

HOW TO MANAGE ANXIETY DURING COVID 19

With all the sudden changes such as school shutdown, work, money worries and isolation you and your loved ones can experience increased anxiety. Its important to take **small** and **manageable** steps in looking after your mental wellbeing.

What is Anxiety?

Anxiety is a feeling of unease, like a worry or fear, that can be mild or severe. Everyone feels anxious from time to time and it usually passes once the situation is over.

How can I look after myself?

1. Limit the amount of coverage you are watching and reading, no more than 1-2 times a day.
2. Catch up with family and friends through telephone, video call and social media
3. Try and stick with your family routines and this could also be the perfect time to make new ones.
4. Be creative, make a happiness box, create own yoga, treasure hunt around the house etc
5. Shift your Mindset: This is an opportunity for you to reflect and relate to improve your relationships. This can include looking through baby pictures and videos, family holiday and outing etc and talking as a family about your dreams and aspirations.
6. Focus on the things you can control, good hygiene, positive attitude and behaviour and practice the Grounding technique.
7. Practice good Self Care, eating a balanced diet, getting plenty of sleep and taking part in your hobbies can really help you stay physically and mentally healthy

How can I can help my child?

1. I can see and hear what you say and how you say it: if you stay calm it will help me do the same.
2. I watch and follow, you are my role model, be a positive role model to your children by remaining calm and positive.
3. Spending time with you is the most precious to me. Take this time to create new memories, you can cook, play games, go out for walks and read together.
4. I want to share my worries and feelings, I can do this in different ways by writing my feelings down, drawing pictures and talking to you about them.
5. We can practice breathing and relaxation exercise together, this will help me stay calm and positive.
6. I miss my friends, you can help me stay connected. Teenagers may feel a loss independence and isolation, you can help them stay connected by technology like Skype, Zoom, WhatsApp.
7. A hug is a thousands words, hugging reassures me and gives me a sense of security when I feel scared and worried and makes me feel loved and valued.
8. It is important that I eat healthy, get enough sleep and exercise: think about the types of activities that relax your child when they anxious and stressed.
9. Talk to me, I want to understand what is happening. Depending on your child's you can share information and facts. If your child is fearful of the sickness you can reassure that by staying home they are safe.

TYPES OF SELF CARE



And finally something to remember during these difficult times

Abu Huraira reported the prophet (saw) said "Nothing afflicts a Muslim of hardship, nor illness, nor anxiety, nor sorrow nor harm, nor distress, not even the pricking of a thorn, but Allah will expiate his sins by it." Sahih Al-Bukhari & Sahih Muslim

54321 GAME

- Describe **5** things you can see right now
- Describe **4** things you can feel with your sense of touch right now
- Describe **3** sounds you can hear, or your three favourite sounds
- Describe **2** things you can smell around you, or that you like to smell
- Describe **1** thing you can taste right now, or that you like to taste

TIPS FOR TEENAGERS

HUNGRY, ANGRY, LONELY OR TIRED

Take a moment to ask yourself: Are you Hungry, Angry, Lonely or Tired? It sounds really simple, but that's the whole point. Often when we're anxious or self-destructive we have one of these four feelings just under the surface.

HALT



PRACTICE MINDFULNESS

One of the best ways to deal with anxiety is to build up resilience before you feel anxious. Mindfulness, meditation and breathing exercises can help you to quiet your mind and be still and peaceful.

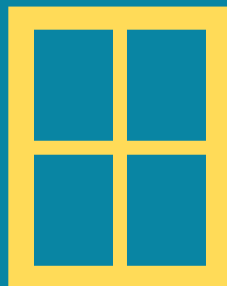
TREAT YOURSELF LIKE SOMEONE YOU LOVE

Don't feel guilty if you're not sticking to your routine. This is a tough time for everyone, including you. When you feel overwhelmed or anxious, think about what you would say to a friend who you love. Give yourself the same compassion and kindness.



CHANGE YOUR ENVIRONMENT

Go for a walk, open your window, go to another room, change your clothes or sheets on your bed. You can try changing things during the day to make you feel like you are in a safe, comfortable space that you have some control over.



REACH OUT

You are not alone. Think of those around you that you may be able to talk to. Sometimes it's easier to talk to someone who doesn't know you. You can reach out to Muslim Youth Helpline every day on 0808 808 2008. It's free and it won't show up on your phone bill. Chat with MYH online at myh.org.uk or email at help@myh.org.uk

