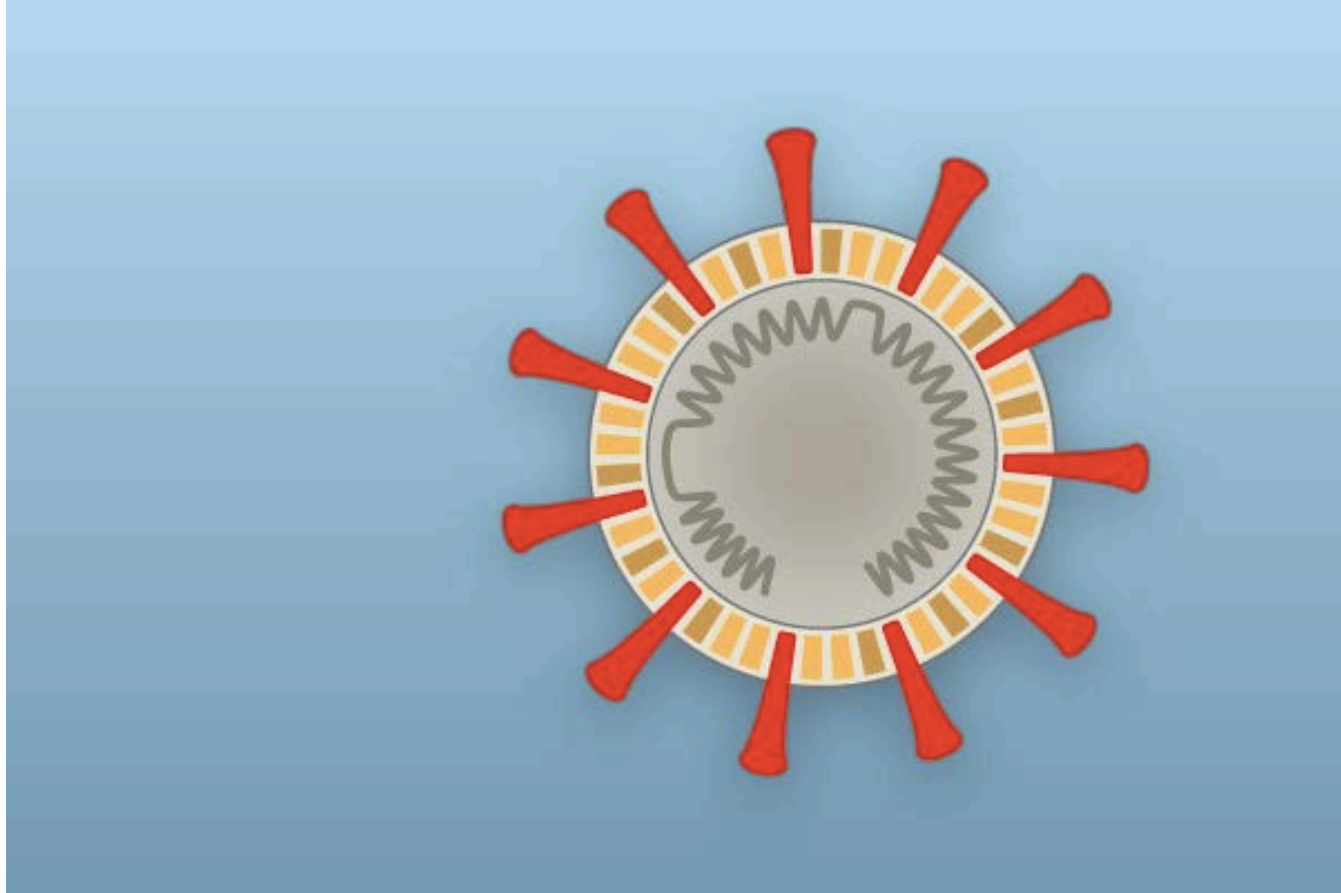


# Coronavirus Wellbeing Action Plan



A simple resource to help you keep yourself well and take appropriate action if things start to go less well.



## Hello!

We hope you find this little booklet a useful startingpoint for trying to be kinder to yourself and keeping yourself well, especially at uncertain times like this.

This booklet has been designed to help you promote positive wellbeing and help keep you happy and safe by finding strategies that work for you.

We hope that completing this booklet will be both informative and fun and that it will help you to reflect on how you can best look after yourself and seek help if you ever need it. Keep it safe and return to it - feel free to scribble all over it.

Good luck - be kind to yourself!

## My wellness toolbox

The first thing we need to do is to think about all the different things that help to make us or keep us well. These things make up our 'wellness toolbox'.

It can be a jumble of all sorts of different things that keep you well. Nothing is too silly to put in your wellness toolbox - if it keeps you well or makes you smile. Below are some ideas, but you can write down other things that work for you as well.



### Getting active

Get active and get your blood pumping; it's a great way to work out anger, frustration or worry and really takes your mind off things.



### Connecting

Time with family, quality time with friends, looking after pets, group activities, team sports, counselling, talking to friends online, WhatsApp groups.



### Reading

You might not be able to go outside much but that doesn't mean you can't travel. Read a book and let it transport you to anywhere in the world and beyond.



### Reaching out

Sometimes, if you can't really face being with people, you can still have a laugh with your mates online and it may help you feel better.



### Positivity journal

Write down one thing you feel grateful for each day. Some days it's hard to think of something, but you'll probably feel better when you do.



### Playlist of my life

Find songs to represent all the different things you are feeling and sing along. Try to allow yourself to feel a range of different things and end with something upbeat.



### Worry balloon

Write your worries on a balloon... then blow it up and let it go or pop it.



### Quiet time and relaxing

Enjoy your own space - sleeping in or taking a long bath. Immerse yourself in things that make you happy like reading books, playing video games, listening to music, watching your favourite TV shows and cooking.



### The healing power of tea

We decided that there is hardly anything that doesn't feel a bit better with tea! Seriously though... even when things are really bad, if you take time out to make a hot drink and sit down with it, it gives you time to be calm, focus and begin to plan your way out of a hole.



### Things that support my wellbeing

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## A plan for every day

The next few weeks might be tough. We might be asked to self-isolate and stay at home to keep ourselves safe. Think about what things we should either try to do, or try to avoid each day in order to help ourselves feel as good as possible.

### Things to do



Focus on positives

Smile

Believe in yourself

Find a reason to get out of bed

Try new things

Exercise

Safely contacting friends and important people

Make time for yourself

Shower

Chill out

Listen to music

Talking to people in a positive way

Get enough sleep

Give yourself space

Eat regular meals

Positive use of phones and social media

## Things to do

Washing hands

Focus on the positives

Enjoyable activities

Talking about your feelings

Learn something new

Read books

Show kindness to others

Helping adults

Do schoolwork

## Things to avoid

Going on social media too much

Comparing yourself to other people

Worrying too much

Keeping things to yourself

Taking anger out on others

## Daily maintenance plan

**Things I can do for myself every day to keep myself feeling as well as possible:**

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**Things I need to do, less often than every day, to keep my overall wellness and sense of wellbeing:**

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**Things that I know would make me feel well, but that I don't currently do or could do a lot more:**

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**Things I should actively avoid because they make me feel bad or worse puts my health at risk:**

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## Managing triggers and challenges

Triggers are things that happen to us or situations we face that make it harder for us to stay well. Here we think about likely triggers and how we can manage them.

**My potential triggers and challenges:**

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Things to consider

Stress about  
Coronavirus

Friendship issues

Worrying about your  
health

Exams

Difficulties at home

Physical or mental  
illness

Being bullied



### Inspiration

Let family support you  
Research the thing that is bothering you  
Take time for yourself  
Talk to people you trust  
Ask for help

### Make a plan

Call a helpline  
Use art or music to help you  
Understand what is bothering you  
Admit there is a problem



The most important thing is to say something to someone. As soon as you open up it's like a weight has been lifted from your shoulders.

Things I can do to try and manage my triggers and challenges:

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## Early warning signs

It's useful to learn to recognise the signs in our thoughts, feelings, appearance or behaviour which might help us or those who care about us to recognise when we need help. Thinking about this can also help us recognise when a friend might need our support too.



### Inspiration

Unusual behaviour - acting different from normal  
Changes in body language  
Losing interest in things  
Forgetting things  
Not listening or caring

Saying 'yes' but meaning 'No'

Mood swings  
Stressed, lonely or crying

Always Tired  
Quiet and withdrawn

Not wanting to chat with friends

Becoming upset by social media

Feeling unable to manage  
Neglecting your appearance



You get pretty good at spotting the signs in your friends but it can be harder to see them in yourself, so you have to be a kind of little team looking out for each other and stepping in when one of you needs help.

**Warning signs that things are going less well for me or a friend:**

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## What next?

If you spot the warning signs that things are going less well for yourself or a friend, what should you do next? The young people we worked with had three main suggestions:



Write it down - if you're not ready to talk to someone, write down what's wrong and commit to a next step - it might be helpful showing someone what you've written.



Call a helpline or use a website if you're not ready to talk - for example the Samaritans: [samaritans.org](http://samaritans.org) | 116 123 | [jo@samaritans.org](mailto:jo@samaritans.org) or Childline: [childline.org.uk](http://childline.org.uk) | 0800 1111.



Talk to an adult you trust - maybe a parent, teacher or doctor.



Draw your problems or fears or make a comic out of them. Sometimes it's easier than talking.



**What would you advise a friend?**

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**What could you try yourself?**

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## Acknowledgements

Based on the Charlie Waller Memorial Trust Wellness Action Plan Written for CWMT by Dr Pooky Knightsmith.

The action plan is based on the Wellness Recovery Action Plan model by Dr Mary Ellen Copeland.

## Useful Links

[childline.org.uk](https://www.childline.org.uk) | 0800 1111 (free 24hr)  
confidential listening

BBC- Newsround

<https://www.bbc.co.uk/newsround#more-stories-2>

<https://www.youtube.com/user/CosmicKidsYoga>

Loads of yoga videos for children with themes. Eg.  
Frozen, superheroes.

Toy Theater

<https://toytheater.com/>

Educational online games

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app



**ROBSON HOUSE**

SEMH Outreach

