

## Managing at home with Coronavirus.

This is a particularly worrying and difficult time for everyone. Here are some resources you may find helpful.

### Online Resources

There are lots of free on line resources you can access which will enable you to support your child's education whilst at home and also help provide structure and variety in your day.

- ✓ Scholastic has created a free learn-from-home site with 20+ days of learning and activities: <https://classroommagazines.scholastic.com/support/learnathome.html>
- ✓ Home school activities and resources for all ages: <https://allinonehomeschool.com/>
- ✓ Reading for children ages 3-11: [www.oxfordowl.co.uk/for-home/](http://www.oxfordowl.co.uk/for-home/)
- ✓ English games for primary aged children: <http://www.funenglishgames.com>
- ✓ Maths games for ages 5-7: <https://www.topmarks.co.uk/maths-games>
- ✓ Science resources for primary and secondary aged students: <https://mysteryscience.com/>
- ✓ Khan Academy are a non-profit organisation with the mission to provide a free, world-class education for anyone, anywhere: [www.khanacademy.org](http://www.khanacademy.org)
- ✓ Seneca provide free revision and homework for A level, GCSE, KS3 and KS2 students: [www.senecalearning.com](http://www.senecalearning.com)
- ✓ Online You Tube videos on many subjects: <https://thecrashcourse.com/>
- ✓ BBC learning is no longer updates but still has some great educational resources for all ages: [www.bbc.co.uk/learning/coursesearch/](http://www.bbc.co.uk/learning/coursesearch/)

## Hints & Tips - Managing your mental wellbeing during Covid-19

- ✓ **REFRAME** If you are self-isolating - reframe 'I am stuck inside' to 'I can finally focus on myself and my home/family'.
- ✓ **ROUTINE and STRUCTURE** Create a new routine and structure to your day and stick to it. Include self-care time and connection/contact time (see below).
- ✓ **MEDIA DIET** Control your access/intake of Covid-19 coverage.
- ✓ **SELF CARE** 'You time' – engage in something just for you, something that completely distracts you.
- ✓ **MINDFULNESS** Focus on being in the present moment and accept everything going on around you. You can do these by:
  - Using an app, such as Headspace - <https://www.headspace.com> or Calm - <https://www.calm.com/>
  - Walking (around the garden, home)
  - YouTube exercise and relaxation videos
  - Exercise and Yoga, the following apps by Down Dog are free to download and offer free trials: Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute - <http://www.downdogapp.com/>

## Managing your Anxiety

Should you find it difficult to manage anxiety and stress levels, please try:

1. **Grounding** - use the five senses— (listen to a sound, touch something and explore how it feels, smell something, taste something, and look at something)—to immediately connect you with the here and now.

2. **Breathing techniques** – finger breathing – take your forefinger of one hand and trace around the fingers of your other hand. As you trace up the finger, breath in and as you trace down, breath out:

<https://www.youtube.com/watch?v=BAAt58vJLBSQ>

3. **Connect/contact** - Take time each day to connect with others, keep in touch with work colleagues, friends and family. Research proves that social connection improves physical health and psychological wellbeing. It gives us a sense of belonging, can reinforce our identity, is seen as a therapeutic support system and reason not to feel lonely

4. **Support available online:**

- Mind UK has published information to support those anxious about the coronavirus: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Care First is available free of charge and offers information, answers and advice on a range of workplace and personal issues: [www.carefirst-lifestyle.co.uk](http://www.carefirst-lifestyle.co.uk). It has a free 24/7 advice line, just call Freephone 0800 174319



## Free Online Counselling for Young People and Adults

### **Kooth**

Kooth is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. Students can chat online to professionally accredited counsellors. It provides services for the NHS and is part-funded by the National Lottery.



### **Relate**

Support, guidance and counselling services for families and young people, through private online chat rooms and phone calls. When families are going through a tough time, Relate offers support to help everyone settle.



### **Childline**

Childline is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they are there for you online, on the phone, anytime.



## Free Mental Health Support - help in coping with Coronavirus

### **Mind**



Mind is a mental health charity that provides advice and support to empower anyone experiencing a mental health problem.

Website: <https://www.mind.org.uk>

### **Mental Health Foundation**

Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health. With prevention at the heart of what they do, they aim to find and address the sources of mental health problems so that people and communities can thrive.

Website: <https://www.mentalhealth.org.uk/>



### **Anna Freud Centre**

The Anna Freud National Centre provides mental health care for Children and Families. This includes direct work and offering resources on their website.

Website: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>



### **Children and Adolescent Mental Health Services (CAMHS)**

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Getting help from a CAMHS service is different depending on where you live but usually requires a visit to your GP.



### **Young Minds**

This website is a guide to the NHS's Child and Adolescent Mental Health Services (CAMHS) for young people and parents.

Website: <https://youngminds.org.uk/>



**We have put together a page for young people at Imperial College Healthcare NHS Trust.**

Scan the QR code or [click here](#) to find more useful resources and ways of having your say about our services:



Stay well.

Best wishes,

Katie

**Katie Malbon** - Consultant Paediatrician - Imperial College Healthcare NHS Trust

Twitter: @katiemalbon