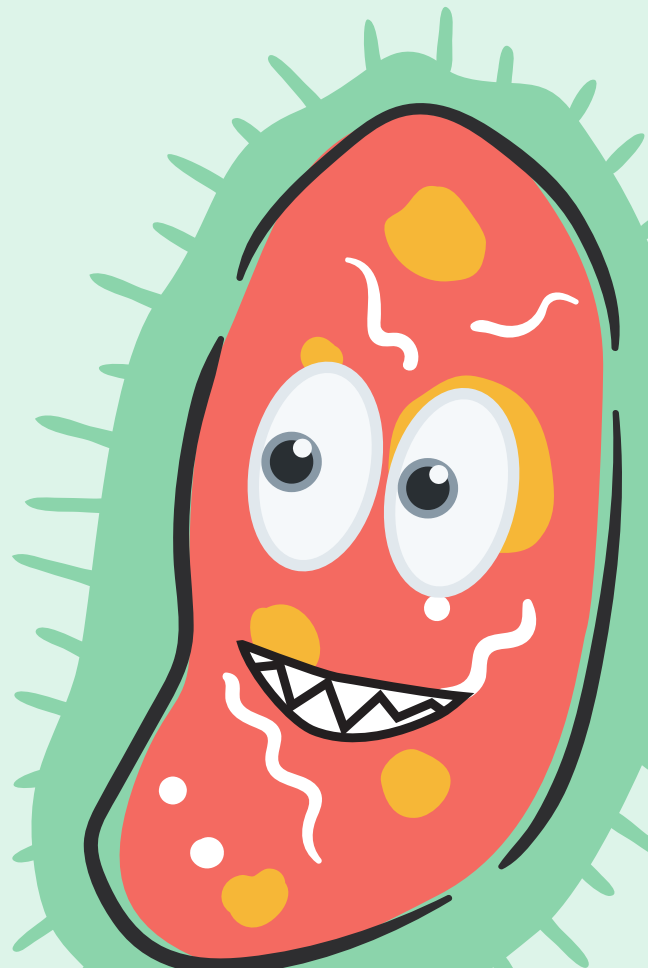
# ABOUT ME!

1 I can make people poorly and give people a cough or make them too hot

2 I jump from one person to another

3 I have made schools close so I do not spread

4 I have asked you all to stay at home to stay away from me



# HOW TO STOP ME!

Wash your hands for at least 20 seconds with hot soapy water.



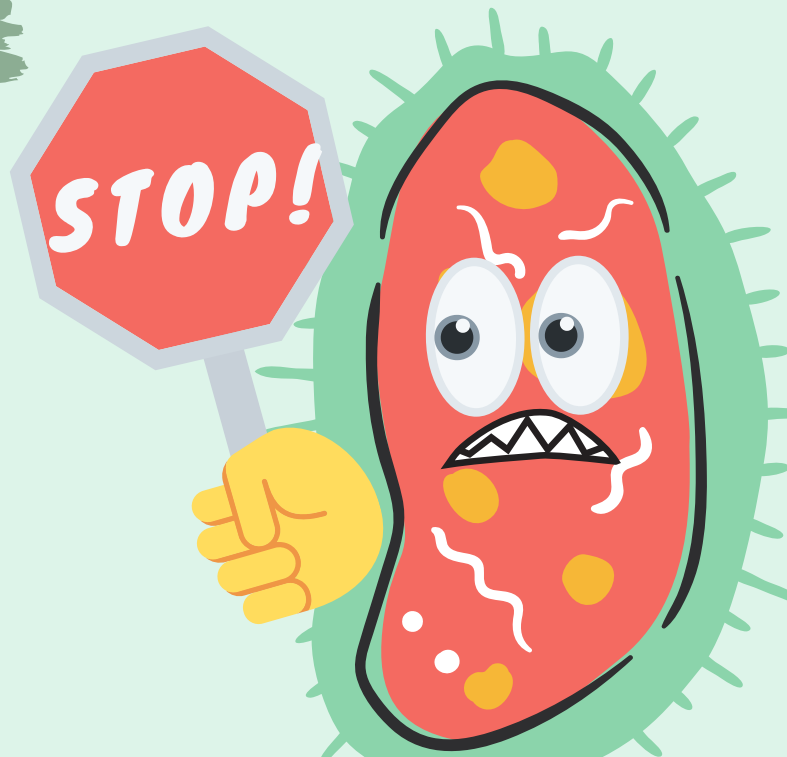
Stay 2 meters away from other people when you are out of your house.



Sneeze or cough into a tissue and put it in the bin.

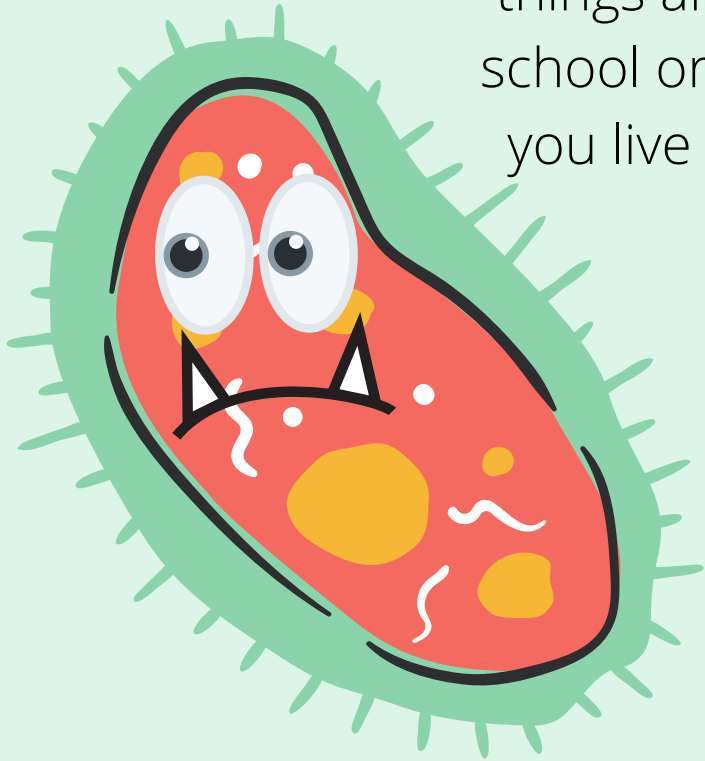


Stay home when you can.

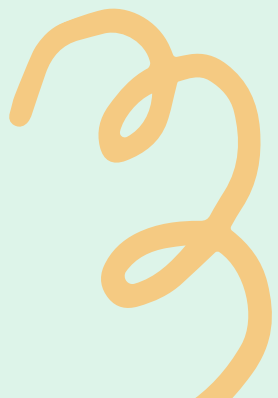
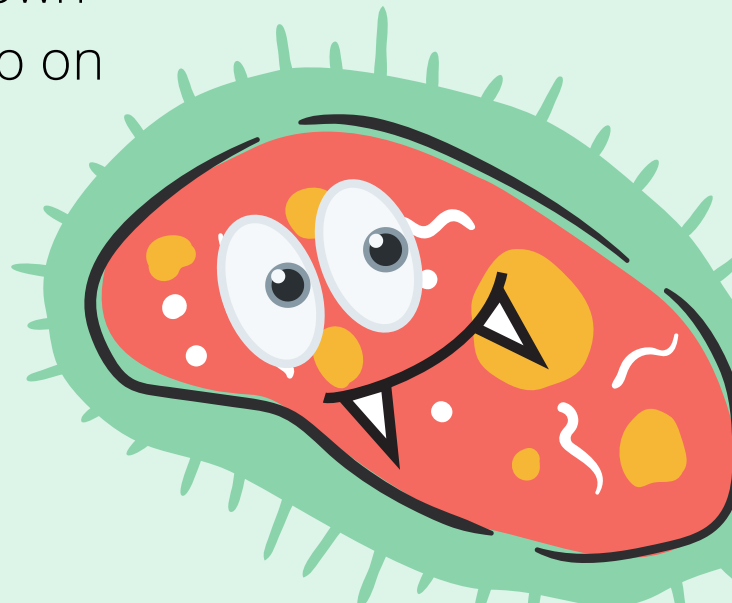


# *EVERYTHING IS DIFFERENT.*

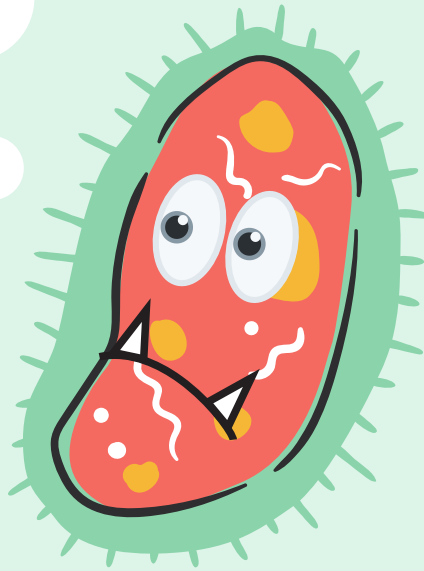
Everything might seem a little bit scary and it might be making you feel worried. Lots of things are different now, you might not be at school or able to go out as much. The people you live with might be worried and the news might be scary.



This booklet will give you some ideas of things to do to help you when you are worried, you may need to ask a grown up to help with some things or to go on the internet.



# WHY DO WE FEEL WORRIED?

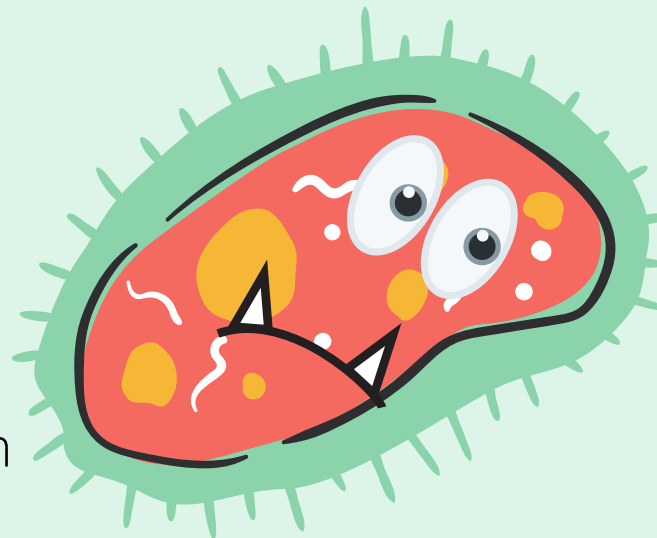


It is normal to feel worried about getting poorly, especially when it is all everyone is talking about, but sometimes these worries can start affecting our day to day lives.

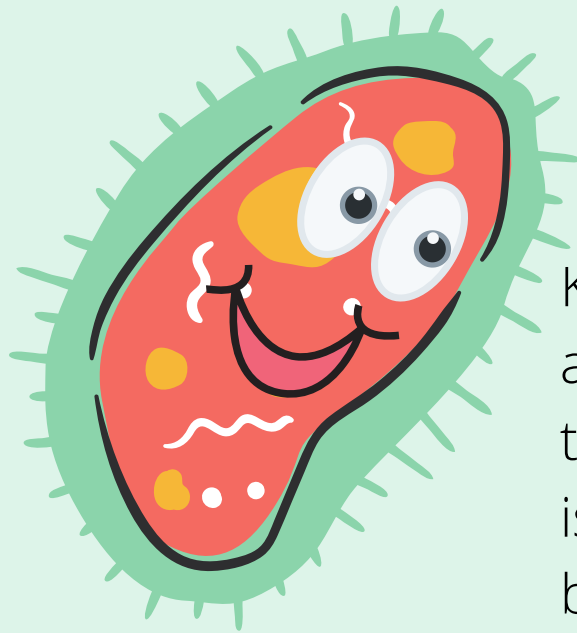
## WHAT HAPPENS WHEN YOU WORRY?

You might notice:

- You ask a lot of questions about your health
- You research illnesses
- You check your body a lot
- You feel poorly even if the doctor says that you are okay
- You worry about germs
- You get worried if you hear about an illness
- You get confused about feeling in your body or zoom in on your feelings.



Because I don't have a body, I will tell you about my friend Kiki who worries about getting poorly, and her dog Alfred.

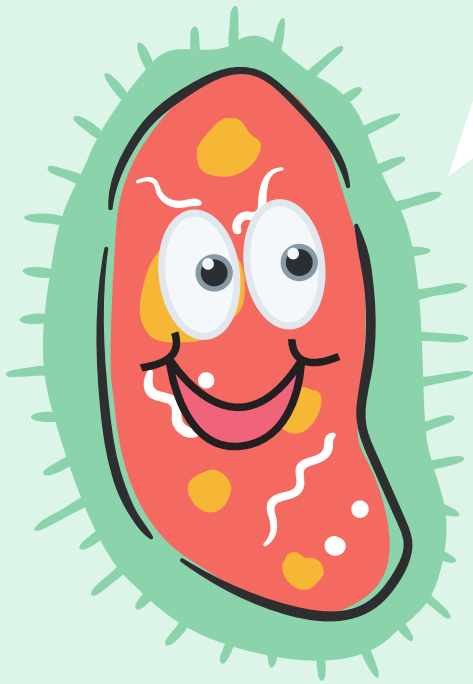


Kiki worries about her health and getting an illness. This stops Kiki from spending time with her family and friends. Kiki's dog is called Alfred. Alfred gets fed up with Kiki because she never takes him out for a walk with her any more.





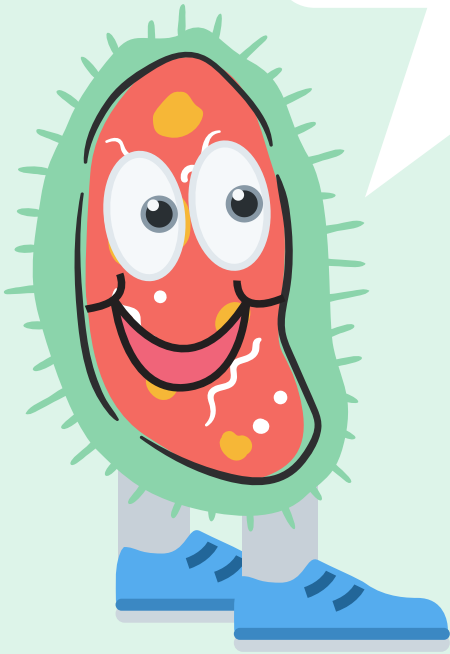
Alfred thinks that Kiki's worries and anxieties about diseases and illness are deceiving her. Alfred says he understands that Kiki gets worried and afraid about illness and disease. Alfred explains to Kiki that it is a bit like going on a rollercoaster, you may feel very scared to go on the rollercoaster, but you are actually quite safe and when you get on, it's not really scary at all.



Just like thinking about going on a rollercoaster, you might be really scared thinking about illnesses and diseases, but in reality there is little to worry about.



When we worry about things our bodies gets prepared to run away or fight, which means that we get funny feelings in our bodies.

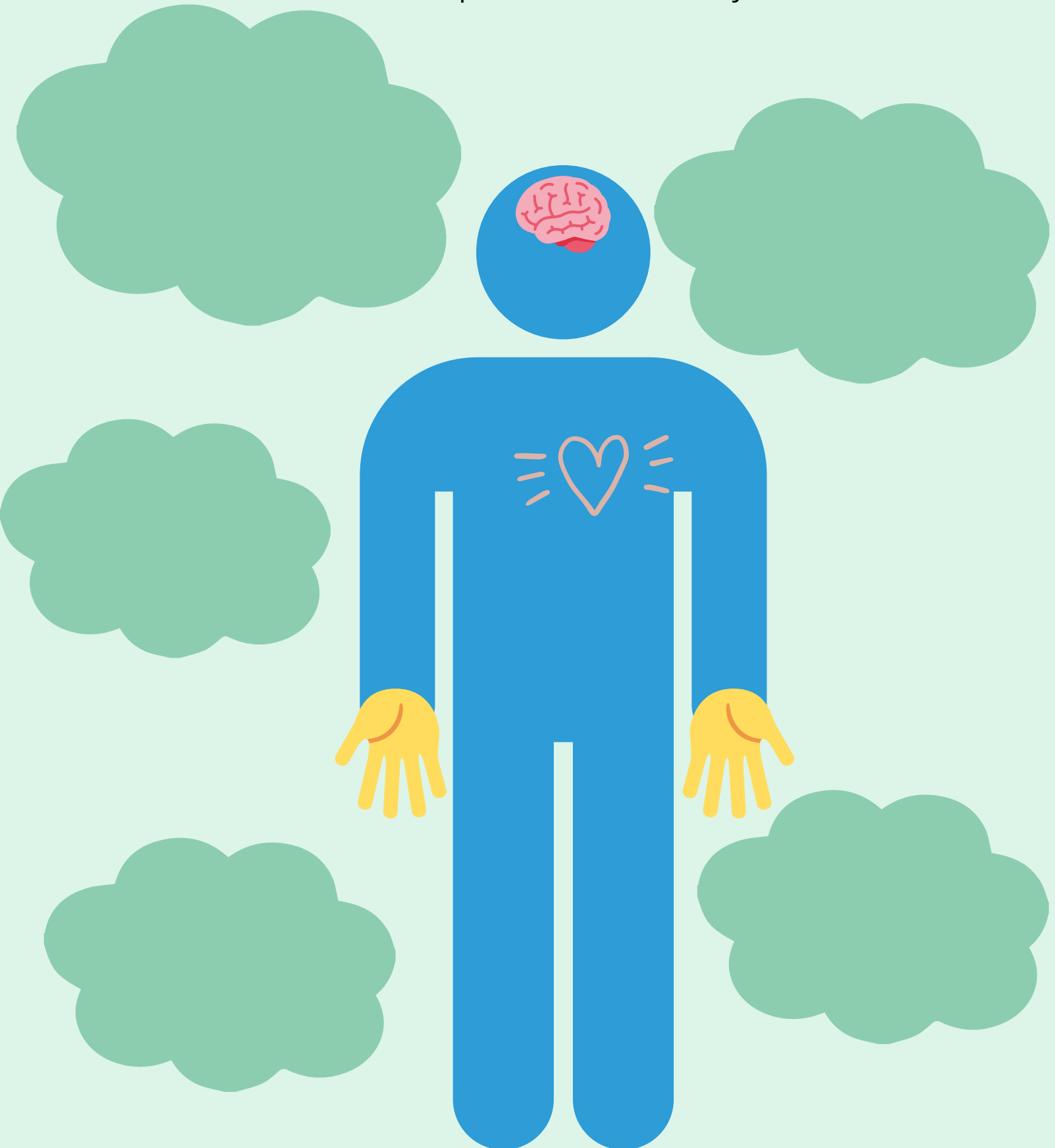


Think about what happens in your body when you run and then think about how you feel when you worry, are any of them the same?



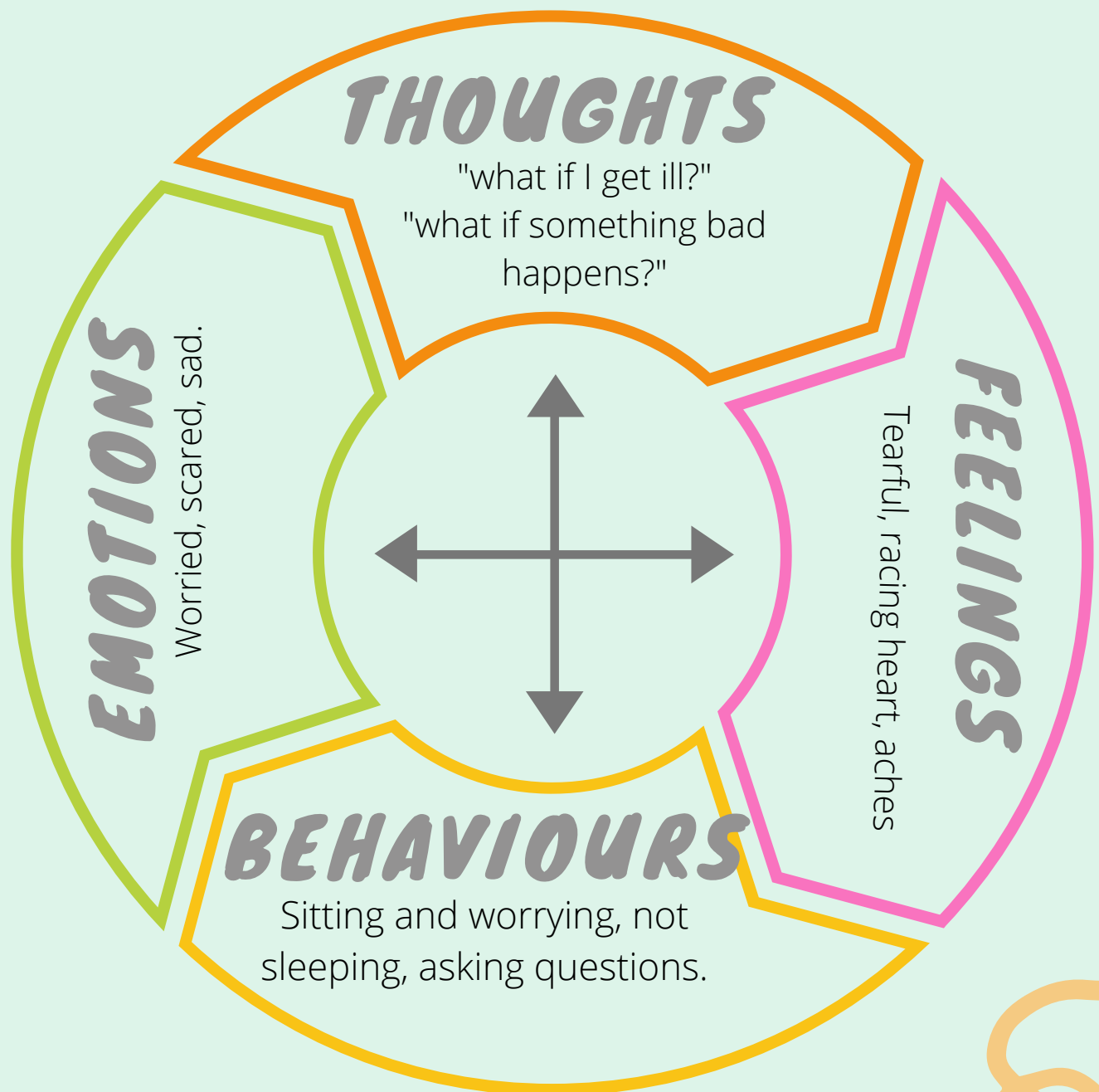
# HOW YOU FEEL

Write or draw in the bubbles how you feel in your body when you feel worried and put arrows to where you feel like this.



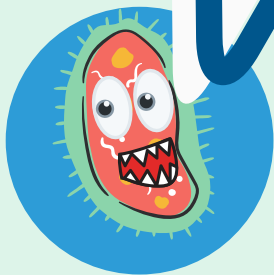
# HOW YOU FEEL

Alfred is a very clever dog and he knows that the feelings you get in your body are connected to the feelings you get inside your head and these are also connected to thoughts you might have. Alfred also knows that in humans what you think is also connected to what you do.



# WHAT DO YOU THINK?

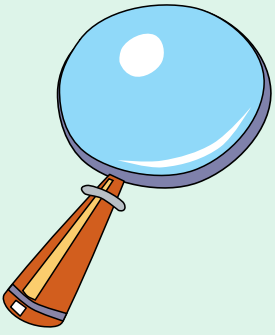
What thoughts go through your head when you are worried? Do you think of me?



Looking at the diagram below....I think Kiki has got a super-scanner for body feelings. She can just be getting on with her day when suddenly she notices a slight pain or a tiny ache and then she thinks she's ill. Then her body starts to panic and her heart races, she feels worried, then she thinks she's ill and guess what?  
NO WALK FOR ME AGAIN...Hooowwwl!



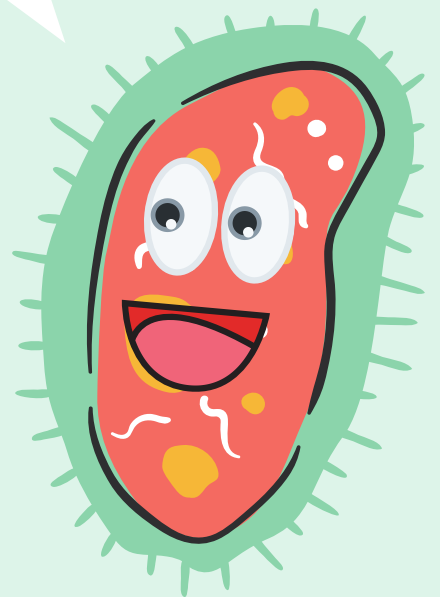
# WHAT IS A SUPER-SCANNER?



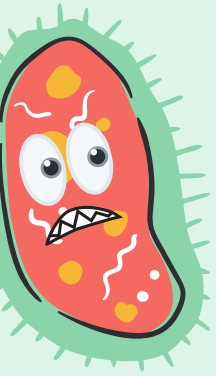
## SUPER-SCANNER



Now you have met my friend Kiki and she has explained her super-scanner, do you understand how yours works? Hopefully understanding your super-scanner has helped you to see how your worries can make you feel that you are not well, when actually it is just your mind playing tricks on you.







# RESOURCES

Relaxation exercises - <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>

Understanding coronavirus workbook - <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Coronavirus social story - <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Worksheets to support wellbeing during coronavirus - <https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

Worksheets to support wellbeing during coronavirus - <https://www.twinkl.co.uk/search?term=mental+health>

Build your happy place - <https://www.childline.org.uk/toolbox/games/build-your-happy-place/>

Children's guide to coronavirus - [https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?utm\\_source=Children%27s+Commissioner+for+England&utm\\_campaign=55b235e7e4-EMAIL\\_CAMPAIGN\\_2020\\_03\\_31\\_04\\_29&utm\\_medium=email&utm\\_term=0\\_5e06e44c59-55b235e7e4-395746454](https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?utm_source=Children%27s+Commissioner+for+England&utm_campaign=55b235e7e4-EMAIL_CAMPAIGN_2020_03_31_04_29&utm_medium=email&utm_term=0_5e06e44c59-55b235e7e4-395746454)

Comic and help explaining why you are at home, what hospitals are like, the importance of washing hands, Resources to help whilst at home.

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Mindful gNats app (free on Android) - relaxation exercises and help managing negative thoughts.



# RESOURCES

NHS - a useful short guide explaining what health anxiety is and practical things you can do to overcome it.

<https://www.ntw.nhs.uk/pic/leaflets/Health%20Anxiety%20A4%202016%20FINAL.pdf>

You can also use it on the "Self Help" app for Android and IOS

CCI - free online support and detailed information on health anxiety and coping with it

<https://www.cci.health.wa.gov.au/~media/CCI/Consumer%20Modules/Helping%20Health%20Anxiety/Helping%20Health%20Anxiety%20-%2001%20-%20Understanding%20Health%20Anxiety.pdf>

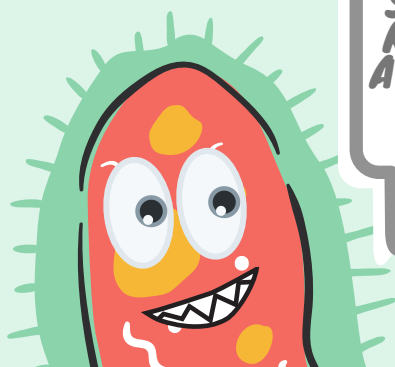
Get Self Help - more information on managing health anxiety

<https://www.getselfhelp.co.uk/healthanxiety.htm>

YouTube- what is health anxiety <https://www.youtube.com/watch?v=tMyI7IrsIvQ>

Living with health anxiety <https://www.youtube.com/watch?v=xAIRXuZqQs>

E-Bug - <https://www.e-bug.eu/>



**STAY SAFE AND  
REMEMBER YOU  
ARE NOT ALONE!**

Local support:

Gloucestershire Healthy Living and Learning - <https://www.ghll.org.uk/>

Teens in Crisis - <https://ticplus.org.uk/>

On Your Mind Gloucestershire - <https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

