

15 Things To Say To Help An Anxious Child Find Calm

Anxiety is our warning system that something doesn't feel right. Let's be a detective and discover what that might be.

Finding calm is easier when we have a strategy to use before we begin to feel anxious.

You have a tool kit of calming strategies, let's choose one to write down and carry in your pocket to help you if you begin to feel anxious today.

Let's choose a mantra to use if you get worried or anxious today.

Your brain is feeling overloaded, let's help your brain by using one of our calming strategies.

You are your brain's best helper. You help your brain find calm.

What are your brain and body needing to get calm now?

Anxiety is a sign that this task feels too difficult, let's work on one part at a time, to make it simpler.

Anxiety is a sign that this is a BIG task, let's break it down into smaller parts.

Let's make this easier to tackle.

We can use our mantras to help us get calm. Which mantra can help you right now?

Which mantra shall we plan to use for this day?

Anxiety is not mysterious, it comes when we have too much to handle.

Let's be a detective and keep an eye out for things that might seem like too much.

When we see the anxiety coming, we can use our tools, to calm our brains and bodies down.

POSITIVE COPING SKILLS FOR STRESS AND ANXIETY

1. Write your thoughts/feelings in a **journal** 
2. **Play an instrument** 
3. **Listen to music**- lay back or sit down and focus on the music
4. **Write a story** 
5. **Write a letter** to the person you are stressing over (you don't have to actually send it) 
6. Eat a **healthy and nutritious** meal or snack 
7. Go for a **walk**
8. Go to the **gym**  
9. **Exercise at home** 
10. Do **yoga** 
11. **Meditate** 
12. Take some **deep breaths**
13. **Stretch** 
14. Watch a **feel-good movie or TV show**
15. **Read** 
16. Take a **social media detox**
17. **Paint/draw/color** 
18. **Crochet/knit/sew** 
19. **De-clutter or clean your living space** 
20. Go for a **bike ride** 
21. Go to the **park**
22. Have a **picnic** 
23. Listen to a **podcast** 
24. Spend time **playing with a pet** 
25. Spend time with **family** 
26. Spend time with a **friend/significant other**
27. **Vent** to a close friend or family member 
28. Schedule an appointment for **therapy**
29. **Practice mindfulness**- being fully aware in the present moment
30. **Slow down**- approach the tasks you normally have to do with a calm and slow attitude 
31. Go for a **relaxing drive**
32. **Sit outside** and take in the sunlight 
33. Do your **nails/hair/makeup** 
34. Take a **day for self-care** 
35. Do anything **creative**
36. **Take photos** and/or edit them 
37. Shoot and edit a **video**
38. **Make a vision board** of things you love 
39. Put your to-do list on **pause**
40. Take a **mental health day** off from work
41. **Reorganize** your belongings 
42. **Redecorate/rearrange** your room
43. Do a **face mask** 
44. Take a **relaxing bath**
45. Write down the things that are stressing you out that you have no control over and rip them up and throw them in the garbage- **practice letting go** 
46. Create a list of **positive affirmations** for yourself
47. **Garden**- tend to your plants inside and/or outside
48. **Practice gratitude**- make a list of the things you are grateful for
49. **Practice compassion**- be kind to yourself when you are struggling, notice and change critical or judgmental thoughts
50. **Practice acceptance**- accept the emotions you are experiencing not as good or bad, but just as part of your experience- they will eventually pass

How COVID-19 Impacts Mental Health

- Feelings of loss, uncertainty, instability
- Decreased security
- Fears for loved ones
- Loneliness
- Increased health anxiety

- Lack of structure and routine
- Lack of opportunities for daily physical activity
- Lack of connections and community
- Too much time to ruminate

Credit Image by Claudio Schwarz on Unsplash

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

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LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



LIMIT NEWS

Limit the amount of time you spend on social media and checking news



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



POSITIVE HABITS

Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



What to Say to an Anxious Child

- You are safe with me
- Let's go for a walk.
- Let's draw the worry. How big is it?
- Tell me about it. Let me know about your fears and worries.



- It's okay to feel nervous. I feel that way sometimes too.
- I am here for you.
- Let's breathe together.
- Let's talk together until the worry passes.

Youth Mental Health Canada www.ymhc.ngo

10 THINGS CHILDREN CAN DO AT HOME TO HELP THEM COPE WITH ANXIETY



Get a pen and paper and write down what you are thinking and feeling. This can be a useful technique to express yourself and get things off your mind



If you feel anxious breathe in for a count of three, then breathe out for a count of three. Get into a slow and steady rhythm



Talk to your family about how you are feeling. Don't be afraid to talk about negative thoughts or emotions



Focus your attention on something else. Try and fully concentrate on an activity that you are doing



If you are worried write down all the solutions to your problem. Come up with an action plan with your parents to overcome the problem



When you feel anxious close your eyes and imagine yourself in a calm and happy place



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Create a self soothe box. This is a box that contains activities linking to all your senses that help calm you down



Tear up a number of pieces of paper and write down activities you can do that will help you manage your anxiety. Put these activities into a jar and each time you feel anxious pull an activity out of the jar to start engaging with

