



GREAT MINDS TOGETHER
COVID-19
RESOURCE PACK

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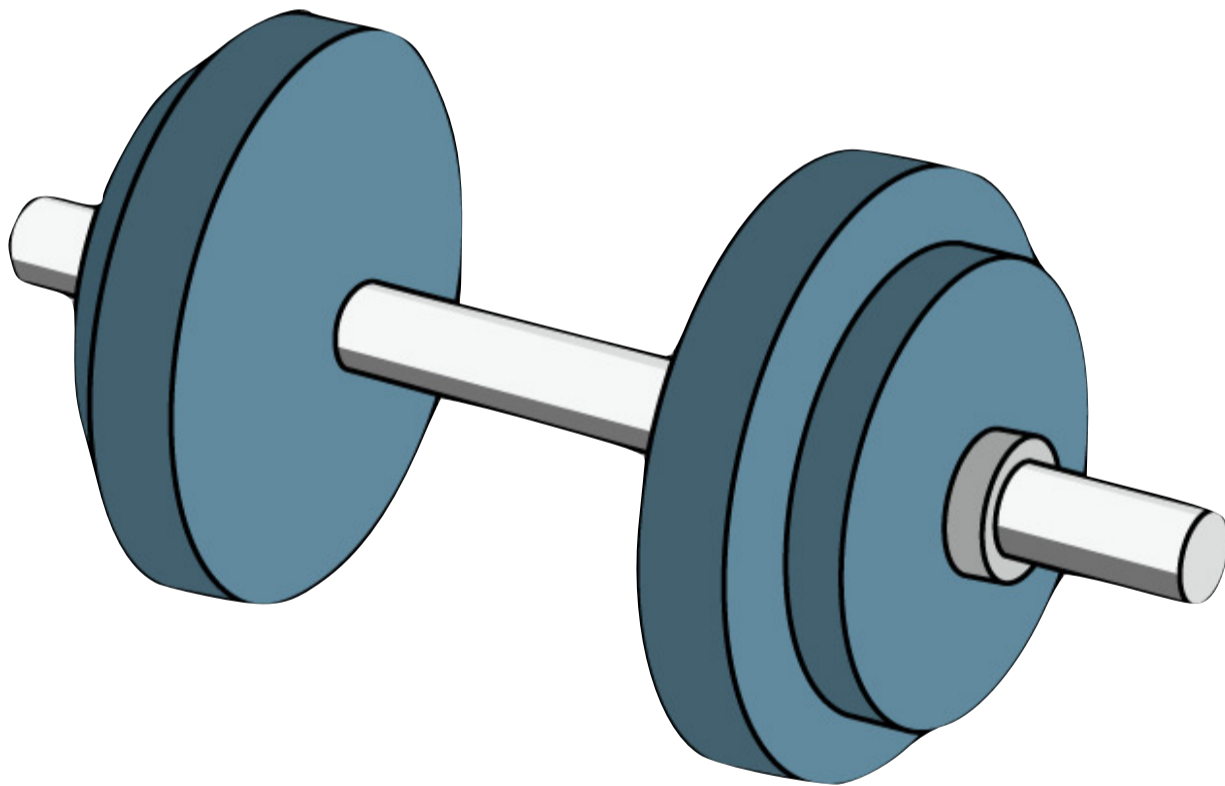


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INTRODUCTION

This resource pack aims to provide you with some structure and activity ideas to help you through each day whilst schools and colleges are closed.

Within this resource pack there are worksheets and activity suggestions to keep your body and mind active throughout social distancing. These are unprecedented times we are living through but if we support ourselves and each other the best we can, looking after our physical and mental health along the way, we will get through this!

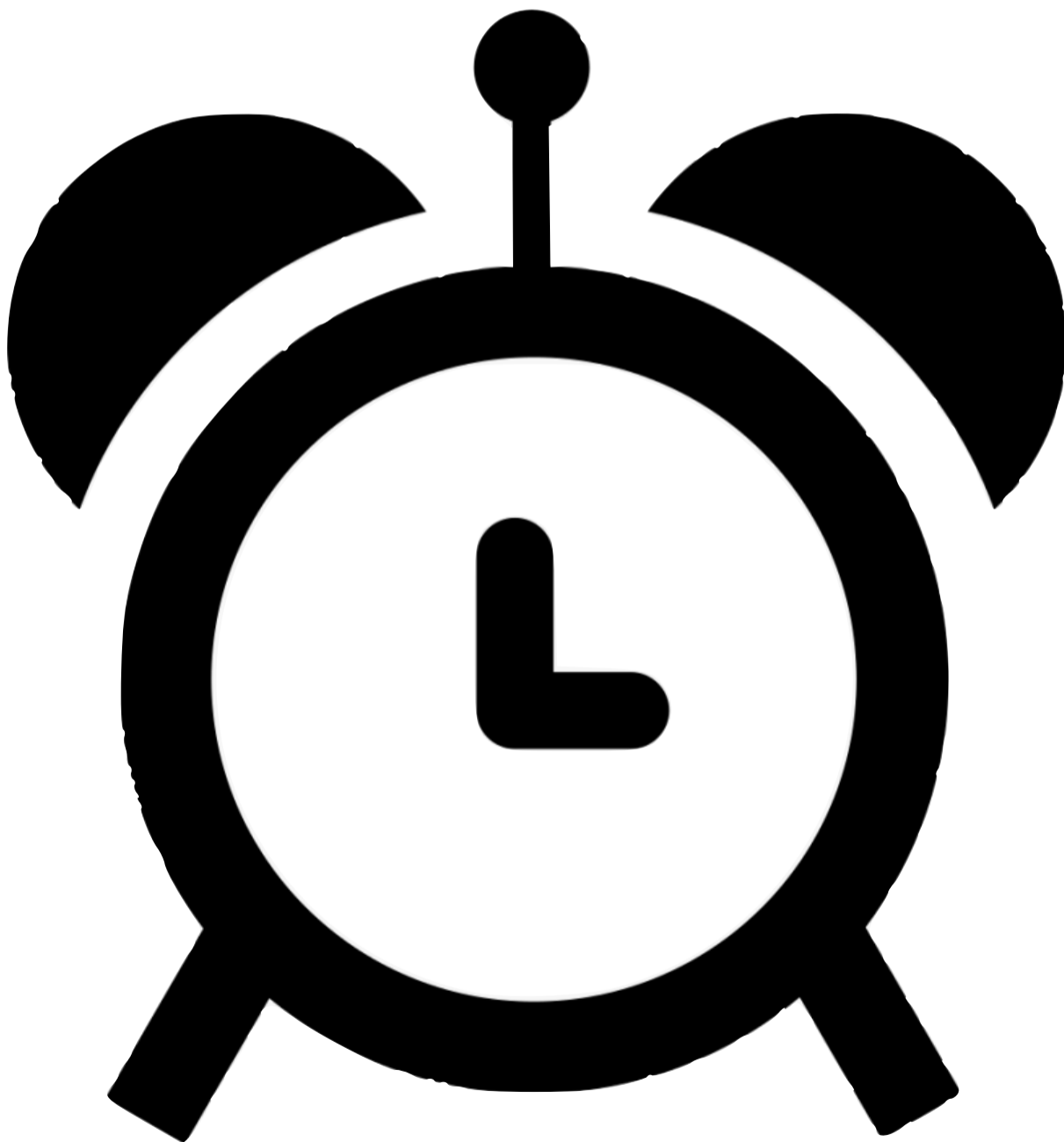


TIMETABLES

Here is a timetable suggestion for you to follow each day. Print it out and stick it somewhere that is easily accessible so you can refer to it each day.

This timetable is structured to balance your day between exercising your body, exercising your brain and taking time for yourself. It is important to keep your days structured so they do not all merge into one and you know what you should be doing and when.

If you feel that you would rather create your own timetable, there is a blank version which you can use.



WEEKLY TIMETABLE

	9am-10am	10am-12pm	12pm-1pm	1pm-2pm	1pm-2.30pm	2.30pm-3.30pm
MONDAY	Indoor Exercise	Anxiety Worksheet	Lunch	Go For A Walk	Start a journal	Write A To-Do List For the Week
TUESDAY	Go for a Walk	School work or GMT Worksheet	Lunch	Tidy Your Room	Work On A Lifeskill	Anxiety Worksheet
WEDNESDAY	Write in journal	Complete Something On Your To-Do List	Lunch	Indoor Exercise	School work or GMT Worksheet	Go for a Walk
THURSDAY	Complete Something On Your To-Do List	School work or GMT Worksheet	Lunch	Go for a Walk	Anxiety Worksheet	Work On A Lifeskill
FRIDAY	Go for a Walk	Help Around The House	Lunch	Complete Something On Your To-Do List	School work or GMT Worksheet	Write in journal

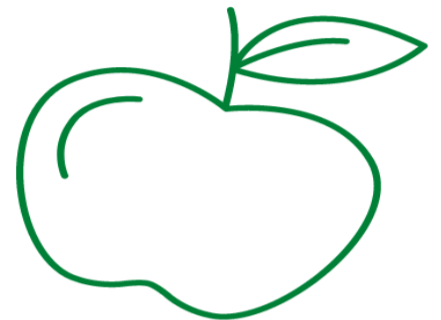
WEEKLY TIMETABLE

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MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						

COPING WITH ANXIETY WORKSHEETS

NO 1 - THE APPLE TECHNIQUE

The APPLE technique encourages you to reflect on the situation which is causing you anxiety. Let's practise this below



Acknowledge

Notice and acknowledges the uncertainty as it comes to mind

Pause

Don't react at all, just pause

Pull back

Tell yourself this is just the worry talking, it is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.

Let go

Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

Explore

Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Look around and notice what you see, what you hear, what you can touch, what you can smell. Then shift your focus of attention to something else – on what you need to do, on what you were doing before you noticed the worry.

NO 2-ANXIETY LEVELS

Use this worksheet to explore what happens to you as your anxiety increases. Paying attention to your body, thoughts and feelings.

LEVEL 1 what happens when you begin to feel anxious?

LEVEL 2 What happens when you feel more anxious?

LEVEL 3 What happens when you are at your most anxious?

NO 3- ANXIETY PREPARATION

When you are going into a situation which you know will cause you to feel anxious, it can be really helpful to be prepared. Before you step into the situation there could be helpful things you can say or do to help you cope if you feel yourself becoming triggered.

WHAT IS THE SITUATION

WHY MIGHT I GET ANXIOUS?

**HOW HAVE I HANDLED THE SITUATION
BEFORE?**

HOW CAN I PREPARE?

**HOW WILL I KNOW I'M FEELING
TRIGGERED**

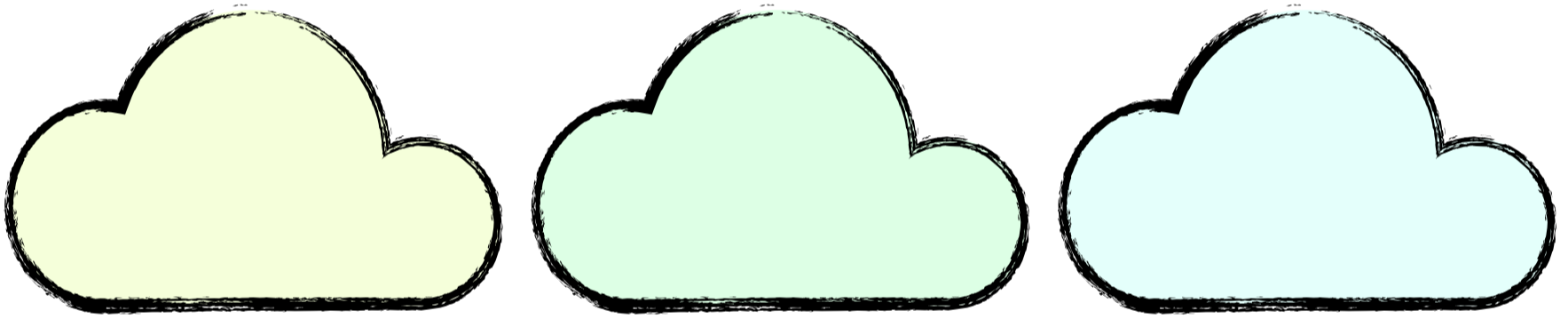
WHAT COPING SKILLS CAN I USE?

NO 4- BREAK IT DOWN

Let's break down your anxiety so we can come up with some more coping strategies.

What do I feel is causing my anxiety?

What are some of the thoughts that I am having?



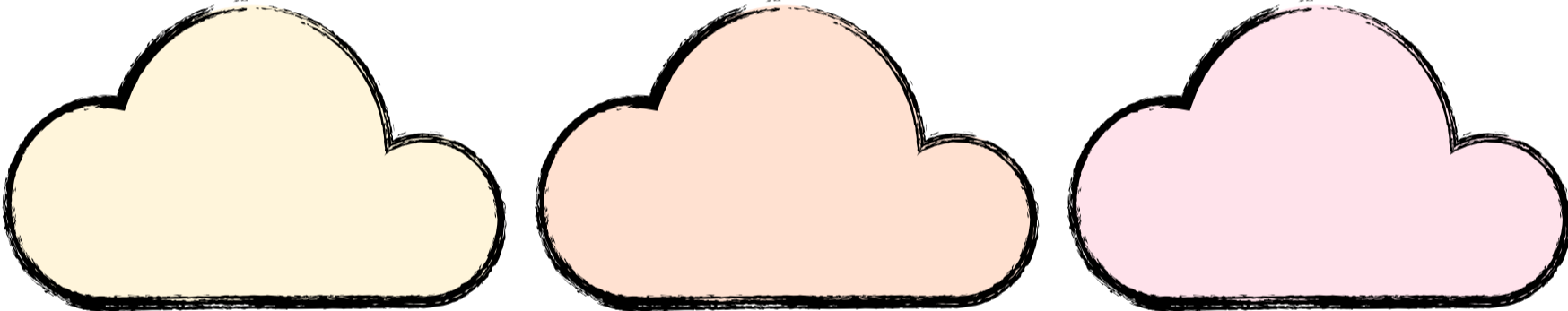
How is my body responding?

What is the worst thing that can happen?

What do I have in my control to stop this from happening?

What can I do to calm my body down?

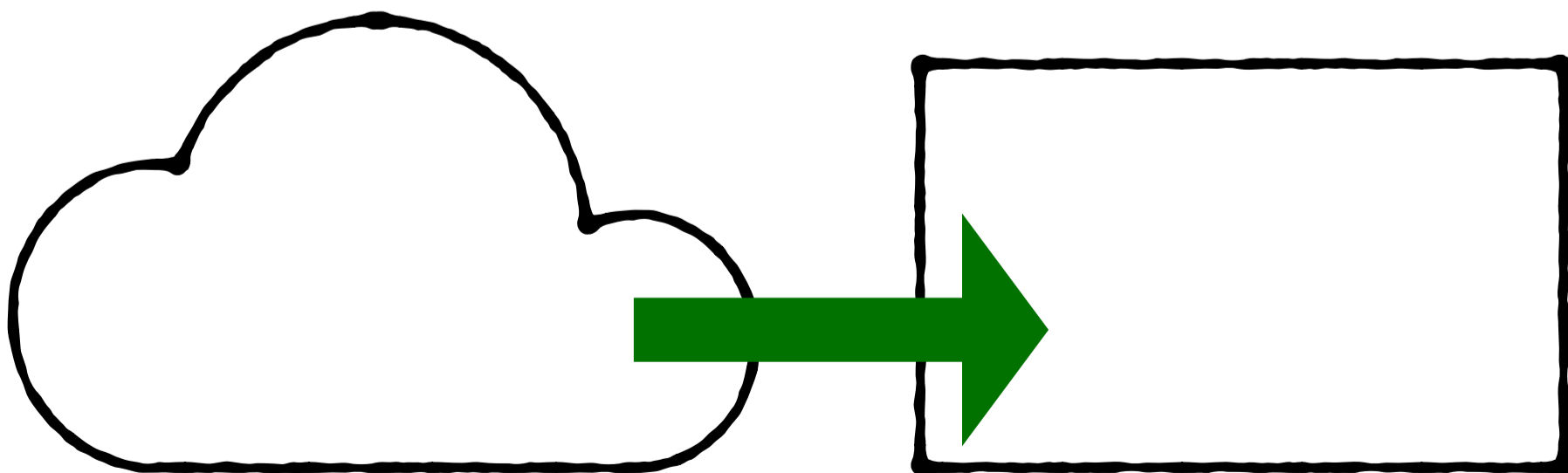
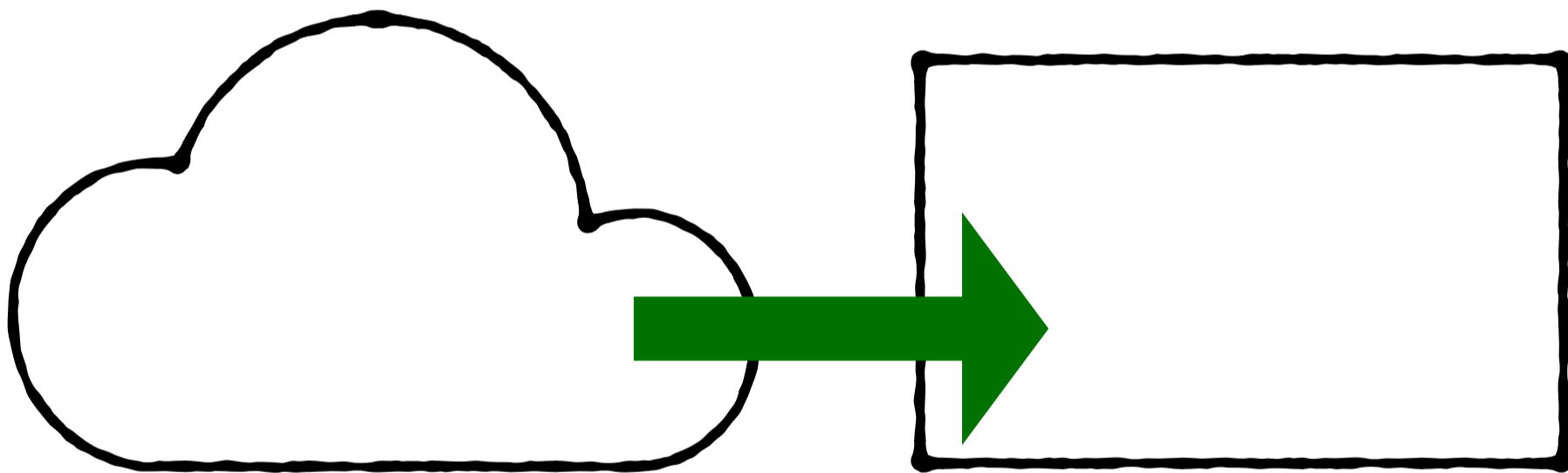
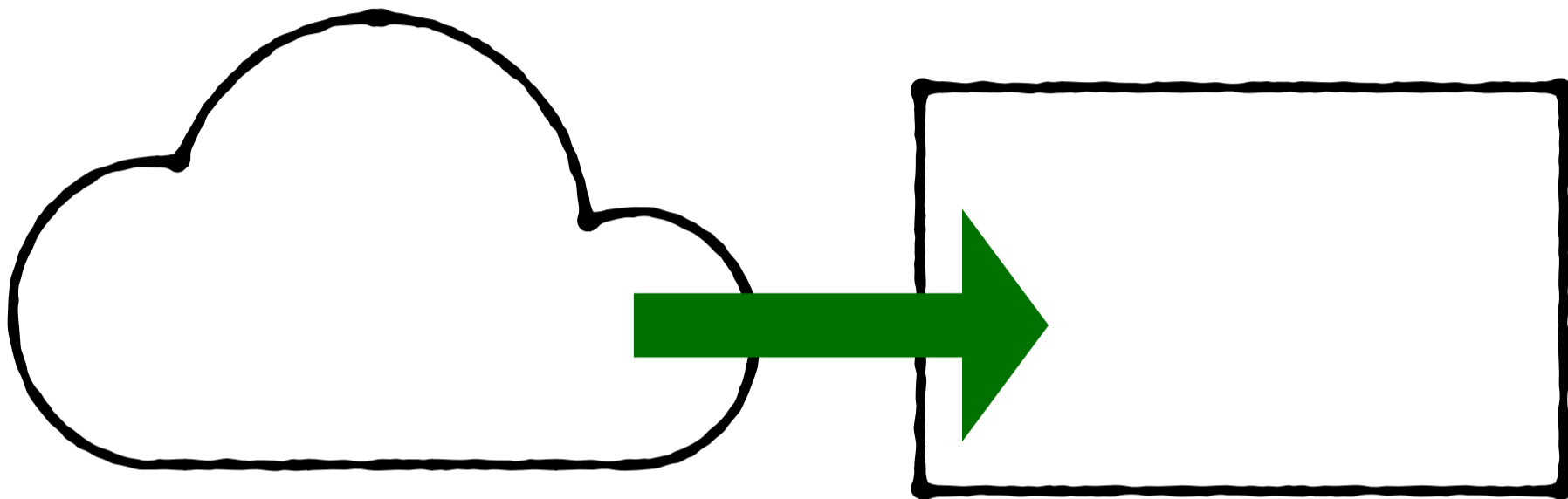
Write down some positive thoughts to help calm down your mind:



NO 5- ANXIETY V TRUTH

When you experience anxiety, your mind can begin to fill with thoughts that aren't always true. Sometimes your brain focuses on the worst possible outcome, these thoughts can make you believe things are worse than they actually are. They can make you believe that you can not cope with something that you are more than capable of coping with!

In the clouds of thought below write down the anxious thoughts that you are feeling or have experienced. Then think about how you can change these thoughts by deciding what is **ACTUALLY** true about the situation.



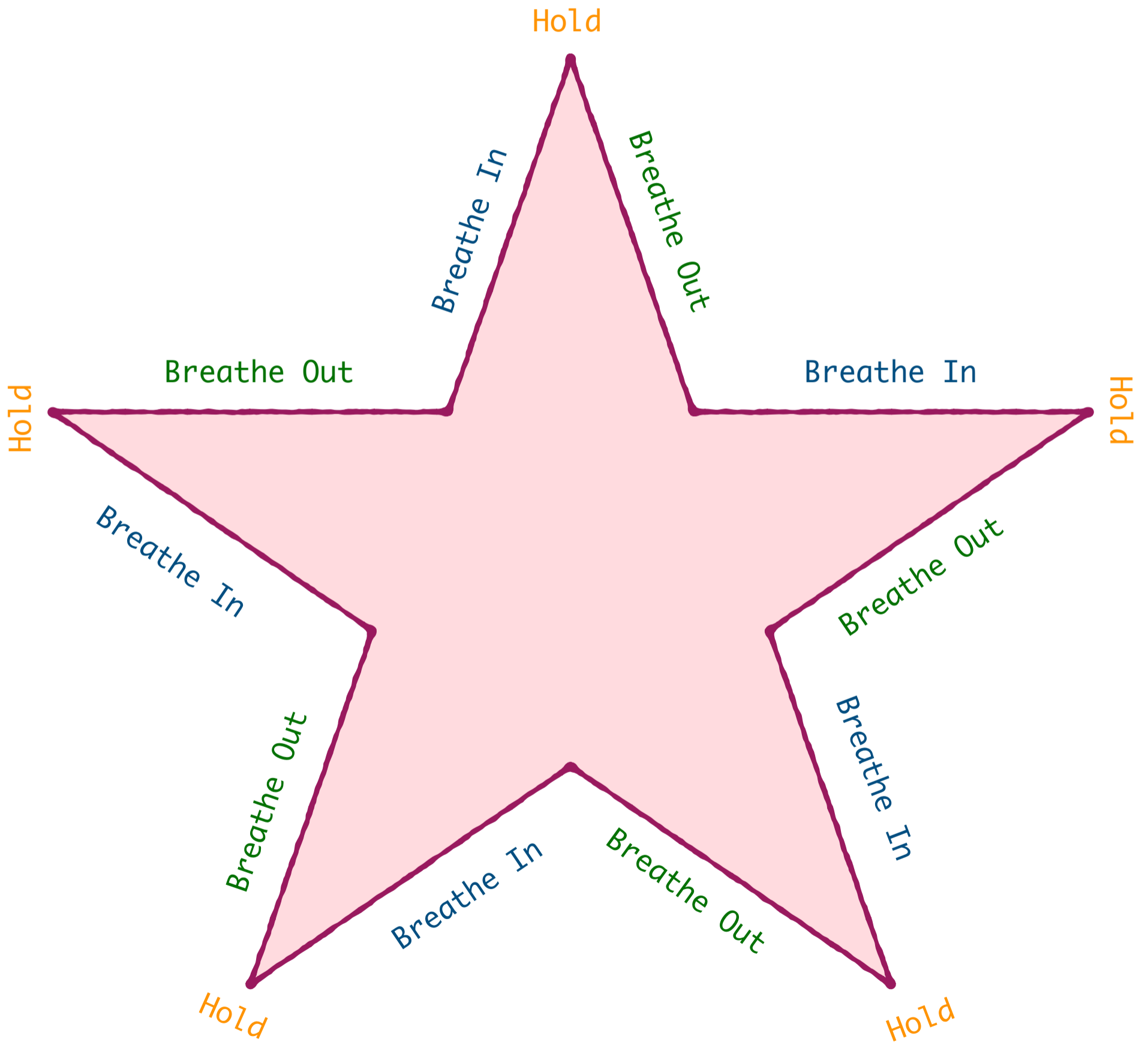
NO 6- MY SUPPORT SYSTEM

When combatting anxiety it is really beneficial to have a great support system in place. List below the people who are there to support you and why they made the list. For example are they a good listener? Do they make you laugh?

Name	Why they are special to me

NO 7- STAR BREATHING

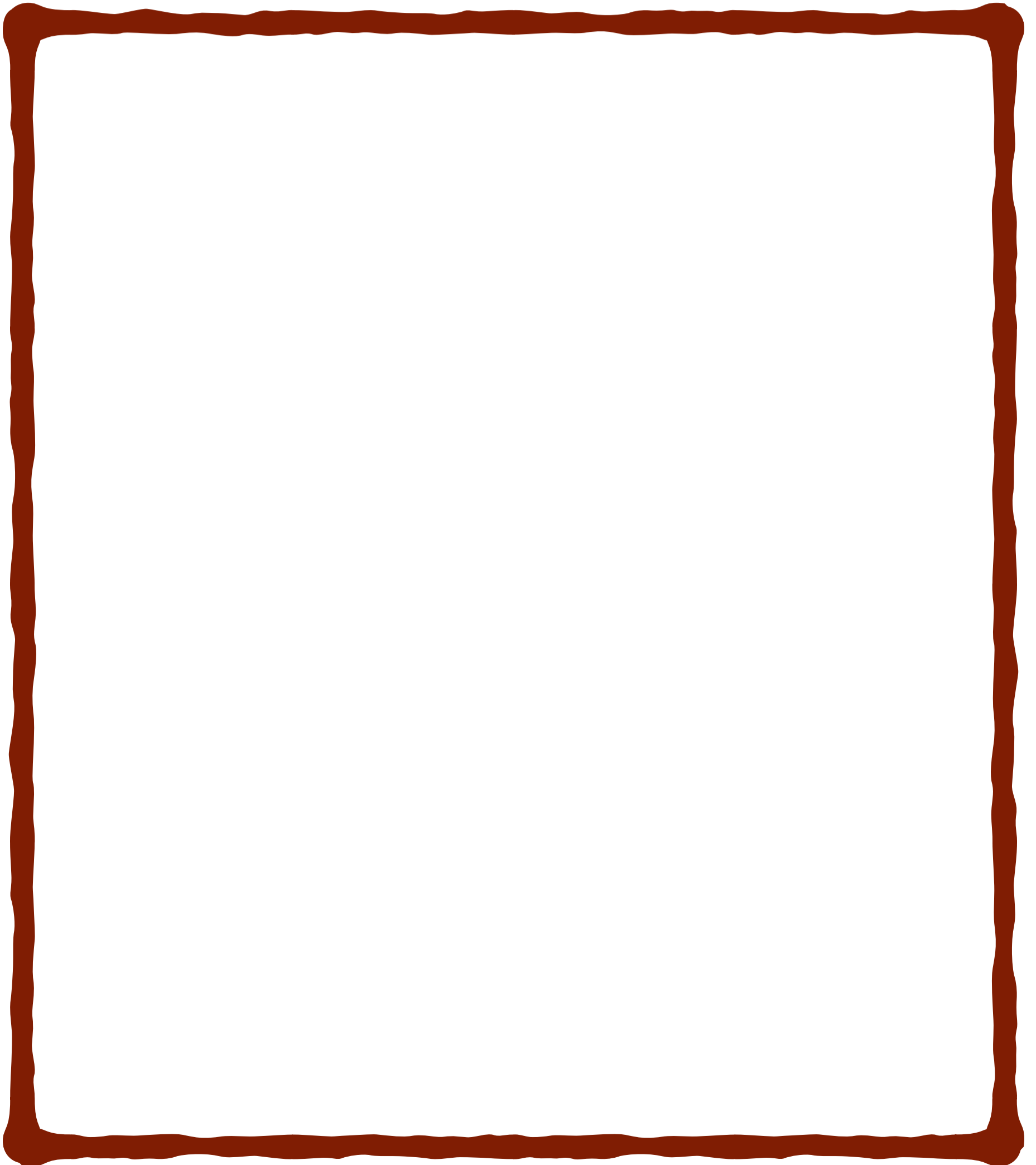
A great tool that we can use to combat the symptoms of anxiety is to take a minute to breathe. Practice the star breathing method below, start off by breathing in and then follow the instructions around the star until you are back at the beginning. How do you feel afterwards?



NO 8- I CAN

Think of 5 things you CAN do to combat anxiety. Using the space below draw around your hand and write one thing on each finger. On the palm of the hand write I CAN.

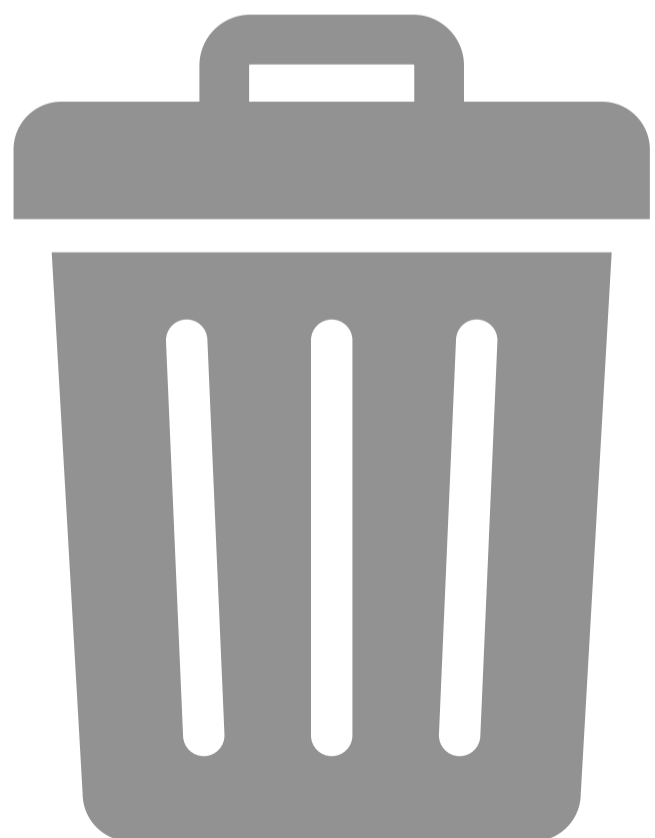
Once you have done this read the 5 things you can do out loud and give yourself a round of applause!



NO 9- SORT AND RECYCLE

In the box below write a list of some of the negative thoughts you have been feeling recently

Now read through your list. What negative thoughts and feelings can you resolve using your coping toolkit so that you can 'bin' them off and what thoughts can you 'recycle' and turn into positive mindset mantras?

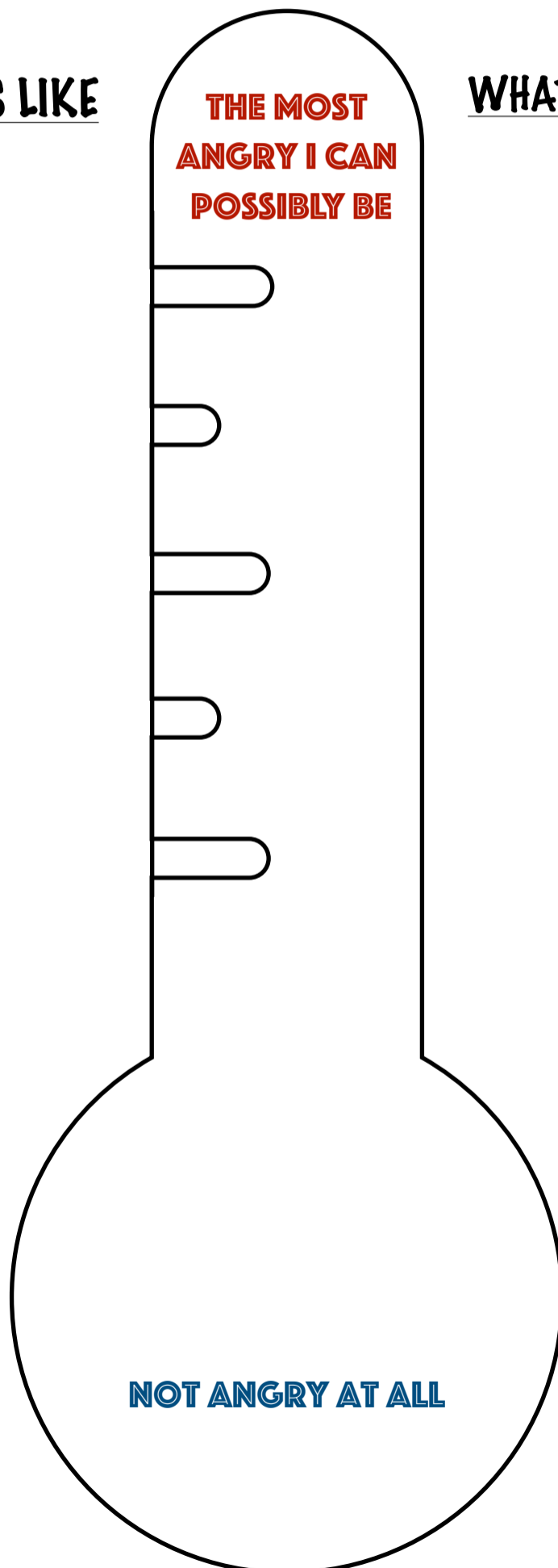


NO 10- ANGER THERMOMETER

Anxiety can manifest itself as anger. An important 'tool' you can add to your anxiety toolkit is recognising your anger levels and utilising methods to help yourself calm down.

Colour and label the thermometer below to show the different stages of anger that you feel and methods you could use to alleviate your anger

WHAT MY ANGER LOOKS LIKE

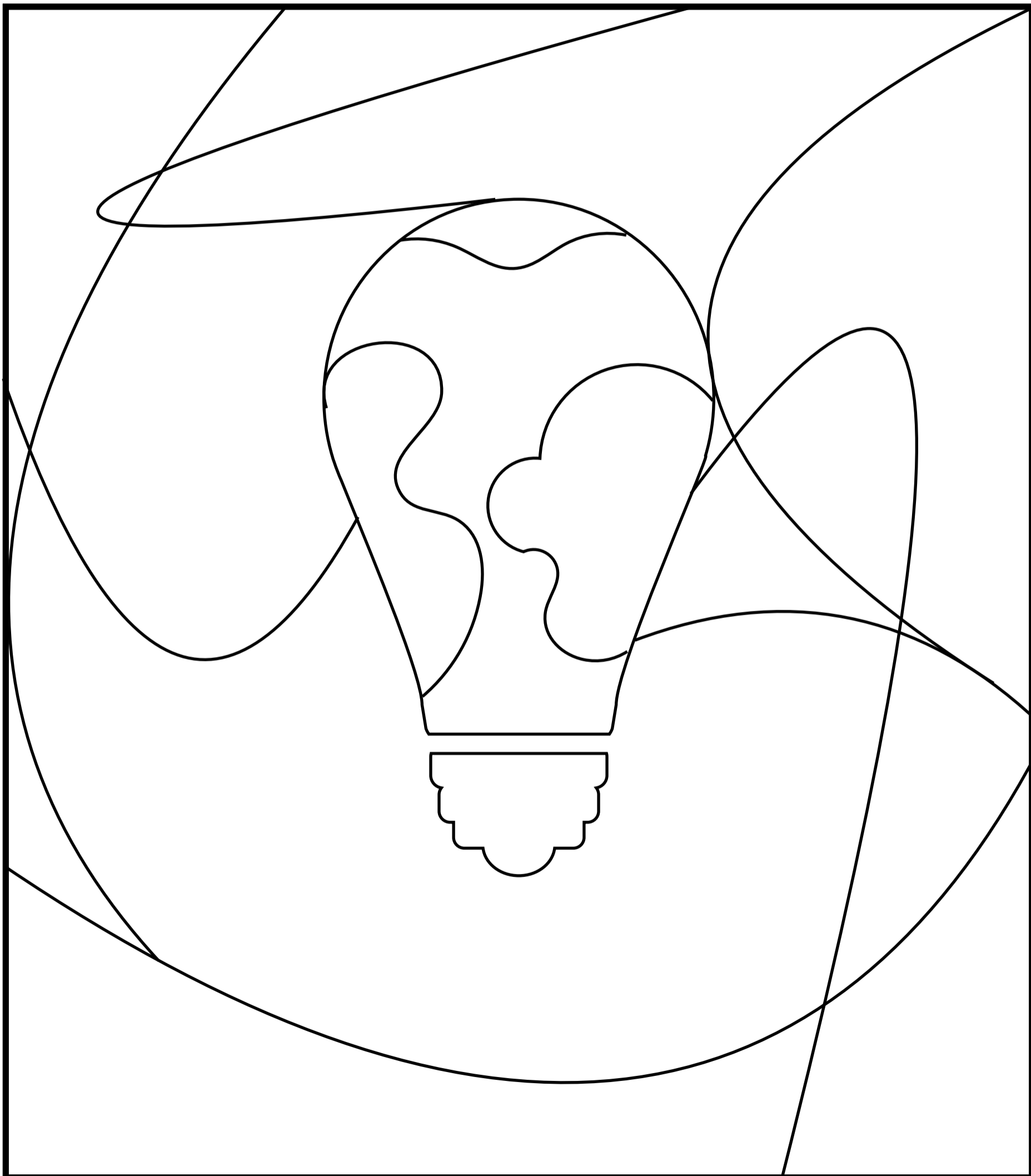


WHAT I CAN DO TO HELP MYSELF

NO 11- COLOUR AND RELAX

It is important when you feel anxious to try and relax, sometimes this feels impossible to do.

A great way to help your body and mind relax is to take some time to yourself to simply colour in. Colour the image below and add in some positive mindset language to finish it off!



NO 12- MINDFULNESS MEDITATION

Meditation is a great tool to use to keep your anxious thoughts and feelings at bay. During mindfulness meditation you will focus mostly on your breathing and how to use this as a tool to ground yourself and be focused on the present. It's absolutely normal for your mind to wander whilst you are meditating but you can bring yourself back to the present by refocusing on your breathing.

How to meditate:

(it may be best if you allow someone to read the instructions aloud to you so that you can concentrate)

- 💡 Take between 15 - 30 minutes to work on your meditation.
- 💡 Sit in a chair or on the floor, you may want to use a cushion for support
- 💡 Try to keep your back straight but don't make yourself stiffen up
- 💡 Relax your neck allowing your chin to drop slightly
- 💡 Pick a point across the room to focus on or close your eyes
- 💡 If you are in a chair place your feet flat on the ground, if you are sat on the floor cross your legs
- 💡 Let your arms fall naturally to your sides, with your palms resting on your thighs
- 💡 If you become uncomfortable you can adjust yourself accordingly
- 💡 Now focus on your breathing, breathe in through your nose and out through your mouth
- 💡 Notice the sensation of air as it passes through your nose and mouth, think of the rise and fall of your belly as you breathe in and out

Continue doing this for as long as you feel comfortable. At first you may feel silly but the more you practise the, more comfortable you will feel with meditation.

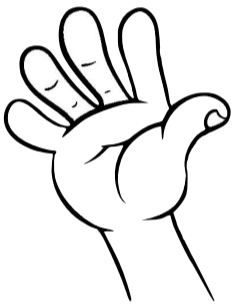
NO 13- 5,4,3,2,1

The 5,4,3,2,1 technique is a calming technique which takes you through all 5 senses, it can be used to help you through difficult or stressful situations.

Take a deep breath before you begin: Then write down 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste



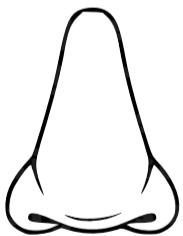
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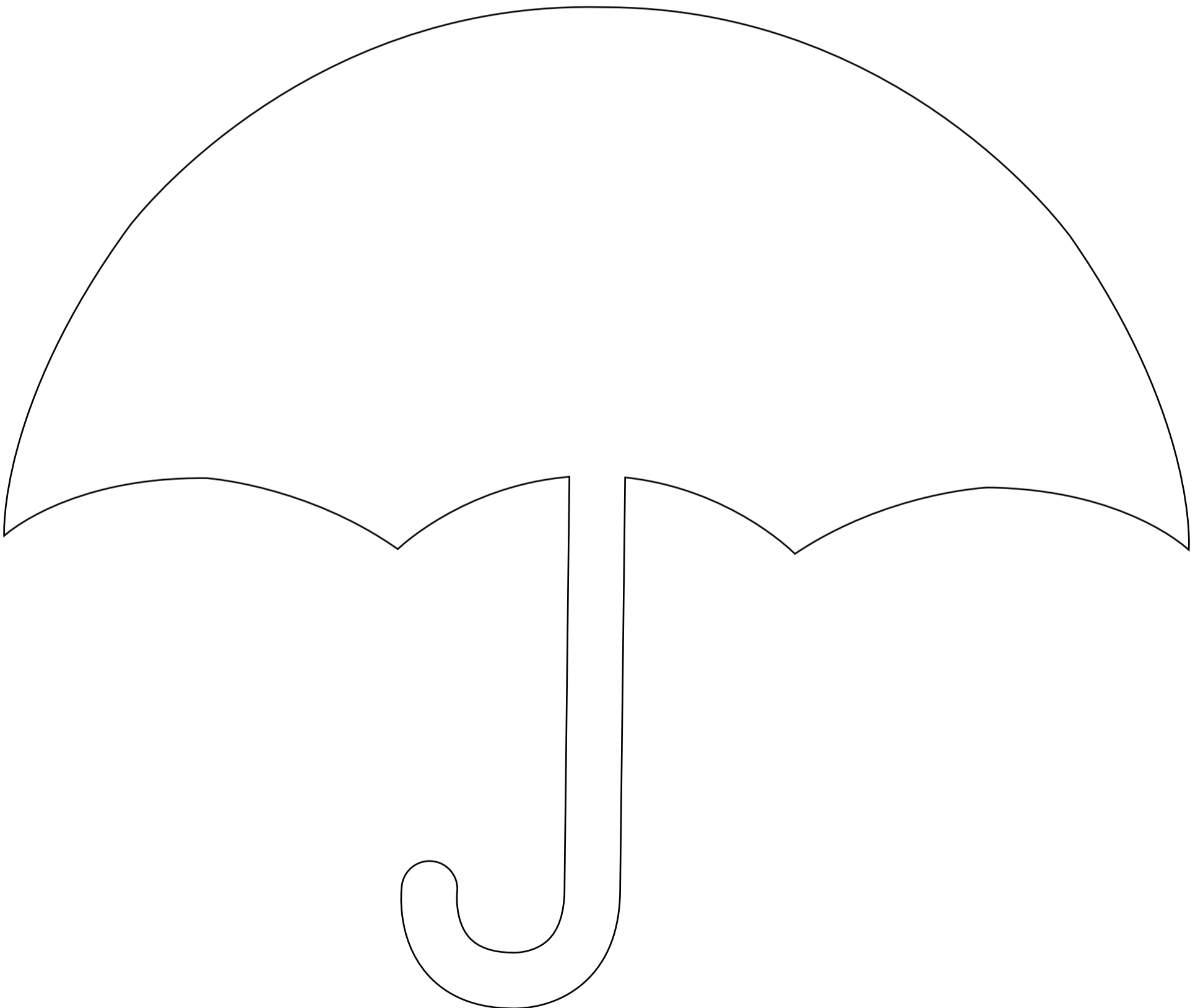


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NO 14- UMBRELLA

Coping strategies are like a stress umbrella. They help protect us from stress which comes in our direction. We may still feel a little bit stressed but we know that with our protection we will be able to handle it.

Design and colour your stress umbrella below



NO 15- POSITIVE AFFIRMATIONS

Self talk is the inner voice that we all use to encourage and reassure ourselves to complete tasks. A positive voice can make an enormous difference in making us feel more confident about ourselves. From the table below highlight your 5 favourite positive thoughts and read them aloud. How can you use these to encourage yourself to overcome your anxieties?

1. I am kind
2. I am enough
3. I am improving every single day
4. There is no one i'd rather be other than me
5. I am an amazing person
6. All my problems have solutions
7. I am proud to be me
8. I deserve to be loved
9. I am in control of my own actions
10. Today I am choosing to be positive
11. Challenges help me grow
12. I can take positive risks
13. I can get through anything
14. I will only compete myself to myself
15. Today is going to be an awesome day
16. I can do anything that I put my mind to
17. I will try harder next time
18. With practise I can improve
19. I am whole
20. I can be a leader
21. I have people who respect me
22. Today I choose to be confident
23. I believe in myself and my abilities
24. Good things are going to come to me
25. I love myself
26. It's ok not to know anything
27. I give myself permission to make choices
28. I will step outside my comfort zone
29. I will walk through my fears
30. I am open minded
31. I am ready to learn
32. Every day is a fresh start
33. I matter
34. I forgive myself for my mistakes
35. I can make a difference
36. I have people who love and respect me
37. I am a beautiful person
38. I will do better next time
39. I deserve happiness
40. Today I am a leader

NO 16- DECATASTROPHISING

Everyone occasionally has irrational thoughts that have the power to influence how you feel, these are called COGNITIVE DISTORTIONS. Everybody has some of these thoughts but when you have too many of these these thoughts too often, they can be harmful.

One of the most common types of cognitive distortion is catastrophising. This is where a problem is exaggerated to the point where you think that only the worst possible outcome will come true. By decatastrophising and evaluating your own thoughts you are able to fix these irrational thoughts.

Let's try some decatastrophising below:

What are you worried about?

How likely is it that your worry will come true?

If it does come true, what's the WORST that could happen?

If it does come true what is MOST LIKELY to happen?

If it does come true, what are the chances you will be ok in...

1 week? _____?

1 month? _____

1 year? _____

NO 17- CHALLENGING ANXIOUS THOUGHTS

Anxiety doesn't always have to be an unhealthy emotion. It can actually make us look into our problems and work hard to figure out how to solve them. Anxiety becomes an unhealthy emotion when it gets out of control, it does the opposite from helping us figure out our problems and makes us feel useless. Irrational thoughts often play a big role in this.

Below we will practise catching our irrational thoughts and replacing them with alternatives which are a lot more rational. If you practice this enough, you can make this a natural way to help manage your anxiety.

Describe a common situation which can trigger your anxiety (for example having to do a presentation in class):

Describe the best
outcome:_____

Describe the worst
outcome_____

Describe the most likely
outcome_____

If the worst did happen, would it still matter:

One week from now? _____

One month from now? _____

One year from now? _____

Using your worst 'worst outcome' and 'likely outcome' from the above, describe your :

irrational
thought _____

rational
thought: _____

NO 18- CHALLENGING ANXIOUS THOUGHTS

Part 1

Read the scenarios below and identify the possible feeling which may result from them

Scenario 1: You've had a really difficult day at school where you've found that your lessons have been very challenging. You arrive home to find that your brother has borrowed your favourite white top that you were planning to wear to a party that night, wrecked it and left it on your bedroom floor.

A) You say to yourself:

Possible feelings

'WHAT THE HECK?!' I've had such a tiring day and now I come home to this! All he cares about is himself the selfish brat. I'm going to go and kick off with him.

B) You say to yourself:

Possible feelings

I've told him a thousand times to ask me if he wants to borrow my clothes and he never listens to me. Does he not respect me or am I the worst sibling in the world.

Scenario 2:

One evening your parents take you to your aunties house. When you get to her house your parents tell you to go in whilst they go and find somewhere to park as there's cars all round. As you are walking towards the house, it seems like there is no one in. You notice that it's all dark and the door is slightly open. As you walk into the house all of the lights come on and all your friends and family shout surprise and begin to sing happy birthday to you.

A) You say to yourself:

Possible feelings

What a lovely surprise, I can't believe everyone remembered my birthday. Everyone must really love me to throw me such a fab party!

Part 2

Read through the scenarios and fill in the quotes to match the feelings

Scenario 1:

You arrive home to find a note from your dad telling you that they have had to go away for a few months with work and they had to leave immediately. You look around and notice that a lot of your dad's stuff has gone.

A) You say to yourself:

Feelings:

Angry

B) You say to yourself:

Feelings

Hurt

Scenario 2:

You get home from school in a good mood and decide that you will cook dinner for your mum and dad. As you're just about to finish cooking your parents ring to say that they have to work late and will not be home in time for tea.

A) You say to yourself:

Feelings:

Disappointed

B) You say to yourself:

Feelings

Concerned

NO 19- ANXIETY SYMPTOMS

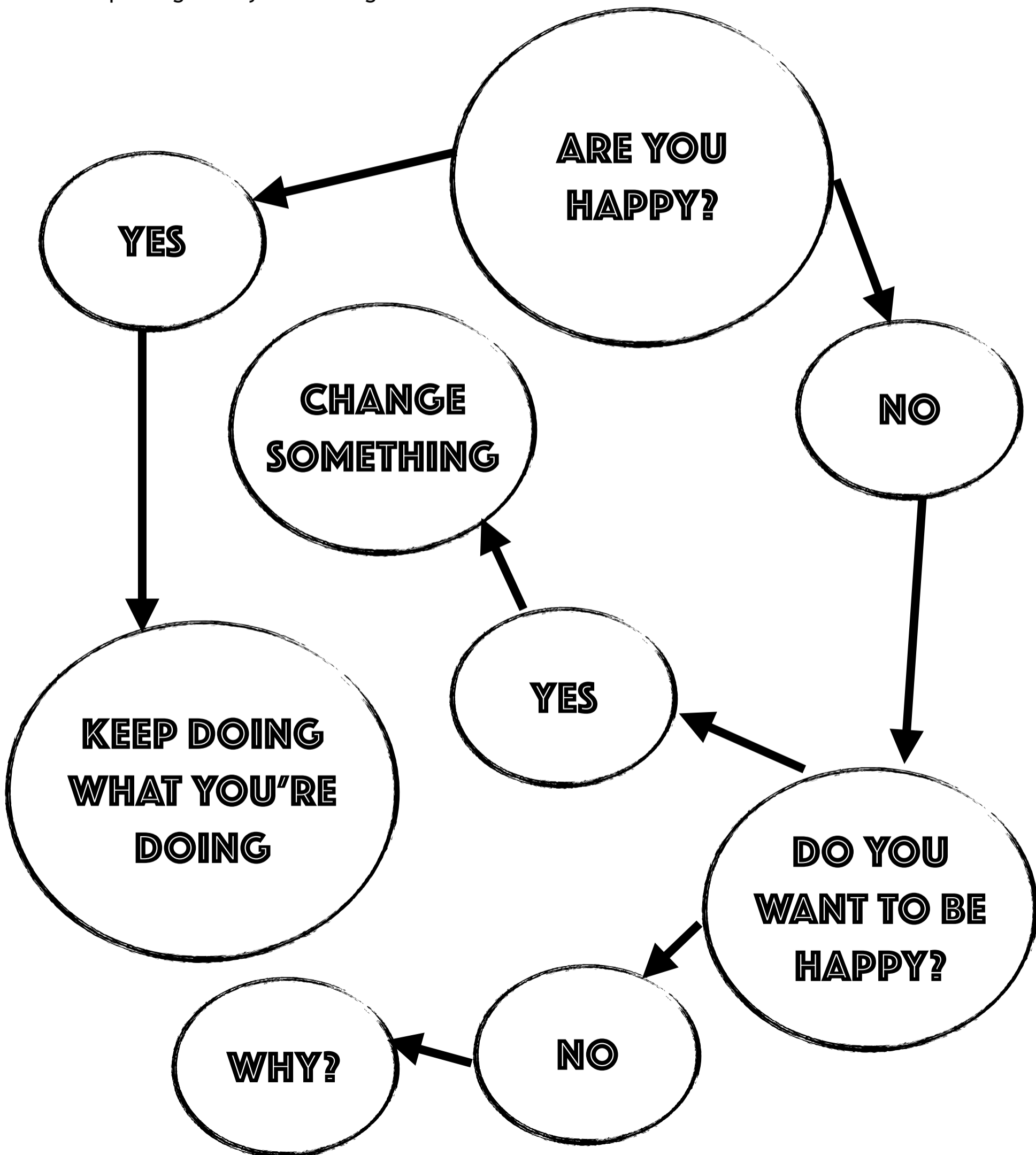
Anxiety symptoms are usually grouped into 3 categories. Some symptoms can be somatic (physical), some can be cognitive (thoughts and responses) and some can be behavioural.

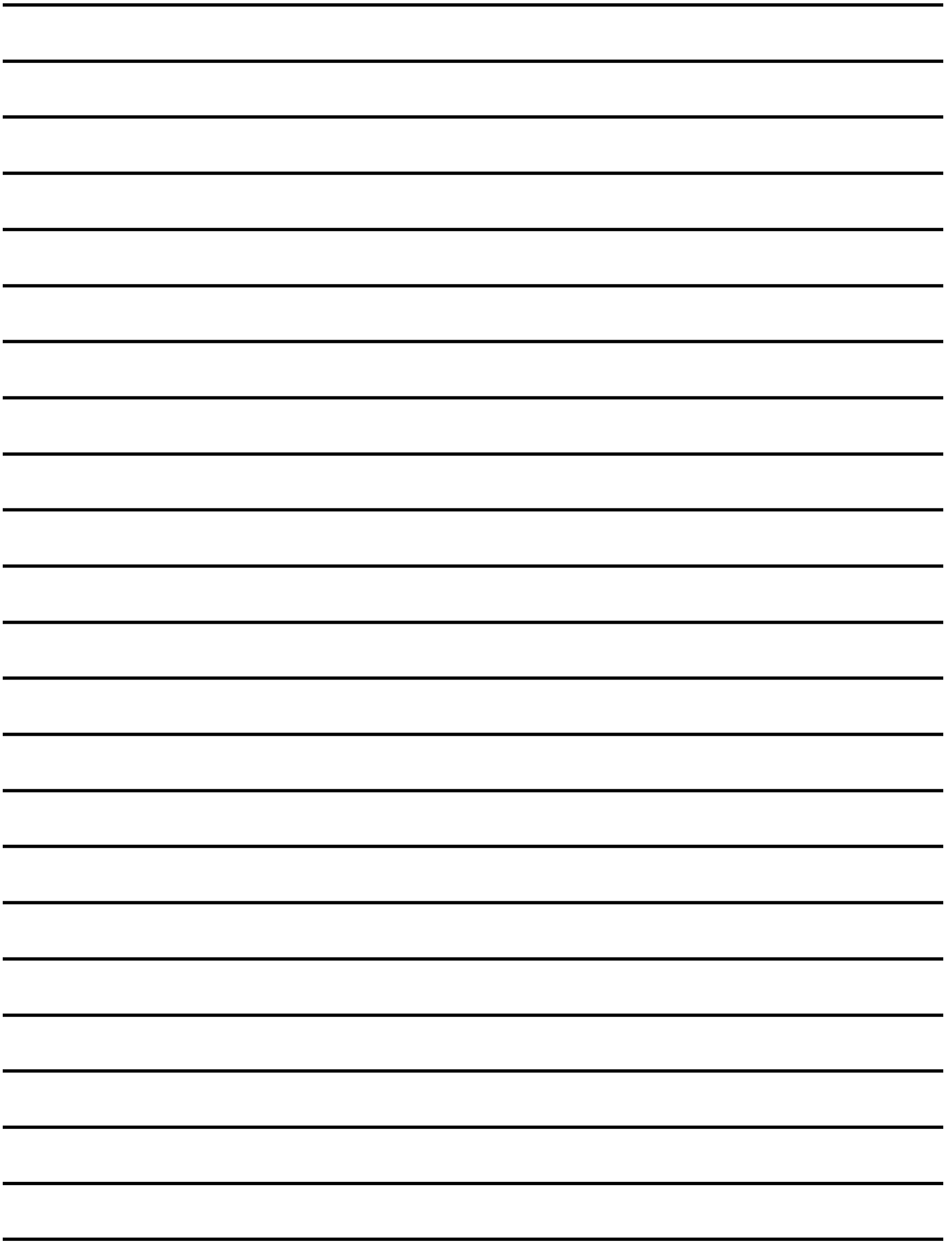
List your symptoms in the table below, do you notice that your symptoms all seem to be coming from the same category or are they spread? Knowing how your symptoms manifest can help with knowing how to combat them.

Somatic	Cognitive	Behavioural

NO 20- ARE YOU HAPPY?

Use this flow chart to make positive changes to ensure your happiness, colour it in the happiest most colourful way you can! If you get to the WHY circle write below your reasons why on the sheet below, try to rationalise them and then start again until you can get to 'keep doing what you're doing'.





NO 21- POSITIVE SELF-TALK

Using positive self-talk statements we can encourage and help ourselves through challenging situations. We can in effect be our own personal coach. Throughout our lives we have all made it through some really difficult times and we can use those experiences to help us through any of our current challenges.

Below list some of the most difficult experiences you could experience and then next to them write a coping or positive statement for each one- something that you can tell yourself to know you will get through.

Difficult Situation	Positive Self Talk

NO 22- NOW

'If you want an explanation for your present, look at your past. If you want to know your future look at the present'

N - Notice

O - Observe

W - Wise Mind

The NOW technique can be used to ground yourself and keep yourself in the present when you feel that your mind is racing away from you. Let's try this below:

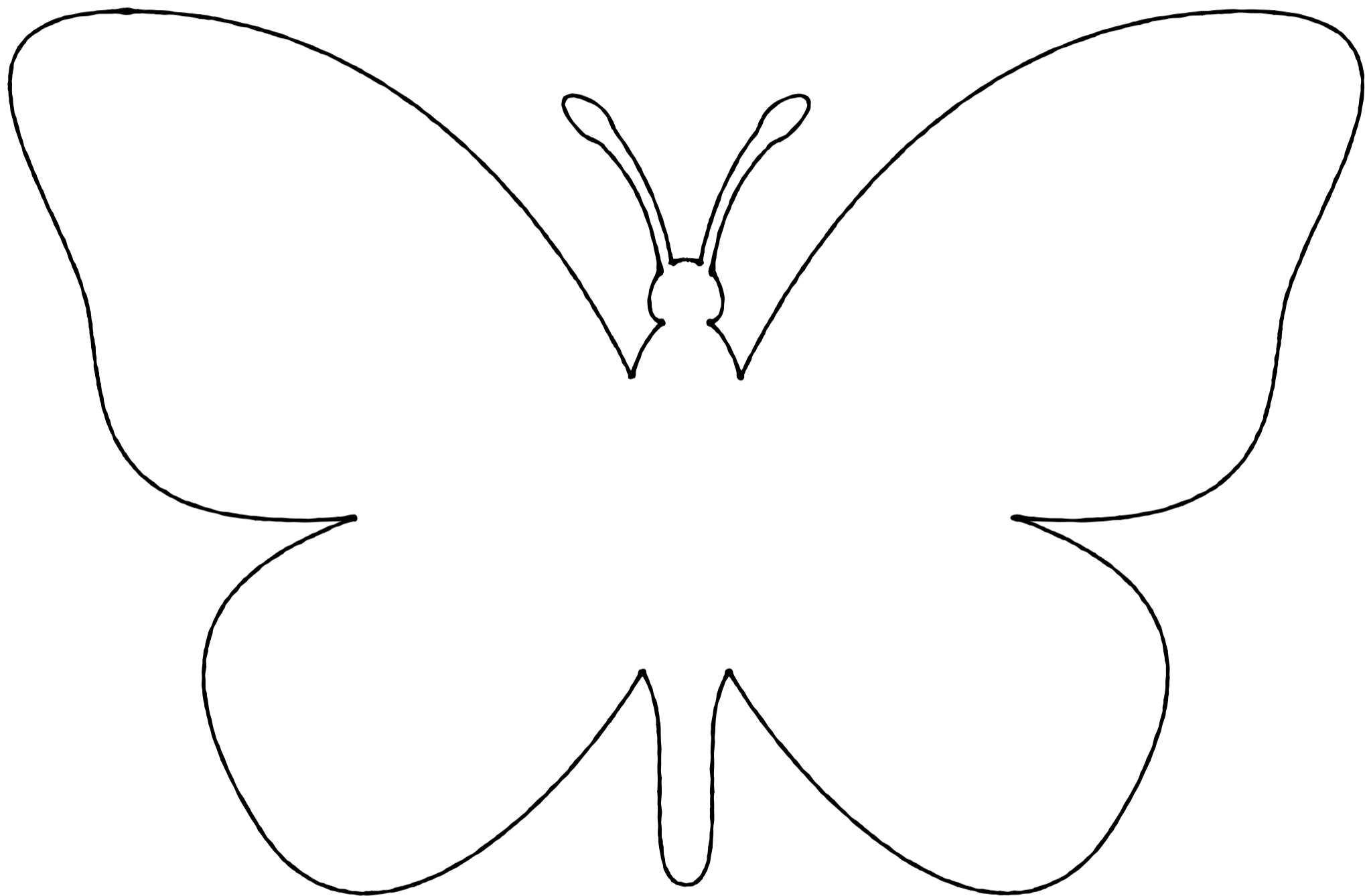
Notice: Where is my attention? What am I thinking about right now?

Observe: What am I doing? Do you notice any sensations in your body?

Wise Mind: What now? How should I continue? What can I change?


NO 23- BUTTERFLIES

What gives you the butterflies? In the upper wings write what gives you the 'butterflies'. In the lower wings write down what you can do to combat them. Once you've done that, colour in the butterfly in the most beautiful, unique way!



NO 24- MINDFULNESS MINUTE

Take a minute to colour this mindfulness page, let your mind completely relax!



Breathe

NO 25- POSITIVE AFFIRMATIONS WORDSEARCH

B	V	P	N	F	R	I	E	N	D	S	E	V	N
E	Y	W	E	I	C	A	H	S	S	R	P	P	A
L	C	W	I	Y	O	L	K	E	R	D	S	P	B
I	C	A	N	R	P	L	O	V	E	S	W	E	I
E	G	I	W	T	I	I	E	R	L	W	O	R	K
V	E	I	E	G	N	I	S	I	S	I	R	E	R
E	E	Y	E	S	G	P	N	I	O	H	K	N	G
A	P	C	L	G	G	A	E	H	T	A	E	R	B
R	T	A	L	A	E	V	I	T	I	S	O	P	R
P	O	L	E	V	E	D	S	O	R	W	V	I	A
P	O	E	E	G	N	A	H	C	T	E	S	E	G
Y	L	I	M	A	F	S	C	H	H	E	L	P	N
P	S	R	E	W	O	P	E	O	N	O	H	L	O
T	O	B	R	S	S	E	N	I	P	P	A	H	V

Coping

Growth

Help

Power

Love

Believe

Try

Develop

Breathe

Positive

Happiness

Friends

Change

I Can

Work

Work

Family

Tools

In the kitchen...

- 1. Make a range of hot drinks**
- 2. Set the table (properly)**
- 3. Store food in the fridge safely**
- 4. Use the Oven and Hob Safely**
- 5. Peel and chop things up safely**
- 6. Crack an eggs**
- 7. Sharpen knives safely**
- 8. Put out a kitchen fire**
- 9. Clean the Kitchen using chemicals safely**
- 10. Cook a meal from a recipe**

General Housekeeping...

- 1. Use a mop/steam mop correctly**
- 2. Use the vacuum cleaner and empty it**
- 3. Put up a shelf/ Hang a picture**
- 4. Build flatpack furniture**
- 5. Organise draws**
- 6. Make your bed including changing bedding**
- 7. Remove stains from carpet/furniture**
- 8. Change a lightbulb**
- 9. Check the batteries in smoke/carbon dioxide alarms**
- 10. Unclog a blocked toilet/sink**

Laundry...

- 1. Sew up a hole in a clothing item**
- 2. Fold and put away laundry**
- 3. Pair our socks**
- 4. Sew on a button**
- 5. Fix a broken zip**
- 6. Use the washing machine**
- 7. Iron your clothes safely**
- 8. Pack a suitcase**
- 9. Remove stains from clothing**
- 10. Use the washing machine**

Garden/ Outdoors...

- 1. Use a lawn mower**
- 2. De-weed grass**
- 3. Pump up a bike tyre**
- 4. Wash a car**
- 5. Plant and grow vegetables**
- 6. Understand when to put out recycling bins**
- 7. Sort general waste into recycling**
- 8. Saw/ Chop wood safely**
- 9. Safely use a BBQ**
- 10. Strim hedges**

On The Computer...

- 1. Compose and send a professional email**
- 2. Do an online food shop**
- 3. Compose a CV**
- 4. Research colleges, universities etc.**
- 5. Revise school/college work**
- 6. Search and apply for jobs**
- 7. Video chat a family member**
- 8. Create safe and individual passwords**
- 9. Plan a holiday or trip**
- 10. Look for volunteer opportunities**

Personal...

- 1. Work on budgeting and why this is important**
- 2. Accept compliments graciously**
- 3. Put across your opinion without being rude**
- 4. Practise good manners**
- 5. Learn the difference between credit and debit**
- 6. Understand a wage slip (tax, NI etc..)**
- 7. Practise public speaking**
- 8. Understand how to live a healthy lifestyle**
- 9. Understand how to be a good judge of character**
- 10. Learn how to admit fault and start over**

INDOOR EXERCISE IDEAS

Below is a list of ideas of exercise activities that you can do inside with limited space. Exercise is not only healthy for your body, it is healthy for your mind as when you exercise endorphins are released which make you feel happy!

PE With Joe:

This PE lesson is hosted by 'The Body Coach' Joe Wicks daily at 9am. You can find this on his YouTube 'The Body Coach'

Yoga:

Yoga is not only good for your core strength and flexibility, it has also been proven to boost your mental health. There are many free yoga tutorials on facebook

Pilates:

Pilates is very similar to yoga yet focuses more on building muscle strength rather than flexibility

Circuit Training:

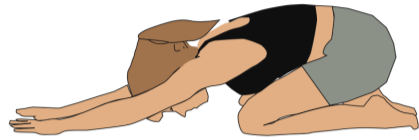
You could create your own circuit in your home/back garden. A good circuit has a mix of cardio, strengthening and stretching activities which you do for a short time and then move on for the next one.

High Intensity Training (HIIT) Workouts:

HIIT workouts can vary in length and you can find some great workouts to use on YouTube. HIIT workouts contain exercises that raise your heart rate and really get you sweating!

YOGA

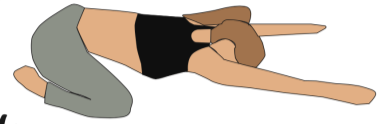
Heres an idea for a beginners Yoga workout:



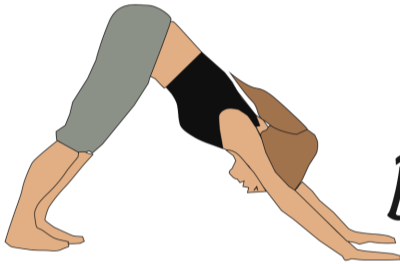
Hold
30 to 60
Seconds

Child Pose

Hold
30 to 60
Seconds



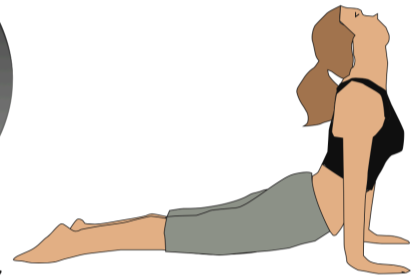
*Wide Leg
Child Pose*



Hold
30 to 60
Seconds

*Downward
Dog*

Hold
30 to 60
Seconds



*Upward
Dog*



Hold
30 to 60
Seconds
both sides

Low Lunge

Hold
30 to 60
Seconds
both sides



Lunge Twist



Hold
30 to 60
Seconds

*Chest To
Thigh*
















Hold
Up to 60
Seconds

Lotus Pose



PLIATES

Here is an idea for a beginners pilates workout:

 Hundred	 Roll Up	 One Leg Circles	 Rolling Back	 One Leg Stretch
 Double Leg Stretch	 Single Straight Leg Stretch	 Criss Cross	 Spine Stretch	 Cork Screw
 Saw	 Swan Prep	 One Leg Kick	 Bridge	 Plank



Hundred Lie on back. Arms by sides with palms on mat. Bend knees towards chest. Curl up head, neck and shoulders. Hover arms up to height of abdominal wall. Extend legs long to 45 degrees. Heels together and toes apart (pilates stance). Vigorously pump arms up and down. Inhale through mouth for 5 counts and exhale through mouth for 5 counts (one set). Bring head and feet down to mat. Repeat.

Benefits: Increase blood circulation. Good warmup. Increase ab strength.

Video: <https://www.youtube.com/embed/UaqqpUzs1i8>



Roll Up Lie flat on back with legs together. Reach arms overhead shoulder width apart. Palms facing forward. Inhale, reach overhead and curl head and shoulders off the mat. Exhale, peel spine off the mat, rounding forward and bringing the crown of head towards knees. Keep arms parallel to mat. Abdominals draw into spine. Inhale, roll back down to start.

Benefits: Strengthen abs. Increase spinal mobility.

Video: https://www.youtube.com/embed/D9a_qJp2rH0



One Leg Circles Lay flat on back with arms by side. One leg straight on mat with foot flexed and other leg up towards ceiling. Circle top leg across body, down, and around while keeping pelvis stable for 5 circles. Reverse circle in other direction, circling leg away from the body, down, and around. Repeat on other leg.

Benefits: Pelvic stabilisation. Mobilisation of hip joint.

Video: <https://www.youtube.com/embed/RZqtVL6K8DM>



Rolling Back

Sit with knees bent. Feet flat on floor. Hands hold front of knees (one hand on each knee). Inhale: Bring forehead towards knees. You now look like a ball. Stay a ball as you roll back to the tips of shoulder blades. Return to the start by engaging abdominals as the brake to the rolling. Balance in start position. Repeat.

Benefits: Stimulates and massages the spine.

Video: <https://www.youtube.com/embed/EfVURwxctv8>



One Leg Stretch

Lie on your back. Curl head and shoulders off mat. Bend both knees into chest. Extend one leg straight as you place both hands on opposite shin. Outside hand places near ankle. Inside hand places near knee. Switch legs, extending opposite leg straight and pulling opposite knee into your hands. Continue switching legs.

Benefits: Strengthen abdominals.

Video: <https://www.youtube.com/embed/dJWsTv3IhOo>



Double Leg Stretch

Lie on back. Stretch legs away from you. Keep legs squeezed together and toes pointed. Pull legs back into Tabletop Position. Repeat. Lower head and legs to mat.

Alternatives: Teaser. Roll Over.

Benefits: Strengthen abs.

Video: <https://www.youtube.com/embed/N-jZas9tMSU>



Single Straight Leg Stretch

Lie on back with legs extended. Bend right knee and hold onto back of knees with both hands. Relax shoulders and neck. Bring knee as close to chest as possible and straighten knee (lower toes towards head to deepen the hamstring stretch). Hold. Release. Repeat. Switch sides.

Benefits: Stretches hamstrings. Strengthen core and lower back.

Video: <https://www.youtube.com/embed/C-wiOqYcxoI>



Criss Cross

Lay flat on back with hands fingers interlocked behind head. Bring both knees into chest. Curl head and shoulders off mat. Extend right leg to 45 degrees. Rotate to bring right shoulder to left knee. Switch to rotate in opposite direction (left shoulder to the right knee). Repeat.

Benefits: Abdominal and oblique strength.

Video: <https://www.youtube.com/embed/a2L7tfx8XbU>



Spine Stretch

Sit tall. Straighten legs. Flex feet. Reach arms forward parallel to mat. Palms face down. Exhale, roll forward through spine. Draw abs in. Keep arms parallel to mat. Inhale, roll up stacking spine to return to start.

Benefits: Spinal articulation. Strengthens hip extensors

Video: <https://www.youtube.com/embed/XZGuNaEV-nM>



Cork Screw

Lie on back. Press arms into mat. Legs together. Lift legs straight to the ceiling. Roll over bringing legs parallel to floor, with hips and feet level. Inhale, shift both legs to the right. Roll down through right side of back. Exhale, circle legs around and roll over through left side of back, returning legs to start. Reverse.

Benefits: Strengthen abs and shoulders. Pelvis stabilisation.

Video: <https://www.youtube.com/embed/yssUvNuQowE>



Saw

Lie on back. Legs together. Arms overhead. Palms face forward. Inhale, reach arms overhead and curl head and shoulders off mat. Exhale, peel spine off mat, rounding forward and bringing crown of head towards knees. Keep arms parallel to mat. Abs draw into spine. Inhale, roll down to start position.

Benefits: Strengthen abdominals. Increases spinal articulation.

Video: <https://www.youtube.com/embed/Sb0SG1cXgEY>



Swan
Prep

Lie on tummy. Tops of feet on floor. Bend elbows. Spread palms on floor beside waist. Press hands into floor and slightly backwards (as if trying to push yourself forward along floor). Straighten arms to lift torso and legs. Thighs firm. Buttocks soft. Look straight ahead.

Benefits: Strengthens spine, arms, wrists. Stretches shoulders.

Video: <https://www.youtube.com/embed/KAotX1bDGps>



One Leg
Kick

Lie on stomach with legs straight and together. Prop yourself onto forearms, bringing elbows underneath shoulders. Kick one heel into your seat two times, reach the leg straight, and place it on the mat. Switch legs.

Benefits: Back extensors, hamstrings, glutes.

Video: <https://www.youtube.com/embed/X79gMUknrVs>

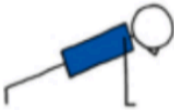


Bridge

Lie with back on floor. Bend knees. Set feet on floor. Heels as close to sitting bones as possible. Exhale. Press inner feet and arms actively into floor. Push tailbone up to pubis. Firm buttocks and raise them off floor. Clasp hands below pelvis. Extend through arms (help stay on the tops of shoulders). Lift buttocks until thighs are parallel to floor. Hold. Release with an exhalation, rolling spine slowly to floor.

Benefits: Eases back pain. Strengthens buttocks and hams. Core-stabalizer.

Video: https://www.youtube.com/embed/jp_zeKy8Iow



Plank

Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Finger tips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.

Benefits: Strengthens arms, wrists, spine. Tones abs.

Video: <https://www.youtube.com/embed/pSWYGXSNjdE>

CIRCUIT TRAINING

Here is an idea of a circuit you can do at home:



CIRCUIT TRAINING AT HOME

Pick 3-4 things from each category. Alternate cardio and strengthening activities in short bursts of 3 minutes then a 30 second break

CARDIO

- Star Jumps
- Squat Jumps
- Jogging on the spot
- Step Ups
- High Knees
- Mountain Climbers
- Jumping Jacks
- Burpees

STRENGTH

- Plank and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge position
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits

HIIT WORKOUT

Here's an example of a HIT workout you can try at home:

This circuit is comprised of exercises that keep you moving forward, back, up and down, and focus on the front and back of the body. Hence the name, "straightforward HIIT."

Repeat this circuit 3 times for a total of 15 minutes.

Jumping High Knees

In place, bring one knee up to your chest as you press your arms up in the air; lower that leg and then bring the other knee up to your chest. Alternate, and once you feel comfortable you can add in a bounce so that this turns into jumping high knees. The purpose of this is to get your heart rate up! Perform for 60 seconds (30 high knees on each leg).

Squats

Stand with your feet as wide as your shoulders, toes pointing forward. Pull your naval in towards your spine, and then sit back by bending at your knees and reaching your glutes back as if you're sitting in a chair. Press down through your heels and then stand back up. Repeat this 10x.

Push Ups

Start on your hands and knees, with your hands directly underneath your shoulders. Pull your naval in towards your spine and then tuck your toes under, pushing back into a plank position. Look two inches in front of you and bend your elbows out to the sides to lower down into a push up, then press back up. Repeat 10x.

Ab lower & lift

Lying on the ground, pull your naval in towards your spine and lift your legs straight up to the ceiling. Lower the legs down a few inches or halfway down towards the ground, and bring them back up to the starting position. Keep your low back pressing into the ground for the duration of this exercise. Repeat 10x.

Plank

Start on hands and knees and then press up into a plank position. Reach forward through the crown of your head and reach back through your heels while pulling your abs up and in. Hold this for 20 seconds.

ADAPTING TO SOCIAL DISTANCING

One of the best ways to adapt to social distancing is to understand why we need to social distance in the first place. Let's have a run through of everything we know about social distancing surrounding COVID-19.

WHAT IS SOCIAL DISTANCING?

Social distancing is a term applied to certain actions that are taken by Public Health officials to stop or slow down the spread of a highly contagious disease. The virus which is causing the need for us to practise social distancing at the moment is COVID-19

SOCIAL DISTANCING

WHAT IS COVID-19?
Coronavirus or COVID-19 is a new virus. It is commonly known as Coronavirus. Coronavirus gets its name from the word 'corona' which means crown in latin.

HOW IS IT SPREAD?
COVID-19 is respiratory virus which spreads through dropets generated when an infected person coughs and sneezes

HOW CAN WE PREVENT THE SPREAD?
*To prevent the spread people are being asked to stay at home as much as possible.
You can leave the home only*

- To buy essential items for yourself or a vulnerable person
- To Collect a prescription
- To go to work as a Keyworker
- For a short time to exercise

HOW CAN I PROTECT MYSELF?
*To best protect yourself you MUST follow all government guidance regarding social distancing.
If you do go out, use hand sanitiser often.*

- Wash your hands with soap and water regularly
- Stay 2m away from people outside of your household at all times
- If you need to cough or sneeze do this into a tissue and bin it immediately

COPING WITH CHANGE

Often the hardest changes to understand and adjust to are the ones that are unexpected and out of our control and COVID-19 definitely falls into this category. Changes of this magnitude can be difficult to come to terms with, but you'll often find that your experience of them can be made better or worse depending on your reaction and your attitude. This infographic helps with explaining how we cope with change:

**COVID-19 has caused a
lot of
CHANGE**

**To cope with this you
might try to...**

**Escape the
Situation**

OR

**Control the
Situation**



You are likely to react to this change in 4 stages...

1- Shock

These big changes can make you feel exhausted, It feels like you have taken a huge physical blow. But try to be brave if you can. Look at the situation without feelings involved and gather TRUE facts.



2- Anger & Fear

As you are getting over the shock of the situation, it is normal to feel angry or worried about the future.

Don't try to hide your feelings, try to be open with your family about your worries but don't let those bad feelings get the better of you!

3- Adjustment

We can not control this change, but we know that it is not going to last forever and soon things will return to 'normal'. We need to commit to adjusting to the change and find the 'silver linings' in the situation we are in.



4- Acceptance

Once you have been able to accept the situation, you should be able to move on.

Set yourself goals and aspiration for what you want to achieve whilst at home and what you want from the future. This is our new reality at the moment. But it's only for now!



You never know, you might achieve something amazing during this time!

Change can make us feel trapped and insecure but we must remember that we're not alone, everyone is going through the same thing at the moment.

Don't be afraid to seek support.

And remember, after a storm comes a rainbow.



STAYING ENERGISED AND MOTIVATED AND MAINTAINING A GROWTH MINDSET

Here are some worksheets to work your way through all surrounding staying energised and keeping yourself motivated whilst having to stay at home.

ACTIVITY 1- SETTING GOALS

One of the best ways to keep yourself motivated is to set yourself goals of what you want to achieve and when you want to achieve them by. You do not have to set yourself massive goals, even small goals are good goals!

What do you want to see yourself achieve in:

1 week?

How are you going to do this?

1 month?

How are you going to do this?

1 year?

How are you going to do this?

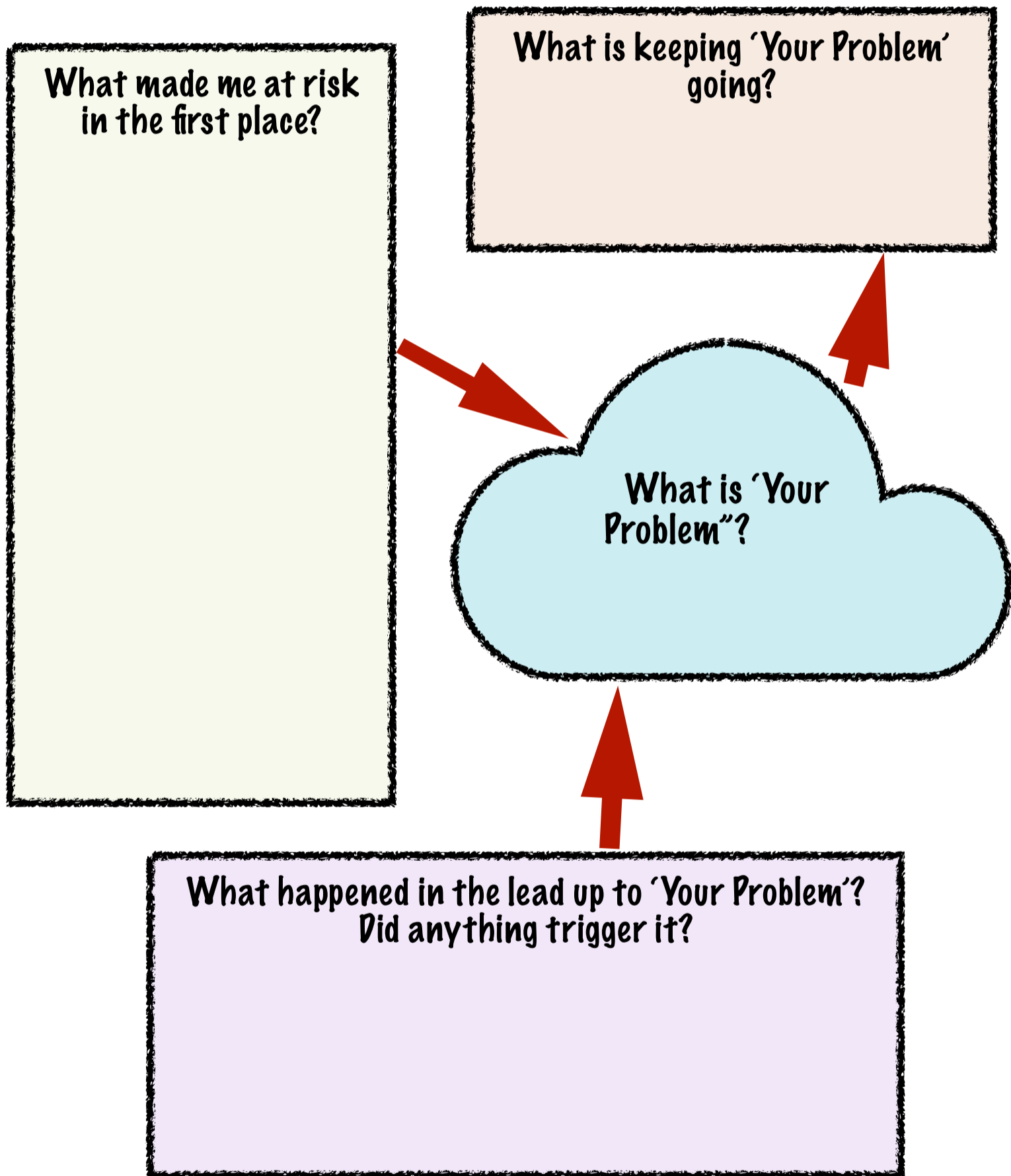
5 years?

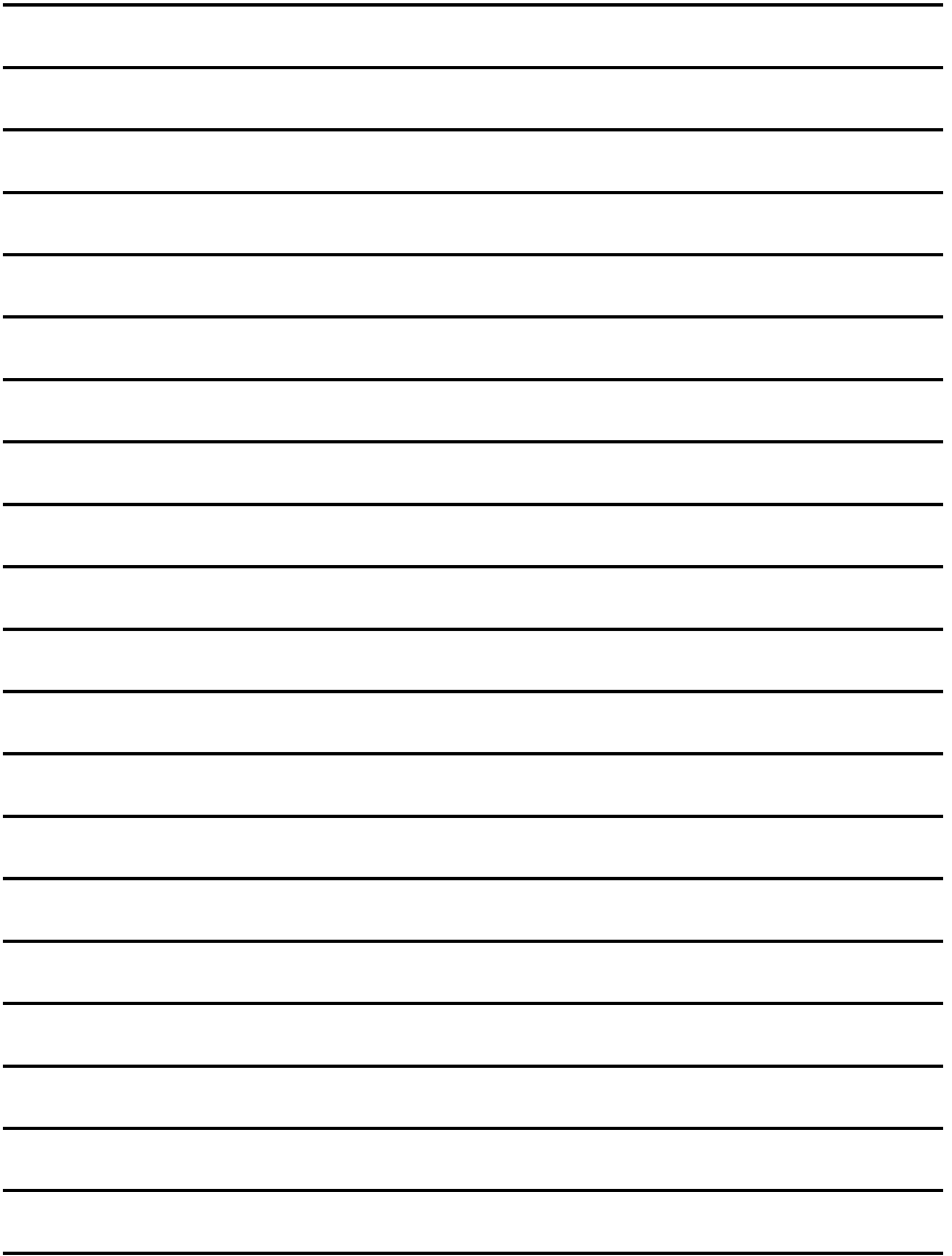
How are you going to do this?

How will you know when you have achieved your long term goal?

ACTIVITY 2- PROBLEM CYCLE

Whilst we are social distancing we can run into a lot of problems. Knowing how to solve these is very beneficial to keeping ourselves motivated. When you're having a problem, try using this method to break out of the 'problem cycle'.

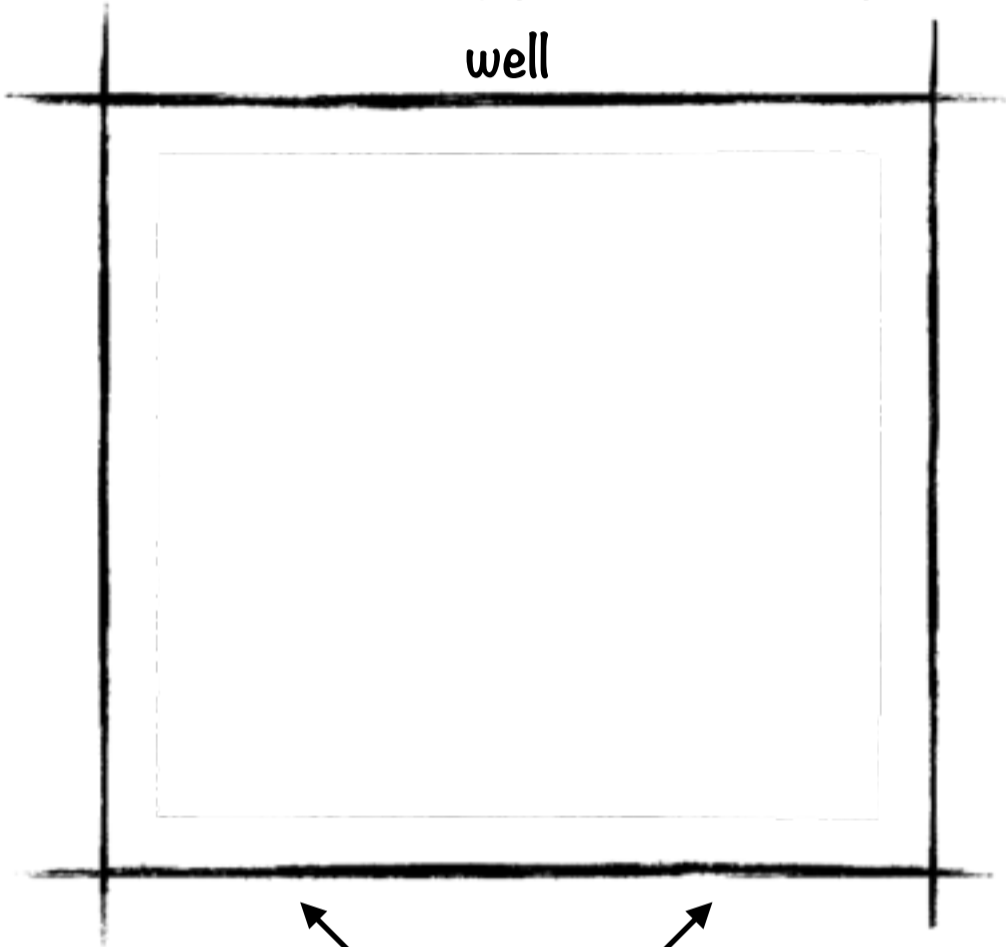




ACTIVITY 4- YET

Fill out the worksheet below detailing the things you can't do YET but want to be able to do them. Think of activities that you can work on indoors whilst social distancing and how you can master them.

Draw something you can do really
well



How did you become good at it?

Finish the sentences below:

I CAN'T



YET

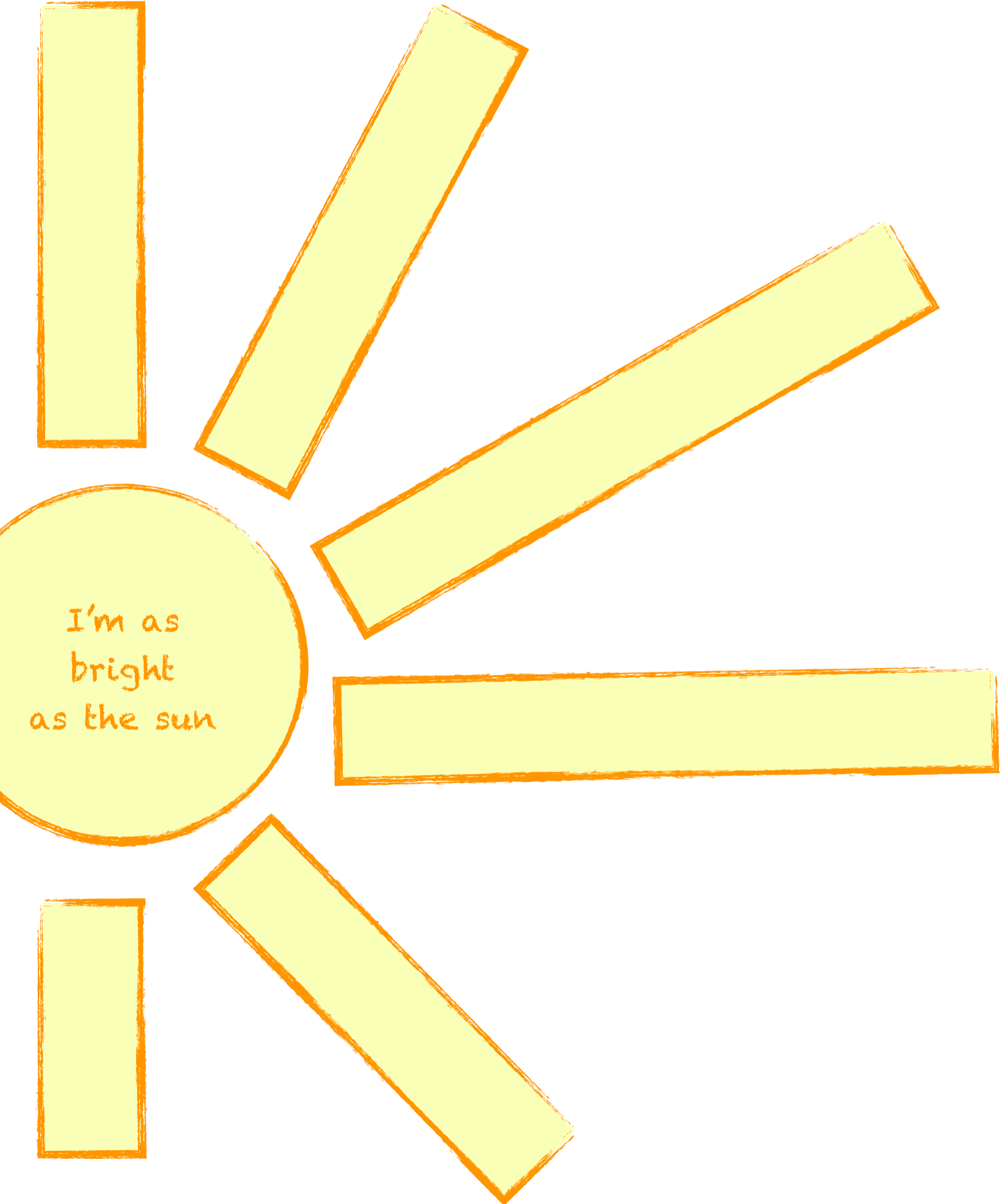
I DON'T KNOW



YET

ACTIVITY 5- RAYS OF SUNSHINE

Using positive affirmations can do a lot for our motivation, if you believe you can do it, you will do it! Create your own affirmations for yourself and write them into the sun below



I'm as
bright
as the sun

ACTIVITY 6- POSITIVE AFFIRMATION WORD SEARCH

Find and highlight all of the positive affirmations in the grid below

H M V H B R A N R Y B Z Y P X O X N T D Q I R X
 C R A Z V J A C P S W E E A M Q U H A P P Y C S
 F F R Z H S J F H O R H P G K E U V U U B D D L
 I T P W Q W H C A D M I R E D P I B D P F J A A
 V C J M E A N I N G F U L V U G F D G U L L L H
 W B S G H A N D S O M E T O M W S T R O N G Z N
 W E C V Q L H R G K N D G L Q L K A K O L V W S
 V A O X X E L W I K R L E Y J F L V R M J A C A
 S U M T X H R Z X P R G E N E R O U S E C L F D
 C T P X U F U N N Y U J M B K L W U O G X U C T
 R I A G L X F S I N D E P E N D E N T X H A L P
 E F S Y O H E Y S E F I M J J U W U W L S B E I
 A U S W V J L E A D E R X W K Y T E I M J L V X
 T L I G I B C B X P F P A U S M D P M J E E E C
 I V O O N U A S R K C O U Q A U X T A E S N R E
 V M N O G A R B E D R S M A R T I S G O B X T I
 E H A D Q C I N Z W E I L P I H T J I B R H Z D
 S I T B J L N T P C L T K I T R P E N C A V J L
 L C E I U R G J S B I I S K C Y Z H A Z V B N A
 P K Z G K J F X B Y A V F G W C F M T R E E C K
 D C G U H D U T S W B E X B S O K D I Z U W W R
 R V G O W M V V E G L E R Y W X M C V E O E O G
 C O N F I D E N T G E M H W M O L T E Y J G W F
 Z V R G U W P F R I E N D L Y W O N D E R F U L

WONDERFUL	VALUABLE	STRONG	SMART
RELIABLE	POSITIVE	MEANINGFUL	LOVING
LEADER	INDEPENDENT	IMAGINATIVE	HAPPY
HANDSOME	GOOD	GENEROUS	FUNNY
FRIENDLY	CREATIVE	CONFIDENT	COMPASSIONATE
CLEVER	CARING	BRAVE	BEAUTIFUL
ADMIRE			

ACTIVITY 7- 10 STEPS TO SET GOOD GOALS

Follow these 10 steps and fill out the table below to set yourself some really good goals!

Step 1- The Big Goal What is your vision or dream? Timeframe: 6 months or more	
Step 2- Long Term Goals Timeframe: Years	
Step 3- Short Term Goals Timeframe- 1-3 weeks	
Step 4- Baby Steps What can you do today? Each day this week?	
Step 5- Environment How can you set things up to make your behaviour easier?	
Step 6- People How can other people make it more engaging? Help with willpower?	
Step 7- Importance Why is this important to you? How do you want to feel?	
Step 8- Identity How does this behaviour reflect who you are?	
Step 9- Reward How can you make this more enticing?	
Step 10- Habit What existing behaviour will anchor it? "E.g when I X, I'll do Y"	

ACTIVITY 8- OVERCOMING AVOIDANCE

We try to avoid the situations, people and places and/or even thoughts which are likely to distress us. This avoidance helps prevent us becoming distressed in the short-term, but is one of the main factors which keeps the problem going over a long time. Avoidance also interferes greatly with our everyday lives. To overcome our problem, we need to overcome the avoidance.

Write down all the things (e.g situations, people, places, TV/Radio/Newspaper/Internet, Thoughts) that you try to avoid. Once you have your list, write a number from 0-10 alongside each item, according to how distressing that item is. (10 is most feared or distressing and 0 is not distressing).

Feared situation, people, places, media, etc	Distress rating 0-10

Now write the list again with the most feared or distressing item at the top of the list and the least feared at the bottom, of the list

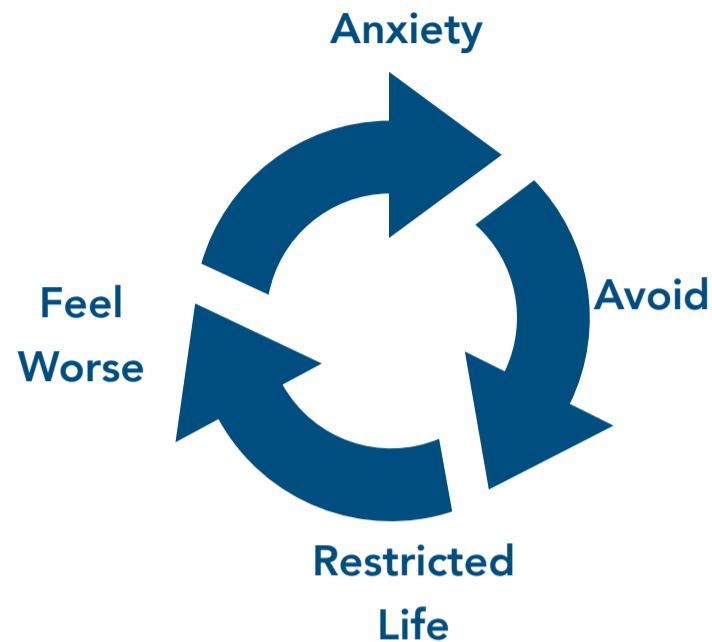
In starting to overcome the avoidance, take the least feared or distressing item and think about how you can face this trigger. You might want to break it down into smaller steps. Write down what you need to do, including any steps. You could also write down reminders of your coping strategies.

Feared situation	Steps I need to take to face the feared situation	Coping strategies I can use during the feared situation

Do the same process for each item on the list, repeating each step frequently and stay in the situation in spite of the anxiety (use your coping strategies to help you). Gradually and slowly work your way up from the least feared to the most feared situation.)

ACTIVITY 9- F.A.C.E

Overcome your anxiety by learning to FACE the situations you normally avoid.



Find and identify your target what you would like to be able to face, rather than what you avoid

Action- decide on the steps you need to take

Coping- identify and use your coping strategies

Evaluate- how did it go

Find

Identify what you would like to be able to FACE, rather than avoid. You could write a list of several targets to face, then choose one that is not too distressing. You can gradually work through the list from least to most distressing.

Action

Decide on the steps you need to take. Break it down into manageable chunks, like steps on a ladder leading up to the top or BIG one. Take one step at a time, starting at the bottom.

Coping

Write down all your coping strategies and use those that are going to be most useful for that situation.

Evaluate

After you've actioned the steps, review how things went. What went well? What didn't go well? What could you do differently next time?

ACTIVITY 10- BEYOND OUR CONTROL



A few years ago, the authorities banned flying for a few days due to the volcanic ash cloud lying over Europe. Many thousands of people all over the world felt anxious, frustrated and sad about not being able to fly.

In that situation, what is in our control? As frustrating as it is, as anxious as we feel about (the consequences of) not getting to our destination, as sad as we feel about missing important events, there is little we can do. The air safety organisations have to put safety first, and order no-flying. A volcanic ash cloud for Iceland is totally beyond our control.

If it's out of our control, then what can we do about it? In this situation, there are things we can do- contacting others, making arrangements for accommodation and booking alternative travel.

We could fight and struggle; we can get angry and upset and perhaps blame others.

But, in the struggling we're just adding to the already difficult situation. Many times, even though we'd like to change the situation we're in, or change other people, all we can do is change ourselves- what we think, our attitude towards it, what we do.

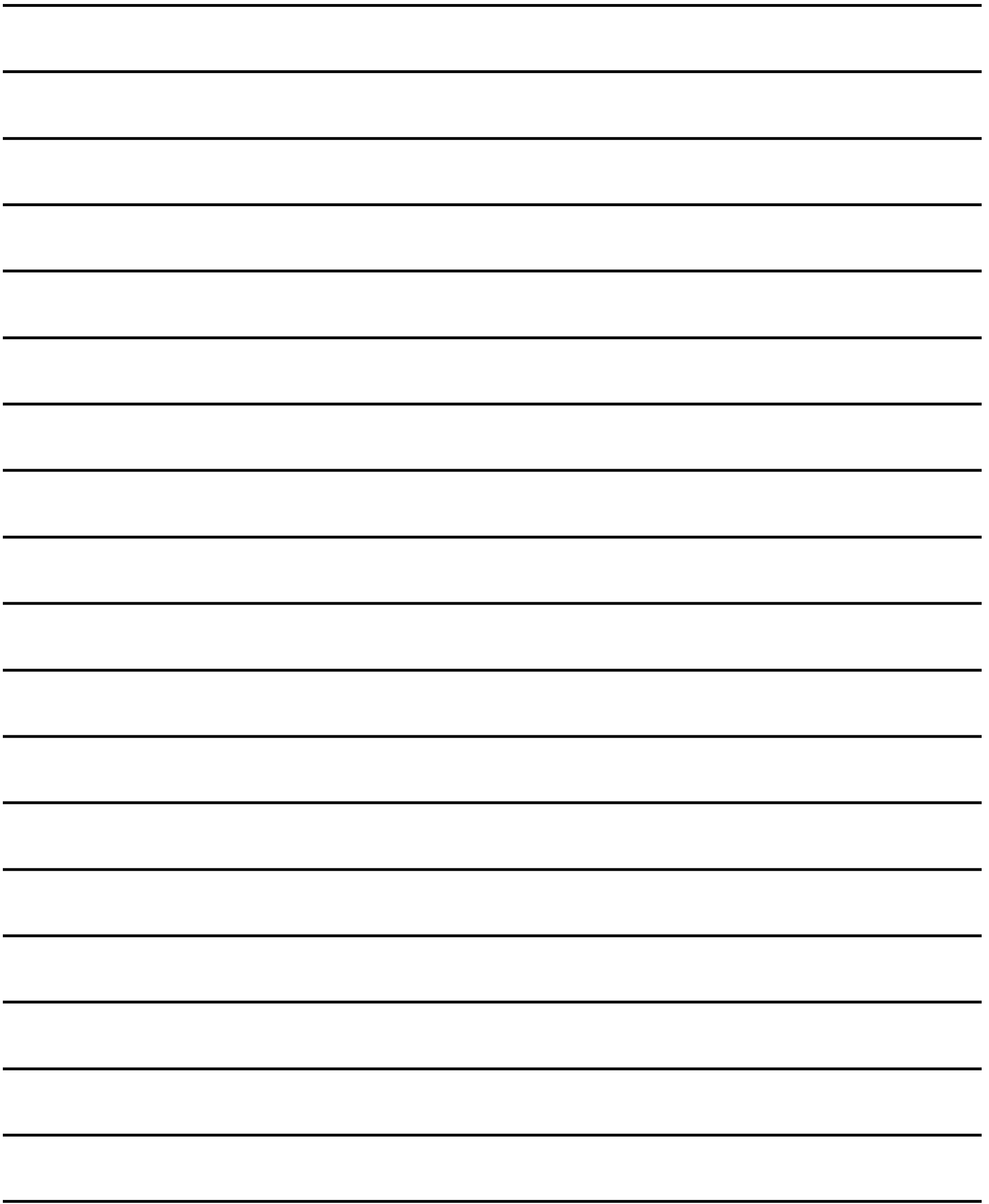


If some situations are beyond our control- we can struggle and fight, or we can just accept that 'it is what it is'. Acceptance is not about judging to be good or agreeing with it, it's about not giving it permission to go on forever and not giving up on other options.

We are faced with many similar situations all the time. Situations that we find ourselves in, that we can have little control over- bereavements losing a job, illness, being bullied, debt relationship break-ups or difficulties. Perhaps some can be situations that we can have been partly responsible for bringing about, but we have little control over now. These are situations where we have a little control over, some we have a lot.

- How much control do I have? What is outside my control?
- 'it is what it is' I'm not agreeing with or giving up on it, but I can let it go for now.
- If I can't change the situation, can I change the way I think or do about it?
- What can I do which is within my control?

We're currently going through a very similar situation with COVID-19 as so much is out of our control. Using the points above and your experience of overcoming difficult situations in the past, write down how you can overcome this situation



ACTIVITY 11- HELICOPTER VIEW

In any stressful situation it's easy to get caught up in the emotion, which skews our view of things. Completing this worksheet will help you see a different perspective:



ACTIVITY 12- MY MENTAL HEALTH CV

Fill out this CV in as much detail as possible. When you're going through challenging times, one of the best tools you can have is self knowledge. If you know where your strengths lie, you can use these to help you through. Equally, if you are aware of your weaknesses you can work on these and turn them into a strength

My current problems:

My strengths:

My Life- Significant events

What helps:

What doesn't help:

My Future Direction:

