



NHS

South London
and Maudsley
NHS Foundation Trust

Transitioning out of lockdown

A Workbook for Teenagers: Part 1



Children and Young People's Wellbeing Service
Southwark CAMHS

Introduction

Over the last few months we have had to live with uncertainty and there have been many unexpected changes due to COVID-19 (Coronavirus). We have all had to get used to a different way of life and are continuing to adapt as guidelines change.

It is very understandable that lots of people may be left feeling worried, confused, hesitant or even distressed and this is a perfectly normal response. Although this is a challenging time we can draw on several helpful strategies to ensure our emotional wellbeing, in particular, how we are affected by how we feel.

A variety of concepts have been included in this series of workbooks to help you manage your feelings and rebuild your confidence as we start to transition out of lockdown and back to our everyday activities.

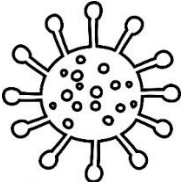
We hope that you will find some of these tools useful and welcome your feedback.

Lola Pacheco and Phoebe Lilford

Children's Wellbeing Practitioner Team, Southwark CAMHS

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By now most people will have an idea of what Coronavirus is and what its impact has been but let's recap

What is Coronavirus?

Coronavirus also known as COVID-19 is a virus that was discovered at the end of 2019. Many people were affected in numerous countries across the world. The virus is thought to be spread mainly through infected people transmitting droplets, generated by coughing and sneezing, or coming into contact with contaminated surfaces.

The virus can affect people in different ways; you could have a range of symptoms like a high temperature, a new continuous cough, changes to your sense of smell or taste². Most people with coronavirus have at least one of these symptoms but some people may not experience any which is referred to as being asymptomatic. Many people who have had the virus do not experience serious long-term problems and do recover².

Then: lockdown

Governments all over the world asked everyone to stay at home and isolate to prevent the spread of the virus. In the UK this led to places like schools, restaurants and shops closing. People were also discouraged from going to public spaces like parks, or visiting friends or extended family.

Many adults, children and young people had to learn to do their work from home. We also had to learn to social distance.

Now: emerging from lockdown

Scientists are still learning about the virus and fewer cases are being reported in the UK³.

The government is starting to ease the lockdown in phases so that the UK can begin to recover from the disruption to life as we knew it. To help prevent any further spread of the virus and to protect our communities we need to follow the guidelines so that things are done safely⁴.

¹ [NHS - Check if you or your child has coronavirus symptoms](#)

² [World Health Organisation - Coronavirus disease \(COVID-19\) advice for the public: Mythbusters](#)

³ [Gov.uk - Coronavirus cases in the UK: daily updated statistics](#)

⁴ [Gov.uk - Coronavirus outbreak FAQs: what you can and can't do](#)

Changes: What did the Coronavirus lockdown mean for you?

What did you stop doing that you did before?

For example, going to school, clubs, seeing friends, having friends over, going swimming, going to the park

What did you start to do that you hadn't done before?

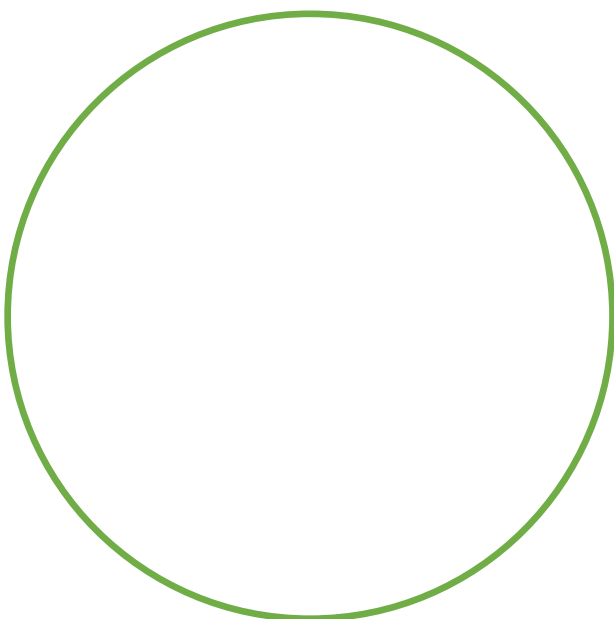
For example, using apps to see friends like Zoom, going for walks with family, playing new games

Pros

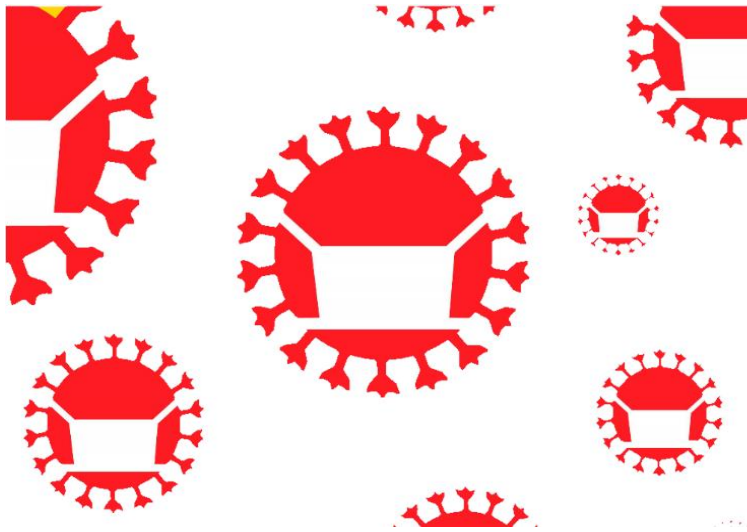
What was good? For example; feeling less worried about some things? Spending lots of time with family? Finding new games, TV programmes, etc.

Cons

What was difficult? For example, not being able to meet friends, not seeing family, worrying about people, losses



What can we do to protect ourselves as lockdown eases?



You may have been asked to come back to school for a few days or hours a week.

You may be able to see more people now like friends.

You may now go to the park, shops or just hang out.

Things you still have to do:

Wash your hands regularly with hot water and soap and/or clean them with an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth where possible.

If you cough or sneeze, make sure you cover your mouth, or catch it with a tissue.

Social distance by maintaining two metres between people outside of your household or support bubble.

Wear a face mask if travelling on the bus, train or tube.

If you are feeling overwhelmed or worried, talk to someone, seek help or have a plan.

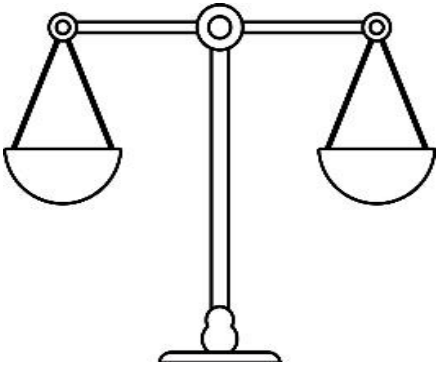
Limit the time spent watching or listening to the media coverage of things likely to be upsetting.

Eat well, sleep, exercise and have social contact with family and friends.

Draw on skills you have used in the past to help you manage your feelings now!

Check Gov.uk for up to date information: [Gov.uk: Coronavirus \(COVID-19\) guidance](https://www.gov.uk/coronavirus)

Keeping a balance



It is important to try to make sure you are looking after yourself by maintaining a balanced lifestyle and practising self-care so that you are on top of your wellbeing.

Check out the boxes below and think about how you can maintain this balance.

Taking care of myself

- Being active and moving my body
- Shower or have a bath
- Eating healthy food and staying hydrated
- Making sure I get at least 8 hours sleep



Staying connected with others

- Call or chat to friends
- Plan fun activities with people at home
- Meet with friends following government guidelines



Taking care of my mind

- Spend time on activities I find relaxing
- Practice mindfulness or breathing techniques
- Keep a journal



Enjoyable Activities

- Make time for the things which make me laugh and have fun!



For more relaxation and self-care ideas see page 18-22.

Emotion check-ins



Emotional check-ins are designed to help you get an accurate reading of how you feel.

Here are some simple steps to get you started.

Tune into your body:

Your body often sends physical cues about how you're feeling, long before your emotions fully register.

Take a deep breath:

Take a slow, deep breath, breathing in through your nose and out through your mouth. This helps slow your mind and reduce distractions, making it easier to focus on your emotions.

Ask the question:

"How am I feeling?" Make it even more specific *"right now"* or *"in this moment"*.

Use descriptive words to capture how you feel:

For example, you may be feeling calm, surprised, excited, drained, worried, confused, distracted, unsure, apprehensive, hurt, hysterical, nervous, happy, or overwhelmed.


Brainstorm what might be contributing to those emotions:


When it comes to our emotions there is rarely a clear cause. But we can often think about some explanations for the way we feel.


By brainstorming some of the things that might be contributing to your feelings, you're gaining greater understanding of your experiences which can make making changes a lot easier.


Did you experience any of the emotions below during Coronavirus pandemic?


Tick ✓ those which apply and make a note if you can remember why you may have felt that way. For example, “I felt sad that I wasn’t able to go to school”.


Happy 

Surprised 

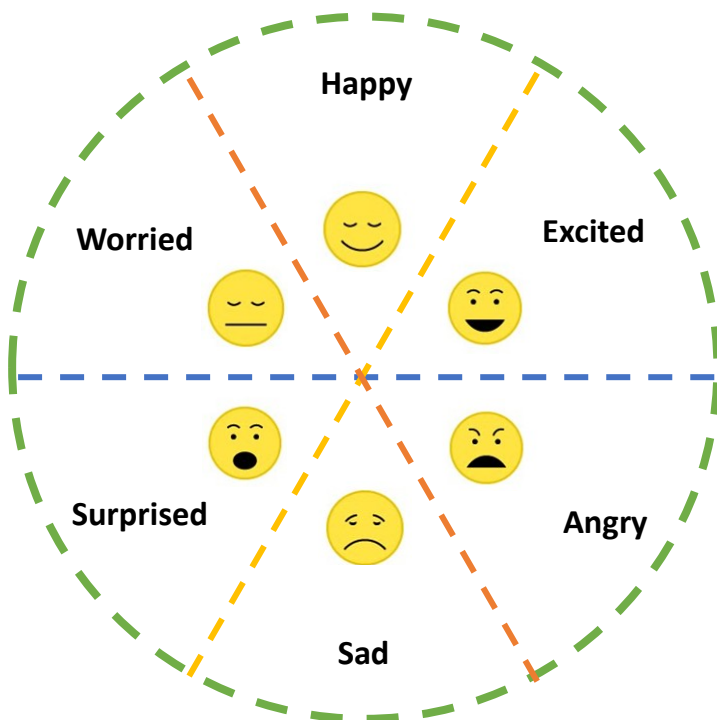
Excited 

Angry 

Sad 

Worried 

Your emotions are important. Use the emotions wheel below to do an Emotional check-in on a daily basis to help you recognise how you are feeling and why; it can help if you can share this with someone.



Today I feel...

Because...

Keep a record of the things which have made you feel happy and excited as they come up using the Positive Activity Record (see page 10).



App Alert! Check out ‘Daylio Journal’ for an app version of the Emotional check-in activity

Build your Back Up Team



It will be helpful to have people to support you moving forward as you start to come out of lockdown.

This will be your 'Back Up Team'.

The role of the Back Up Team is to provide you with various forms of support. It can be helpful to think of people from different parts of your life including:

Home



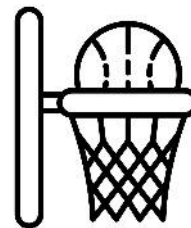
School



Friendships



Hobbies



- ✓ Read the descriptions of the different types of support on page 12 and try to think of someone who provides or can provide this type of support for you.
- ✓ Note down who that person may be, ready to plot them on your Back Up Team poster on page 13.

Practical Someone who helps keep your routines going will remind you of things you need to do:

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Companionship Someone who will take your mind off feeling low by doing pleasurable activities with you, not talking about your difficulties and gives you a break to recharge your batteries:

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Motivational Someone who will encourage you, keeps your goals in mind, celebrate successes and be there when you have setbacks:

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Instrumental Someone who understands what you are experiencing:

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Emotional Someone who knows what is going on for you and will listen to how you are feeling:

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Mentalising Someone who holds you steady when you are feeling strong emotions:

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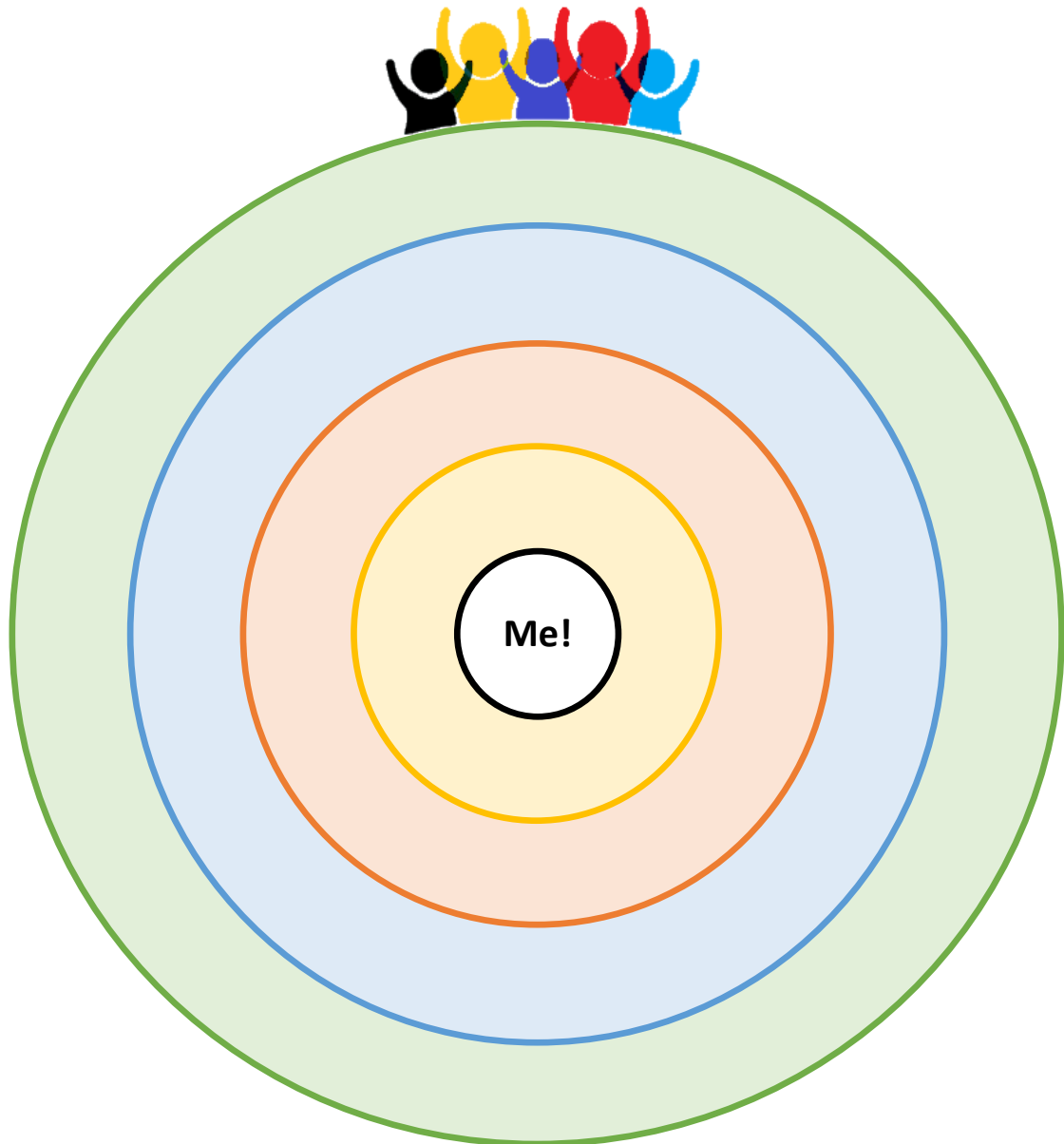
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Build your Back Up Team

Now have a go adding the members of your Back Up Team on the diagram below. The closer you feel to them, the closer to the middle of the circles (Me!) they should be!



Back Up Teams work best if the people on the team know they are on it and how they might help.

How can you let the people on your Back Up Team know?

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Going back to school or college



Schools and colleges have a wide array of plans around how they will be reopening.

Managing the change from being at home for so long to going back to school may result in a variety of feelings.

Take a moment to think about whether there are any things you are looking forward to or worried about when the time comes to return to school...

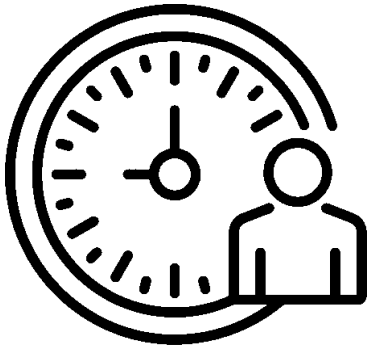
Things I am looking forward to

Things I am worried about

What are you going to miss the most from being at home?

What won't you miss from being at home?

My routine



It is likely that your daily routine changed whilst being at home during lockdown.

As lockdown eases and you plan to go back to school, college or involve yourself in other activities, you will need to plan a daily routine.

Your daily routine may include things such as: sleep, mealtimes, self-care and exercise. Planning your daily routine will help you adapt more easily.



Sleep

Did you know, on average, teenagers need around eight to ten hours of sleep per night? Making sure you have enough sleep is very important to aid your energy levels, mood and ability to concentrate during the day.

Check out the following tips to help you get a better night's sleep!

✓ Cut down on caffeine in the afternoons and evenings



✓ Avoid looking at a phone or screen for at least 30 minutes before bed – rest your eyes!



✓ If you can't fall asleep, try reading for a little bit and then return to bed



✓ Try to exercise earlier on in the day to help you feel more tired at night



✓ Beds are made for sleeping – try to keep this space as your place of rest



App Alert! Check out 'Sleep Cycle-Sleep Tracker' for an app which analyses and helps track your sleep!



Complete the 'Sleep Prescription' below to figure out when your bedtime should be to ensure you get enough sleep.



Sleep Prescription:

1) What time do you need to wake up in the morning when going to school?

2) What will you use to make sure you do get up at this time (e.g. an alarm)?

3) Based on your getting up time, what time do you need to go to sleep in order to get 8 to 10 hours of sleep?

4) If your bedtime is later than the time you have worked out that you need to go to bed when returning to school, take action now!

Shift your bedtime to be at least 1 hour earlier per week until you reach your sleep goal! You will then feel more prepared, awake and ready for earlier mornings when going into school.

My planned bedtime this week:

My planned bedtime next week:

My routine continued

Mealtimes:

In lockdown you may have found your eating patterns are irregular. In order to make sure you have enough energy to function well, a balanced diet with regular meals is really important.



Personal hygiene:

Your previous hygiene routines, like having a bath, shower or washing your hair may have changed whilst being at home. Once you start to return to a regular daily routine it may help to think about when you will schedule time for your personal hygiene.

In order to prepare for your routine changing as lockdown eases, use the table below to help map out what your new routine might look like.

Example tasks:	Alternative tasks/routine:	Time
Wake up		
Shower/wash (AM/PM ?)		
Eat breakfast		
Leave for school		
Finish school		
Arrive home		
Other activities		
Homework time		
Dinner		
Free time		
Pack bag for school		
Get ready for bed		
Shower/wash (AM or PM ?)		
Bedtime		

Relaxation Techniques



Relaxation is an important aspect of wellbeing and even more so at the mental health moment whilst experiencing the uncertainty going into and coming out of the period of lockdown.

Relaxation techniques are best used as a daily practice so that you feel calmer in our bodies over time. They can also help you feel calmer during times of worry by helping you push through and not avoid things you would benefit from doing.

Try out the relaxation techniques below to discover what works best for you.

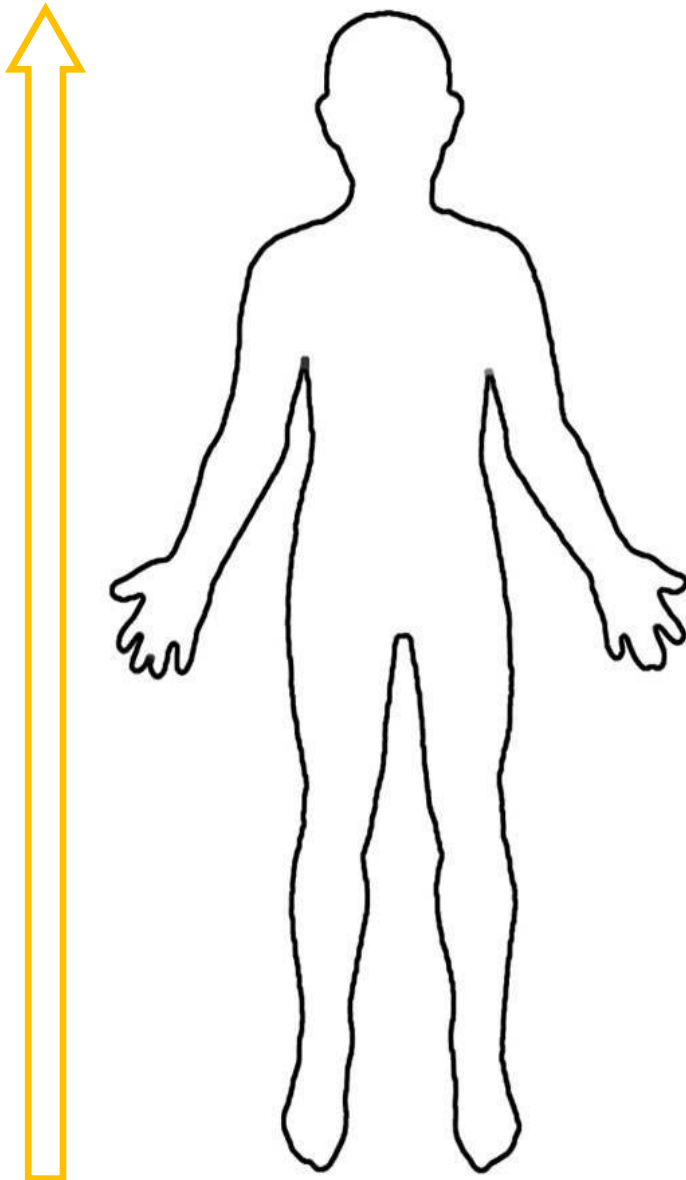
Breathing technique...

- Trace the edges of your hand with your opposite hands index finger
- Take a slow, deep inhale as you trace up the finger
- Pause at the top
- Then exhale fully as you trace down the other side of the finger
- Pause again at the bottom
- Repeat with the remaining fingers!



Muscle relaxation technique...

The technique involves alternating tension and relaxation in all your body's major muscle groups. It can help reduce feelings of stress and helps bring our focus into the present moment.



- Find a good spot to try this technique sitting up or lying down.
- Squeeze your feet for five seconds, then relax.
- Squeeze your legs for five seconds, then relax.
- Squeeze your stomach for five seconds, then relax.
- Squeeze your shoulders for five seconds, then relax.
- Squeeze your hands and arms for five seconds, then relax.
- Squeeze your face for five seconds, then relax.
- Squeeze your whole body for five seconds, then relax.
- Take a moment to notice how your body feels.

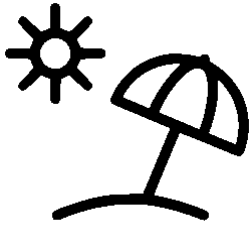
You can use this technique if you are out and about by focusing on fewer parts of your body, e.g. your hands and arms.

Try this NHS Newcastle Upon Tyne Hospitals audio version of this relaxation technique: [Progressive Muscle Relaxation - Newcastle Hospitals](#)

Visualisation techniques...

Visualisation is another technique that can help you unwind. Similar to daydreaming, visualisation is accomplished through the use of your imagination....

Serene beach



Visualise yourself lying on a white sandy beach, complete with clear blue skies and gentle lapping waves. Imagine your body sinking into the sand and feel the warmth of the sun on your face. Let go of any tension, soften your eyes and breathe with the rhythm of the rolling waves.

Blue light

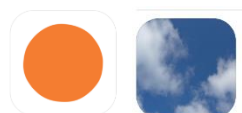
Visualise yourself surrounded by a glowing orb of blue light. Breathe in the light and allow it to fill your whole head. As you breathe out, visualise tension leaving your body as black smoke. It dissolves completely in the light around you. With each breath, allow your body to fill with the healing blue light until you are entirely clear, like a blue crystal.



Your peaceful place



Close your eyes and visualise the place you feel most at peace. It could be somewhere very familiar where you have been many times before, or it could be somewhere you have imagined in a story or dream. Take a moment to imagine the surroundings. Get crafty and spend some time drawing your peaceful place to then keep this image somewhere safe as a reminder that you can transport yourself there to relax through visualisation.



App Alert! Check out 'Headspace' or 'Fast Calm' for help with relaxation and mindfulness techniques

Self-Care

Self-care is any activity that we do in order to make sure we take care of our mental, emotional, and physical health. Self-care techniques can help you manage difficult emotions and help our overall wellbeing.

Below are useful self-care ideas. Everyone is different and will find different techniques more useful than others so take some time to try out the ideas you like the sound of and find out what works for you!

Get moving by
doing some
physical exercise



Listen to your
favourite music.
Dance or sing!



Start a diary and
write down how
your day is going

Get busy in the
kitchen and try a
new recipe!



Have a virtual
chat or meet up
with a friend

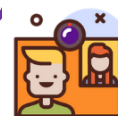


Meditate or try a
relaxation
technique

Go for a walk or
cycle outdoors



Cuddle your furry
friends



Test out your
green fingers

Get arty and
crafty and
unleash your
inner artist!



If you are feeling
tired, have an
early night



Have a relaxing
bath or shower
and pamper
yourself



What self-care activities have you tried out?

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How did the different self-care activities make you feel?

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Which self-care activities do you still want to try out?

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Which self-care activities do you think you could make part of your daily or weekly routine?

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Workbook summary: my toolbox



Congratulations on making your way through the 'Transitioning out of lockdown Workbook 1'!

In order to make sure you are able to continue using these techniques, keep this workbook safe to look back through as a reminder whenever you need it.

Complete the Toolbox sections below to act as a reminder of the most helpful techniques!

My positive activities:

Who I know I can talk to:

Important parts of my daily routine to maintain:

My favourite relaxation technique:

My favourite self-care technique:

Where you can find additional help

Southwark Young People's Wellbeing Service: If you would like to access support from the Southwark Children and Young People's Wellbeing Team, speak to a teacher, parent or your GP to seek a referral.

SOUTHWARK YOUNG PEOPLE'S WELLBEING TEAM

We are a friendly team and we are here for you.

We work through the reasons you may not be feeling your best self. Our help might help you.

The words we use to work together are: 'Guided self-help' (GSH).

"Understand your mood, change your life"

We help children and young people between 5 to 18 years with...

Fears and worries

Low mood – feeling sad or down.

We help younger children with difficulties through working with their parents.

We meet once a week for eight weeks

You have our support

We help you understand your difficulties.

We help you plan how to keep all that you learn Going.

You can get support from us through a referral by your GP or school.

The Southwark Children and Young People's Wellbeing Service is **not** an emergency service.

What to do if it's a Mental Health emergency?

- If a young person is in crisis we recommend one of the following:
- Seek medical advice from NHS 111 which is a 24 hour service.
- Contact the Southwark CAMHS duty clinician available Monday to Friday between 9am and 5pm on **020 3228 7777**.
- Contact the SLAM mental health support line on **0800 731 2864**. This service operates 24 hours a day, 7 days a week.
- In cases of immediate risk of suicide, or significant self-harm requiring urgent medical intervention, please attend the nearest A&E department.

Helplines

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline: a free confidential 24hr helpline for young people who are aged up to 19 years old. Call on **0800 11 11**, or visit online at

www.childline.org.uk

SAMARITANS

Samaritans: a free confidential 24-hour helpline. Call **08457 90 90 90**, or visit online at www.samaritans.org

YOUNGMINDS

Young Minds: a charity committed to improving the mental health of young people. Support for those worried about a young person's behaviour or mental health. Provides information leaflets.

www.youngminds.org.uk



Rethink (Provides information and a helpline for anyone affected by mental health problems). Call **0300 500 0927** or visit them online at

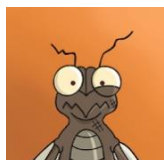
www.rethink.org



Mind (Provides information on mental health problems and treatments): Helpline **0300 123 3393** (Mon-Fri 9am – 5pm)

www.mind.org.uk

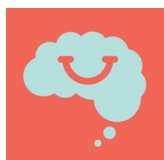
Additional Helpful Apps



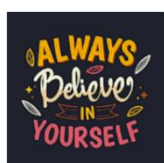
Mindful Gnats: An app to help young people develop mindfulness and relaxation skills.



Mood Tracker: A website/app which lets you track moods and sleep patterns.



SmilingMind: SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.



Daily Positive Quotes: Daily Positive Quotes provides daily inspirational positive thoughts to help you feel encouraged.

Disclaimer

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you have a formal mental health diagnosis we recommend that you seek appropriate medical advice.

We make no warranties that this information is complete or a therapy substitute. If you are a mental health professional you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore this resource should be used only to support good practice, not to replace it.

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