

COPING WITH WORRIES

TIPS TO HELP



WHAT IS WORRY?

According to clinical psychologists, Dr Whalley & Dr Kaur,

- Human beings have the amazing ability to think about future events.
- 'Thinking ahead' means that we can anticipate obstacles or problems, and gives us the opportunity to plan solutions.
- For example, hand washing and social distancing are helpful things that we can decide to do (present actions) in order to prevent the spread of the virus (future event).
- **Worrying is a way of 'thinking ahead'** that often leaves us feeling anxious or apprehensive.
- Everyone worries to some degree, and some thinking ahead can help us to plan and cope. But it becomes problematic when we worry **excessively** and frequently think about **worst case scenarios** and feel that we won't be able to cope.

WHAT TRIGGERS WORRY?



Anything can be a trigger for worry and it may be different from person to person.



It's important to think **what is worrying you** but also to distinguish between **real problem worries** from **hypothetical worries**.



Real Problem Worries: actual problems that are affecting you and need solutions right now.

E.g. I'm (my children is) off-school and we need help with activities at home
We don't have enough food in the house to last for more than a few days



Hypothetical Worries: thinking about worst-case scenarios

E.g. I'm young and healthy but what if I end up on a ventilator
What will we do if my parents loose job and end up destitute?

COVID-19 AND UNCERTAINTY

- Our world has been experiencing rapid change at the moment and while there is a lot of information, news coverage and opinions circulating around, there is also a lot of uncertainty.
- It is therefore understandable to feel anxious and it would be hard not to worry about what it all means for you and for your loved ones.
- You may also feel sad, bored, lonely or frustrated from time to time.
- It is important to remember that it's ok to feel this way and everyone reacts differently.

- There are things that we can do to help to cope with worries associated with the outbreak and uncertainty that it brings.
- Always, It is important to follow the latest [official guidance on staying at home and social distancing](#) to keep yourself and everyone safe.

GET THE RIGHT INFORMATION

- First and foremost, make sure to have information from **the reputable and trustworthy source like:**
 - <https://young.scot/campaigns/national/coronavirus>
 - <https://www.bbc.co.uk/newsround/51204456>
- There is a great deal of information, coverage and opinion circulating about COVID-19 and related issues. Unfortunately, there are also a lot of **fake news, scare stories and misleading information** circulating and this can lead to **unnecessary worries and panic** (e.g conspiracy theory, linking 5G to the virus despite no scientific evidence).
- Seek information mainly **to take practical steps** to prepare your plans and protect yourself and loved ones
- Also, consider to **limit your exposure** (e.g. time spent on news and social media) as constant feed of information can be overwhelming and can be a trigger for further worry.

MAINTAIN THE BALANCE

Having a balance of activities that give you feelings of pleasure, achievement and closeness will help your overall sense of wellbeing

Activities can work also as **distraction** and keeping you stay occupied.

Distraction is a useful short-term way of **stopping ourselves getting overly caught up in negative thoughts or worries** about an unknown future.

Use it when you are finding it difficult to stop thinking or worrying. It does not involve trying to suppress negative thoughts, but instead **helps you to actively focus your attention on a different activity.**

ACTIVITY IDEAS

- Think of activities that you regularly or used to engage that help/helped you cope when stressed
- Some activities or tasks that you wanted to do but haven't.
- It may be something completely new that you like try.



Self care

Take a bath / shower
Wash your hair
Give yourself a facial
Trim your nails
Take a nap



Try something new

Try a new food
Listen to some new music
Watch a new TV show
Wear some new clothes
Read a new book
Do something spontaneous
Express yourself



Write

Write a short story
Write a grateful letter or
'thank you' card
Write a journal / diary
Write your CV



Mend

Repair something in the house
Repair your bike / car /
scooter
Make something new
Change a lightbulb
Decorate a room

ACTIVITY IDEAS



Animals

Pet an animal
Walk a dog
Listen to the birds



Expression

Laugh
Cry
Sing
Shout / Scream



Kindness

Help a friend / neighbour / stranger
Make a gift for someone
Try a random act of kindness
Plan a surprise for someone
Make a list of your good points
Make a list of things or people you are grateful for



Watch

Watch a movie
Watch a TV show
Watch a YouTube video



Cook

Cook a meal for yourself or someone else
Bake a cake / cookies
Roast marshmallows
Find a new recipe



Connect with people

Contact a friend
Join a new group
Send a message to a friend
Write a letter to a friend
Reconnect with an old friend



Clean

Clean your bedroom
Do some chores
Do the washing up
Fill / empty the dishwasher
Do laundry Do some chores
Organise your workspace



Be active

Go for a walk
Go for a run
Use an exercise video at home

MORE ACTIVITY IDEAS



Create

- Draw a picture
- Take a photograph
- Doodle / sketch
- Organise photographs/ album
- Start a scrapbook
- Do some sewing / knitting



Music

- Listen to music you like
- Find some new music to listen to
- Turn on the radio
- Make some music
- Sing a song / Play an instrument
- Listen to a podcast



Mind

- Daydream
- Meditate
- Pray
- Try relaxation exercises



Learn

- Learn something new
- Learn a new skill or facts
- Watch a tutorial video



Nature

- Try some gardening
- Plant something
- Watch birds and pay attention to nature



Plan

- Set a goal
- Make a 5 year plan
- Make a 'to do' list
- Make a 'bucket list'
- Make a shopping list



Read

- Read a favourite book
- Read a new book
- Read the newspaper
- Read your favourite website

WORRY TIME AND WORRY TREE



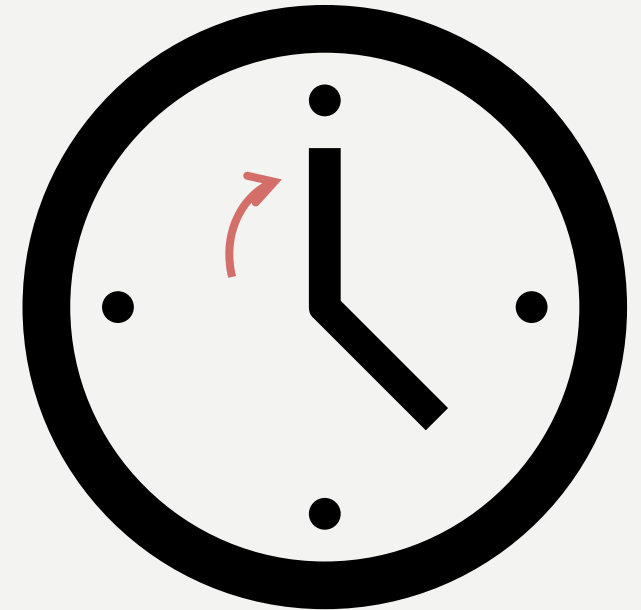
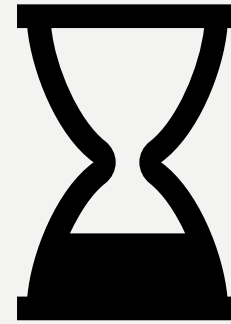
<https://youtu.be/hv9AwGuY0iU>

WORRY TIME AND WORRY TREE

- **Worry time** is a way of coping with excessive worrying.
- It involves learning to postpone worrying, or put it 'on hold' until set time / a more convenient time.
- This will lead to worrying becoming less intrusive and will give us a greater sense of control.
- **Worry tree** helps to think clearly about the nature of our worries and decide what might be the best course of actions.
- The further instructions for both can be found by clicking the icons below. - It takes practice!

Worry Time

Worry Tree



CHALLENGE YOUR NEGATIVE / UNHELPFUL THOUGHTS



MINDFULNESS

- Learning and practicing mindfulness can help us to **let go of worries** and bring ourselves **back to the present moment**. For example focusing on the gentle movement of **your breath** or the sounds you hear around you, can serve as helpful '**anchors**' to come back to the present moment and let go of worries.
- There are so many resources such as Apps, websites and videos that are available online for free to learn and practice mindfulness.
- E.g. [Smiling Mind](#), [Headspace](#), [Stop Breathe & Think](#) offers free contents and Youtube video that you could try and practice mindfulness.
- Start with small- short meditation (3-5 min) but do it regularly and then gradually increase the length of time, if you feel you are ready.

You can find out more about mindfulness from below

- Grove signpost on Mindfulness
- <https://youtu.be/o-kMJBWk9E0> or <https://youtu.be/w6T02g5hnT4>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

FINALLY

- Remember to think about what you can be grateful and thankful for. Identify a couple of things each day that you feel positive about can help focus our thoughts away from our worries.
- Find ways to express your worries: Connect with friends and family and share your worries, or you might want to use creative outlets like music, arts, poem, dance and other exercise
- It's good to acknowledge that some things are outside of your control.
- Instead, Try to focus on the things you can control, such as your behaviour, who you speak to, and where and how often you get information.

TALK TO SOMEONE

If you're finding things particularly difficult, there are lots of services that can help.

- Samaritans is open 24/7. You can call them on [116 123](tel:116123) or email them at jo@samaritans.org.
- [Give us a SHOUT](#) also provide a free text service 24/7 for people feeling anxious, worried or stressed. Just text 85258.
- Breathing Space is open 6pm to 2am Monday - Thursday and 24 hours a day on the weekends (Friday 6pm to Monday 6am). You can call them on [0800 83 85 87](tel:0800838587). If you are a British Sign Language user you can contact them via their [online BSL-interpreting video relay service \(VRS\)](#).
- Childline is open 24/7. You can call them [0800 1111](tel:08001111) for free even if you don't have credit on your mobile phone. They also have an online service where you can [chat with a counsellor about whatever's worrying you](#).



FOR PARENTS AND CAREGIVERS

There are resources and support available if you are worried about your children and their anxiety.

- **Anxiety Canada** offers a self-help anxiety management program called MAPS on [cognitive-behavioural therapy \(CBT\)](https://maps.anxietycanada.com/). It's designed as a resource for parents and caregivers to "coach" anxious children or teens using practical strategies and tools to manage anxiety. Click here:
<https://maps.anxietycanada.com/>
- **Youngminds** offers resources for parents as well as support via **Parents Helpline: 0808 802 5544** (Monday to Friday 9.30am – 4pm, free for mobiles and landlines) for more info, click here:
<https://youngminds.org.uk/find-help/for-parents/>
- **NSPCC** also offers guidance as well as support for parents (phone **0808 800 5000** or email help@nspcc.org.uk). For more info, click here: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

If your children's anxiety/worry (or other mental health concerns) persists and continues to affect their daily life, please seek medical advice from GP.