

Coping with Coronavirus

For Teens and Young People

We know that it is a stressful time at the moment for the teens and young people we work with. You might be worried about your exams, not seeing your friends and spending lots of at home (as much as you might love your family!).

This guide is designed to provide you with some tips for coping during these challenging circumstances. Remember that feeling anxious about the situation is totally normal, but talking about it will help.

Don't forget that your psychologist is here for you too. We are all working from home, but we are still supporting the children, young people and families we work with. We plan to host sessions by video or phone. You can always email us if you need to as well. If you prefer, your mum, dad or carer could speak to your psychologist for you.



Some ideas that might help you

- Remember that your mum, dad or carer are there to keep you safe.
- Talk to them when you are feeling worried, upset or frustrated.
- If you don't feel like you can talk about it, you could write it down or send a text message.
- Your Gateway therapist is here to help you too! You could ask your mum and dad to talk to them about your feelings. Or you could talk to your therapist on video to tell them yourself.
- Keep busy while you are at home on your 'staycation.' It will help you feel better!
 - Do all the school work and lessons you can
 - Play your favourite video games (but perhaps not all the time!)
 - Watch your favourite YouTubers (with supervision if required)
 - Help your mum, dad or carer with chores around the house
 - Read lots of books
 - Watch your favourite TV shows and films
 - Sit out in the garden when the weather is nice
 - Ask your mum, dad or dad if it's ok to start a vegetable patch (you could order seeds and soil online)
 - Video call your friends or relatives
 - Go out for a walk with your mum, dad or carer
 - Write cards to send to your friends, teachers or relatives
 - Write in a journal
 - Sort out your wardrobe and cupboards
 - Start a blog (with supervision if required)
 - Practice your musical instruments – or learn a new one!
 - ...there are lots of things you can do to keep busy! Your mum, dad or carer will plan activities too.



Tips for helping you feel better

If you start to feel anxious, sad or frustrated, talk to your mum, dad or carer straightaway. Talking about it will help you feel better. You could also try these things:

- Take a big, deep breath. Count to 5 and exhale.
 - You could also look online for other breathing exercises
- Find an activity that makes you feel calm
 - Draw a picture
 - Colour in
 - Read a book
 - Listen to music
 - Cuddle with your mum, dad, carer or sibling (no one is too old for a hug!)
 - Get some exercise (follow a YouTube tutorial if you want to)
 - Sing or play an instrument
 - Write in a journal
 - ...try them all to find what works for you!
- You could write down your feelings to remember what to tell your therapist in your next appointment (or give to your mum, dad or carer to talk about).
- If you miss your friends, you could use FaceTime, WhatsApp or Skype to chat (with supervision if required). You could even set up a video call while you watch a film to re-create your 'normal' activities.



Your appointments at Gateway

Your appointments at Gateway will be a bit different too. Like you, we are staying at home for now.

That doesn't mean we are not here to help you! We will still see your parents or carers, and we might even see you too (over the computer or phone). It might seem a bit strange at first, but we think we will all get used to it soon.

Enjoy your staycation!

