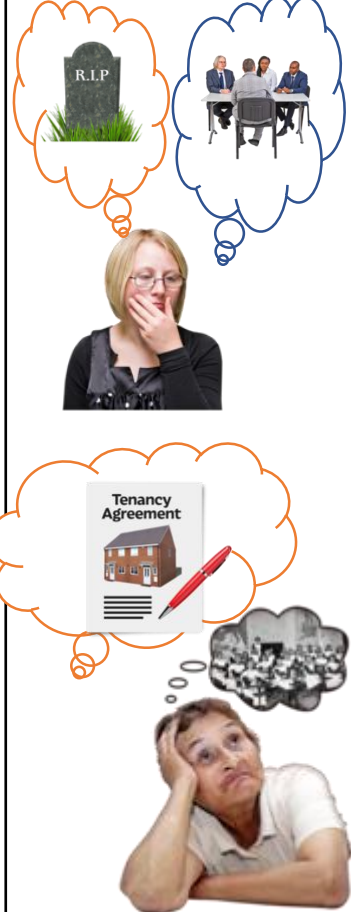


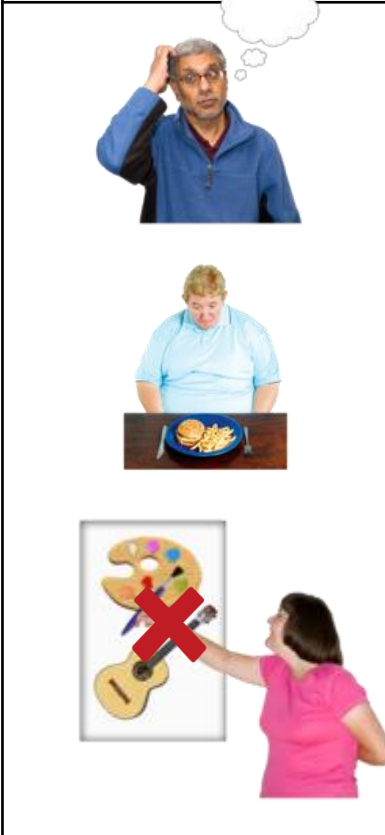
















	<h2>Coping with worry and uncertainty</h2>
	<ul style="list-style-type: none"> • Anxiety is what we feel when we are worried or frightened. • It can happen when you are going through a change or an upsetting event. • Everyone can feel anxious. • It can happen when you worry about things that have happened in the past and things that might happen in the future.
	<h2>Things that might make you feel anxious are:</h2> <ul style="list-style-type: none"> • Meeting new people • Moving to a new house • Going to the dentist • Certain things, e.g. Dogs, spiders, busy places • Thinking about things that can go wrong in the future. • Coronavirus can make you feel very frightened and worried.





	<ul style="list-style-type: none"> • Coronavirus means you cannot do some of the things you used to do. • You cannot see friends and family • You cannot go shopping when you want
	<ul style="list-style-type: none"> • You can only go out for essential shopping. • You can only go out for exercise once a day. • You cannot talk to people in the street unless you are 2 meters apart. • You need to be 2 meters apart from other people outside of your home.
	<ul style="list-style-type: none"> • Coronavirus can make you feel anxious and worried and frightened • Coronavirus can make you feel upset and sad <p>When you feel anxious and worried all the time it can be hard to get on with your day to day life.</p>

	<p>When you feel anxious your body may feel different:</p> <p>You may:</p> <ul style="list-style-type: none">• have fast heart beat• feel shaky and sweaty• find it hard to sleep• feel tired all the time.• want to go to the toilet a lot.• have a dry mouth• get headaches.• have funny pains in your tummy
	<p>You may behave differently</p> <p>You may:</p> <ul style="list-style-type: none">• find it hard to think clearly• eat too much or too little• not want to go places where there are lots of people• not want to do the things you use to do• find it hard to relax.

	<p>When you feel anxious you may have different thoughts</p> <p>You may:</p> <ul style="list-style-type: none"> • have thoughts that worry you a lot • think something bad is going to happen
 <p>Take notice</p> <p>5</p>  <p>4</p>  <p>3</p>  <p>2</p>  <p>1</p>  <p>1,2,3</p> 	<p>What you can do to cope with the worry</p> <p>Pay attention to where you are. Spend time <u>really</u> paying attention.</p> <p>Can you name:</p> <ul style="list-style-type: none"> • 5 things you can see, • 4 things you can hear, • 3 things you can touch, • 2 things you can smell, • 1 thing you can taste? <p>Can you count things around you? Can you count how many objects of a certain colour e.g. how many red things can you see?</p>

  	<ul style="list-style-type: none"> • Keep your hands busy by using a fidget spinner or stress ball or colouring • Keep busy. Do a chore at home e.g. the washing up or hoovering • Do something you enjoy e.g. playing a game, painting, baking, cooking, knitting
     <p style="font-size: 2em; margin-left: 20px;">5</p>	<ul style="list-style-type: none"> • Watch something you enjoy e.g. TV programme or film • Go out for your daily exercise. Try to go for a walk somewhere green, e.g. park, woods, by the river. • Talk to people over the phone about how you are feeling. • Relax by listening to calm music or having a bath • Deep Breathing. Take 5 slow, deep calm breaths in through your nose and out through your mouth.

	<p>Be careful that you:</p> <ul style="list-style-type: none"> • Do not drink too much coffee/tea or coke. • Do not drink alcohol.
	<p>What other people can do to help you.</p> <ul style="list-style-type: none"> • Listen to you. • Have a time during the day when you can talk about your worries • Understand that things can be scary for you. • It may help to write your worries down with somebody you are talking to • Help you find ways to manage your worries. <p>Remember most people who get Coronavirus will be ok</p>
	<p>When you feel anxious your body may feel different:</p> <ul style="list-style-type: none"> • Feeling tired • Feeling shaky and sweaty • Feeling unwell <p>These things can also be caused by Coronavirus.</p> <p>Talk to a medical person or 111. They can help find out if it is Coronavirus or anxiety that is making you feel unwell.</p>

   	<ul style="list-style-type: none">• It is important to ask to talk to your GP, 111 or Samaritans if you do not feel better after a while.• If you feel very upset or angry towards family and friends.• If you no longer want to do the things you used to do• If you want to hurt yourself
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