

# Thriving at Home



## Adapting to a new challenge

How much life have changed in the space of a few weeks!

Things are changing by the week...by the day... even by the hour. One of our key aims at Thriving Young Minds is to work on the resilience and empowerment of young people to

be able to deal with any challenge. We want their self-belief and self-awareness to get them through any situation. We do this by looking at the whole person, the root of their issues rather than the presenting behavior.

We have been busy adapting our approach to be able to offer online and telephone counselling. In addition to this, we want to provide some resources to be able to read through at home, for young people, parents and professionals.

We hope it gives you all something to do, to think about and reflect on.



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## 7-13 year olds



There has been a lot of change lately—not going to school, not seeing your family and friends, not doing the hobbies you are used to. You can feel a lot of different emotions when things change, it's all normal. You may feel angry, happy, sad, lost, worried. One of the most important things you can do right now is not to get too caught up in them. Talk to

someone about how you are feeling, write it all down, draw a picture to show what is happening for you. Then try to let it go. Feelings are temporary and are influenced by our thoughts—if you think positive thoughts, you will feel more positive. Try to notice where you're at and work on it.

*“ You're braver than you believe, stronger than you seem and smarter than you think”*

*Christopher Robin*

### What will help

1. Make a routine—knowing what you will do each day will give you some focus.
2. Eat and drink well—being at home may mean you're tempted to eat more. Eating healthily and drinking lots of water will help you to feel better emotionally.
3. Get some exercise—whether it's a walk, a bike ride, a You Tube video, exercise helps you to feel good.
4. Be grateful—think of 3 things at the beginning and end of the day that you are grateful for. This will help you to stay positive.
5. Keep talking—try to open about your thoughts and feelings.

### Useful websites and apps

#### Learn something new

##### Virtual Museum Tours

[www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours](http://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)

##### Languages

[www.bbc.co.uk/languages](http://www.bbc.co.uk/languages)

##### Art

Search for Rob Biddulph on You Tube or Twitter

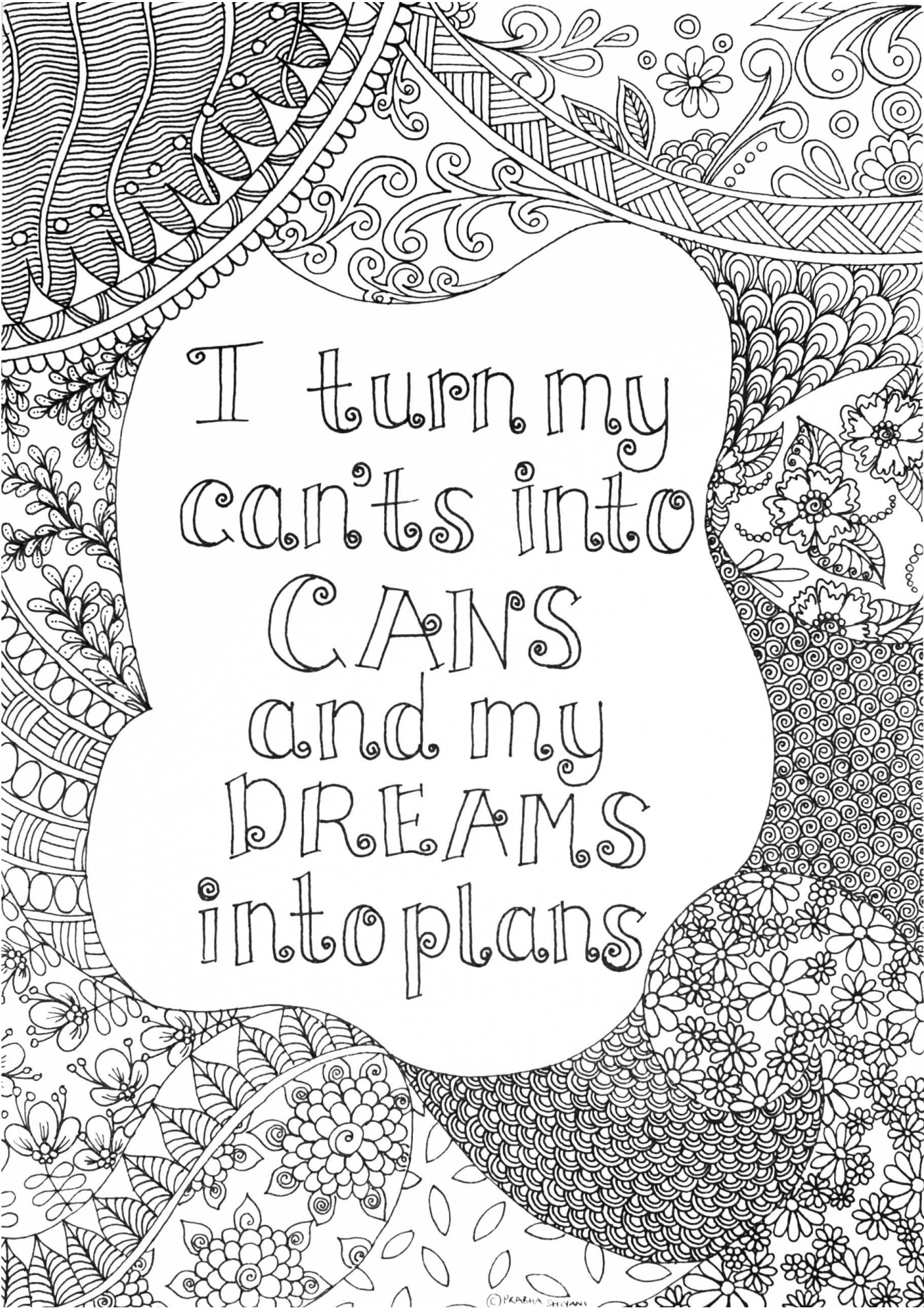
#### Look after yourself

[Www.childline.org.uk](http://Www.childline.org.uk)

[Www.memotional.co.uk](http://Www.memotional.co.uk)

Calm App

Insight Timer App ('Kids Meditation' section)



I turn my  
can'ts into  
CANS  
and my  
DREAMS  
into plans

## 14-21 year olds

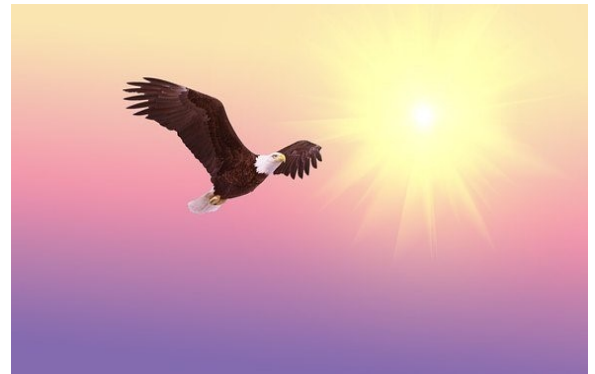
As well as the challenges everyone is dealing with, you may be experiencing some additional thoughts and feelings.

While many may be happy to be at home, others we have spoken to are worried about their education, the grades they will get, what this means for their career plans, and for those in work what will happen with their jobs. Some are angry that they won't have the option to show their ability in end of year exams to reflect their true potential.

Some feel sad about missing friends and family and about a change in routine. Some feel anxious about getting ill or when

things will get back to how they were. We have heard about so many different reactions— it is all normal and all ok.

Take some time to adjust and don't be hard on yourself. Things will change and will get better.



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***“Once you choose hope anything’s possible.”***

*Christopher Reeve*

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### Things to remember

There are things we can control and things we can't. At the moment there is a lot that is out of our control and focusing on this can take up a lot of energy.

Make a list of what you can control and what you can do about it. Make this your focus every day.

## Useful websites and apps

### **Learn something new**

#### **Art**

[www.artsy.net/article/artsy-editorial-10-free-online-courses-help-jumpstart-creativity](http://www.artsy.net/article/artsy-editorial-10-free-online-courses-help-jumpstart-creativity)

#### **History**

[Www.teachinghistory100.org](http://www.teachinghistory100.org)

#### **Cooking**

Look at Jamie Oliver on Twitter

### **Look after yourself**

Headspace App

Elefriends—a supportive online community

[Www.elefriends.org.uk](http://www.elefriends.org.uk)



## Managing your thoughts

Draw some pictures or write some words on the mat about positive things you can think about.



## Parents and Carers

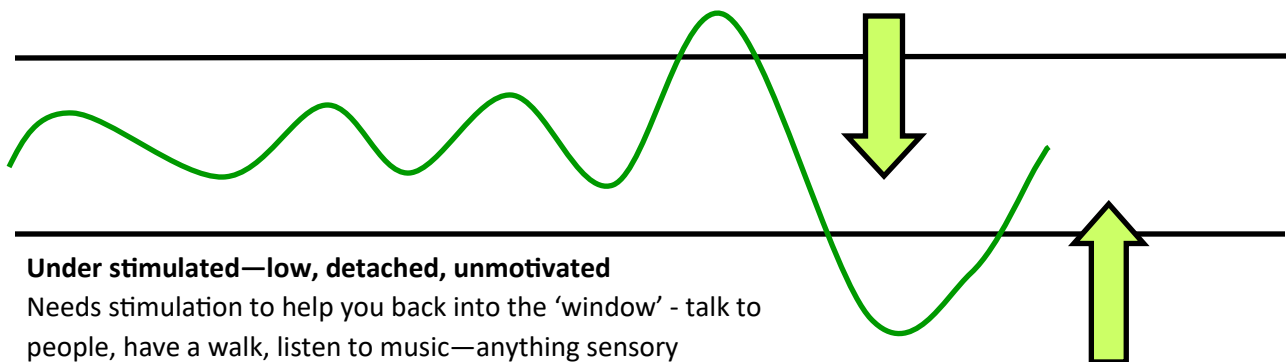
Trying to juggle everything can be really difficult—changes in work pattern, not just looking after your children but trying to educate them, taking on responsibilities for other family members and trying to keep everyone safe and well. It's a huge amount of change and can easily feel overwhelming.

If there was ever a time to put yourself first it is now. Whatever your role, it is bound to have changed in some way and this can create anxiety, worry and stress. The diagram below shows how we can be affected throughout the day. As long as we stay in the 'window', we feel we can cope, either way out of that window brings discomfort in some form but can be managed as the arrows show. It can help to be aware of your child's experience of this too.

### Window of Tolerance

#### Over stimulated—anger, anxiety, agitation

Needs de-stimulation—time alone, meditation, mindfulness, thought management, stay away from news and social media



#### Under stimulated—low, detached, unmotivated

Needs stimulation to help you back into the 'window' - talk to people, have a walk, listen to music—anything sensory



<https://mindedforfamilies.org.uk/>

MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and how best to support your child.



<https://youngminds.org.uk/find-help/for-parents/>

This website contains useful information for parents including Parents' Lounge, Parents' Survival Guide and a helpline.

### Do something for you

#### Music

[www.jambase.com](http://www.jambase.com)

#### Ebooks

[www.manybooks.net](http://www.manybooks.net)

#### Musicals and plays

[www.filmedonstage.com](http://www.filmedonstage.com)

#### Look after yourself

#### Meditation—free daily sessions

[www.mindfulnessassociation.net](http://www.mindfulnessassociation.net)

#### Living Life to The Full—free online CBT

[www.lltff.com](http://www.lltff.com)