



Family Mental Health Bulletin



22 June 2020

These fortnightly bulletins will offer support and ideas during this time of uncertainty. Young people and families are facing a number of challenges and may need additional support; we aim to offer help with resources and advice on a range of topics. The focus for this bulletin is:

How to deal with anxiety

- Young people's view of COVID-19 is through information from news reports, talking to friends & social media
 - Many will find social isolation difficult and may challenge rules.
 - Young people may also experience distress in terms of what they might be missing for example, friendships and love interests
 - As social anxiety can increase at this time, some may find online group chats difficult
 - There are more likely to be sleep changes, and they may not find it easy to be around the family 24/7
- I am sure some, if not all of these sound familiar to you.

Steps you can take

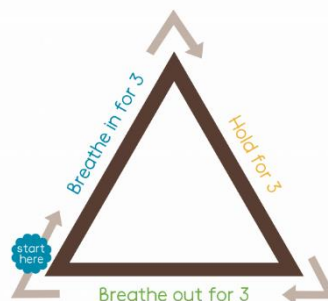
- Maintain communication – this may be via social media on occasions
- Don't dismiss anxieties even if they sound unreasonable
- Look at ways of them helping others – maybe a sibling or friend struggling with home learning
- Provide opportunities to socialise with peers and discuss things with them if possible
- Encourage engagement with school work but make it focused (telling young people they should do something for the sake of doing it or 'because it's good for you' usually won't work)
- Consider reviewing (on an ongoing basis) rules on time spent online and

provide a positive framework for change

- Provide opportunities for choice and independence wherever possible
- Encourage them to set boundaries on sleep and wake up routines
- Highlight their strengths

Encourage relaxation

- **A warm bath** – bubbles and chilled music can help relaxation
- **Walking** – get out in the fresh air regularly
- **Triangle Breathing** – for everyone



Apps/Websites that may help



This is a free app to help children and young people manage the symptoms of anxiety -

www.clearfear.co.uk



This free app is to help families and friends provide mental health support

www.combinedminds.co.uk



Parent link on Anxiety

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

We hope you find this bulletin helpful, informative and supportive.