

Lancashire Mind's weekly wellbeing newsletter



25th May 2020

Welcome to our second weekly wellbeing newsletter. **This week's theme is Coping with Worries.**

The coronavirus outbreak means that life is changing for all of us for a while. It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated. It's important to remember it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass. It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too. If you can't speak to someone you know or if doing so has not helped, try out some of our resources:

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Children and Young People

'What are worrying thoughts?'

Sometimes things can feel overwhelming and it's not always easy to make sense of your worries. Worrying thoughts arise from concerns you might have about something in your life. They can be rational or irrational, and they can make you feel apprehensive about future events. These thoughts might make you feel tense and upset. Have a go at our 'Circles of Worry' exercise on page 2 below.

Staff

'Breaking Boundaries'

Being more active when we're having more worries is one way to help us cope and focus on positives. Lancashire Mind challenge you to break boundaries when it comes to talking about and looking after our own mental wellbeing. The goal is for Lancashire to walk, run, hop or skip **417 miles**, with a target of **£4170**. More information on page 4.

Parents

'Coping with negative thoughts'

If you feel unable to cope with your negative thoughts, or if they are causing you to change your behaviour, then read our top tips and suggestions of things you could try on page 3, or look at our website and suggested apps for further information.

Follow us on social media - @lancsmind
Find more resources for Children and Young People, Adults and Parents on our website:

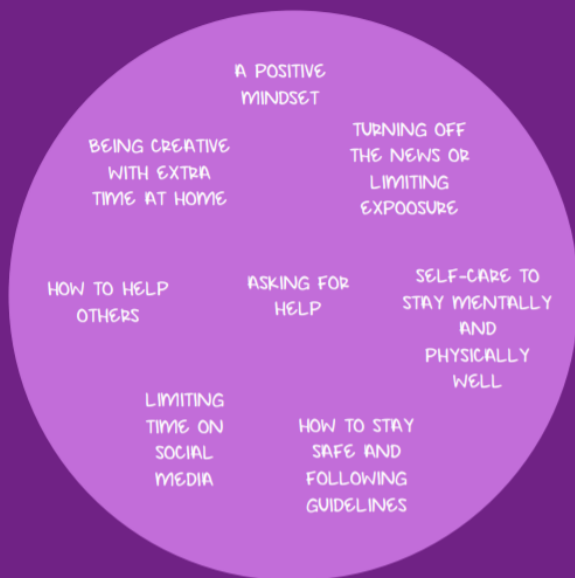
www.lancashiremind.org.uk



25th May 2020

The Circles of Worry during Coronavirus

Sometimes things can feel overwhelming and it's not always easy to make sense of your worries. Follow the diagram below to see which circle they fall into. Then you can see what things you can change for the better...



THINGS I CAN CONTROL

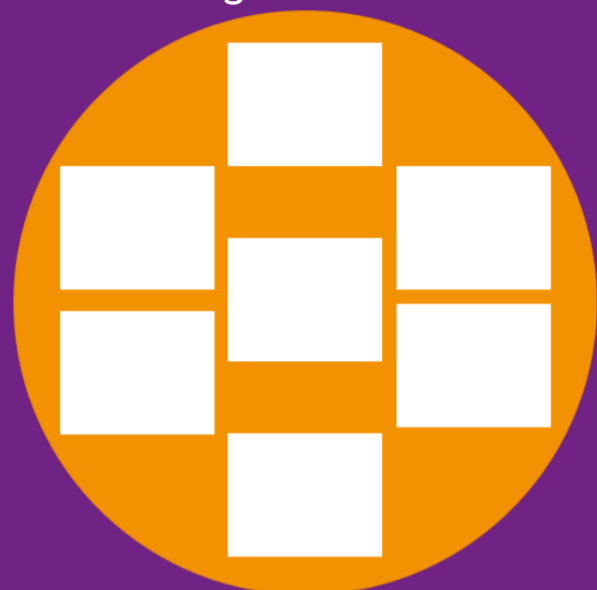


THINGS I CAN'T CONTROL

Now it's your turn! Think about one worry at a time and decide which circle they should go into. Write those worries in a box inside the coloured circles below. Now this will help you to see what you are able to change to help you feel more positive and in control of things.



THINGS I CAN CONTROL



THINGS I CAN'T CONTROL

Top Tips for coping with worries

Learning to live with worries

People often say “don’t worry about it”.

That’s very easy to say, but much harder to do.

Learning to live with worries involves accepting that things happen which we can’t control. When you are worrying or feeling anxious about something, stop and take a few moments out. Take a few slow deep breaths until you start to feel a bit more relaxed. When you feel calm and in control, ask yourself the following:

1. *What is the worst that could happen?*
2. *Thinking about it, on a scale of 1-10, where 1 is very unlikely and 10 is almost certain, how likely is it that the worst will happen?*
3. *Now, if the worst did happen, what could I do to make the situation better?*

Top Tips

- Take part in activities you enjoy
- Talk about your worries with people you trust
- Try relaxation techniques; meditation, deep breathing
- Interrupt the worry cycle by exercising or practising mindfulness
- Eat sensibly and drink plenty of water
- Get a good nights sleep
- Understand that a thought is just a thought, you can choose not to believe it
- Distinguish between solvable and unsolvable worries
- Identify and challenge your worrying thoughts
- Replace worrying thoughts with more positive or realistic ones
- Try out our online resources - <https://www.lancashiremind.org.uk/pages/153-support-for-parents-carers-of-young-people>



Breaking Boundaries

Page 4

Breaking Boundaries 2020 was created out of a desire for three things; spreading the word about better mental wellbeing for all, celebrating Lancashire and encouraging people to get active during lockdown whilst raising a few quid. You will become part of the history towards breaking the boundaries when it comes to mental health.

The original Lancashire border once included Greater Manchester, Liverpool and parts of Cumbria such as Ulverston and Grange-over-Sands. This equates to 417 miles of boundary that Howard May used to create the Lancashire Border Walk. We want to now recreate that walk and share our mission with as many people as possible.

The goal is **417** miles of walking, hopping, running, skipping etc shared amongst as many people in Lancashire as possible. We want to raise ten pounds for every mile with a target of **£4170**.

For more info, contact Emma Bateson, our Fundraising Lead - emmabateson@lancashiremind.org.uk

How to get started!

- 1 Decide on your number of miles, your pace and where you will do the challenge
- 2 Join the Facebook community group
- 3 Donate your number of miles in £'s on our Just Giving page or start your own and link it to ours (that way you can get friends, family and followers to add to your donation too!)
- 4 Share on social media that you are taking part and tag us with #BreakingBoundaries2020 and #LancashireMind and we'll then give you a warm welcome
- 5 Create your own vest card
- 6 Get started! Congrats! You're now a Lancashire Mind Boundary Breaker!
- 7 Keep an eye out on the Facebook group page for details on the finish line event!

Donation & Sponsorship

£4170 is the target and we know, together, we can do it.

Making your donation or asking friends and family to sponsor you couldn't be easier. Simply use this link: <https://bit.ly/lmbb2020>

Family and friends can donate via this page as well as donating on a page fundraisers set up individually.

Using **Just Giving** is simple, easy and secure.

We appreciate not everyone can raise/donate £10 per mile. We are grateful for whatever you can afford.



Links to helpful information & resources

General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungminds.sc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribbles Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston 01772 647024	01772 773433	
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356