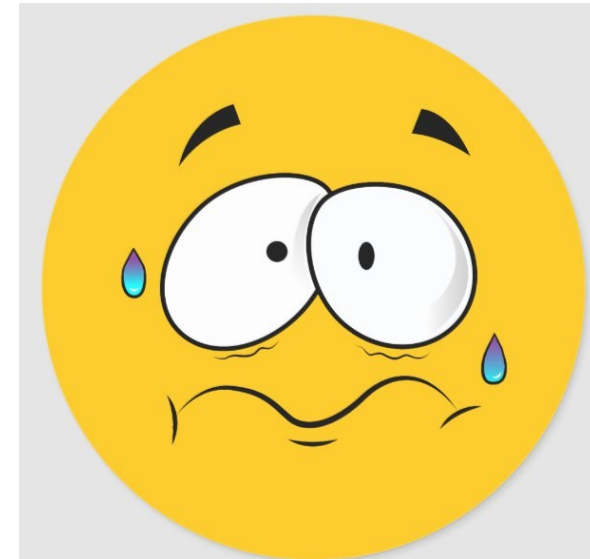


Managing Uncertainty



Paddle your own Canoe

At the moment it may feel like things are not in your control. This can be a scary feeling.

When things in the outside world feel like they are changing everyday, it takes time to adjust to new circumstances and also to process the situation.

There are many ways to manage these feelings and numerous resources available online and even in your own homes.



Sometimes this can feel overwhelming and it is always good to be able to manage your own emotions independently at times.

This is often referred to as being able to paddle your own canoe. In life we generally have different people around to support us, paddling our canoe down our daily lives, but it is really helpful if we can learn to paddle our canoe on our own with the resources we have available. This booklet aims to support you in doing this throughout this uncertain time.

My wellbeing plan

It is really helpful to remember what you want to achieve and all the things/people that will help you. Complete the wellbeing plan below and remember to keep practicing your strategies and reviewing them. Keep the ones that work and change the ones that don't. Keep going you're doing great!!

I can talk to:-

My goals:-

Activities I enjoy:-

Helpful strategies:-

Grounding technique

5 things you can 

4 things you can 

3 things you can 

2 things you can 

1 Deep breath 



Flower and Candle: Breathing




Imagine you have a flower in your hand. What colour is it? What does it smell of? What does this smell remind you of? Imagine in your other hand you are holding a candle. Now smell the flower and notice how your chest expands. Hold this for 5 seconds. Now blow out the candle and imagine you're blowing all your worries away. Are you feeling relaxed and ready to learn?

How am I feeling today?


Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.

 Mood 


0 1 2 3 4 5 6 7 8 9 10

 School work

0 1 2 3 4 5 6 7 8 9 10

 Friendships

0 1 2 3 4 5 6 7 8 9 10

 Family

0 1 2 3 4 5 6 7 8 9 10

Colour							
Date							

Letting go of the things I am not in control of...

There are things in life we can control and things we cannot. When we are feeling stressed and uncertain, it is important to let go of the things we cannot control, particularly if they impact on our emotions. These two pages will help you to think about what you can and can't control, and support you to let go of the things you can't.



Think of a rock..

Imagine how it feels in your hands, is it smooth or rough, is it cold to touch, is it heavy?

Now ask yourself these questions;

1. Can you squeeze the rock?
2. Can you bend the rock?
3. Are you able to change the rock at all?

Think of some playdough..

Imagine how it feels to hold, is it tough to squeeze, is it cold to touch, what colour is it?

Now ask yourself these questions;

1. Can you squeeze the playdough?
2. Can you bend the playdough?
3. Are you able to change the playdough at all?



When we think about things that cause lots of change, or feel uncertain about what might happen, we can stop and think about the rock and playdough.

Can you think of what things are like the playdough and can be changed?
Now have a think about what things are like the rock and cannot be changed?

Resource adapted from Recovery College course 'Coping during the pandemic', and can be accessed at <https://lms.recoverycollegeonline.co.uk/course/view.php?id=375>

Relaxation tips



Progressive Muscle Relaxation

Our bodies respond automatically to stressful situations and thoughts by becoming tense. The opposite relationship also works: a good way of relaxing the mind is to deliberately relax the body.

In a progressive muscle relaxation each muscle group is tensed in turn, and the tension is then released. This relaxes the muscles and allows you to notice the contrast between tension and relaxation.

Relaxation should be enjoyable so if any part of the exercise is too difficult skip it for the moment. If you have any injuries you may wish to leave out that part of the exercise.

Preparation

Lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and neck with a pillow or cushion. Alternatively sit in a comfortable chair with your head well-supported. Close your eyes if you are comfortable doing so.

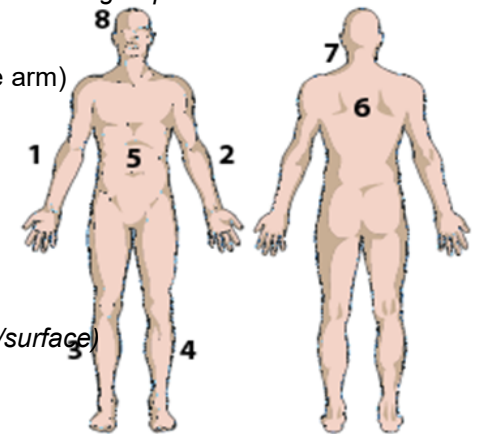
Instructions

Focus your attention on different parts of your body in sequence. Go through the sequence three times:

- 1) *Tense & release: Tense that body part, hold it for a few moments, then relax*
- 2) *Lightly tense & release: Tense that body part with just enough tension to notice, then relax*
- 3) *Release only: Just pay attention to each muscle group and decide to relax it*

Recommended sequence

- 1 Right hand & arm
(clench the fist & tighten the muscles in the arm)
- 2 Left hand & arm
- 3 Right leg
(tense the leg, lifting the knee slightly)
- 4 Left leg
- 5 Stomach & chest
- 6 Back muscles
(pull the shoulders back slightly)
- 7 Neck & throat
(push the head back slightly into the pillow/surface)
- 8 Face
(scrunch up the muscles in your face)



Planning Activities

Keeping busy with some fun and creative activities will help boost your mood and chase away the worries. Now is a great time to try a new hobby, read that book you've been meaning to, or get creative. It also gives us the opportunity to spend more time with our family or household. Think of some activities you do at home or would like to do, here are some suggestions. Its fun to fill the jars with ideas, pull one out and make it happen!



Activities to do by yourself

- Arts and crafts
- Reading
- Have a makeover
- Sing and dance
- Watch a film
- Write a diary
- Play a video game

Activities to try with Family

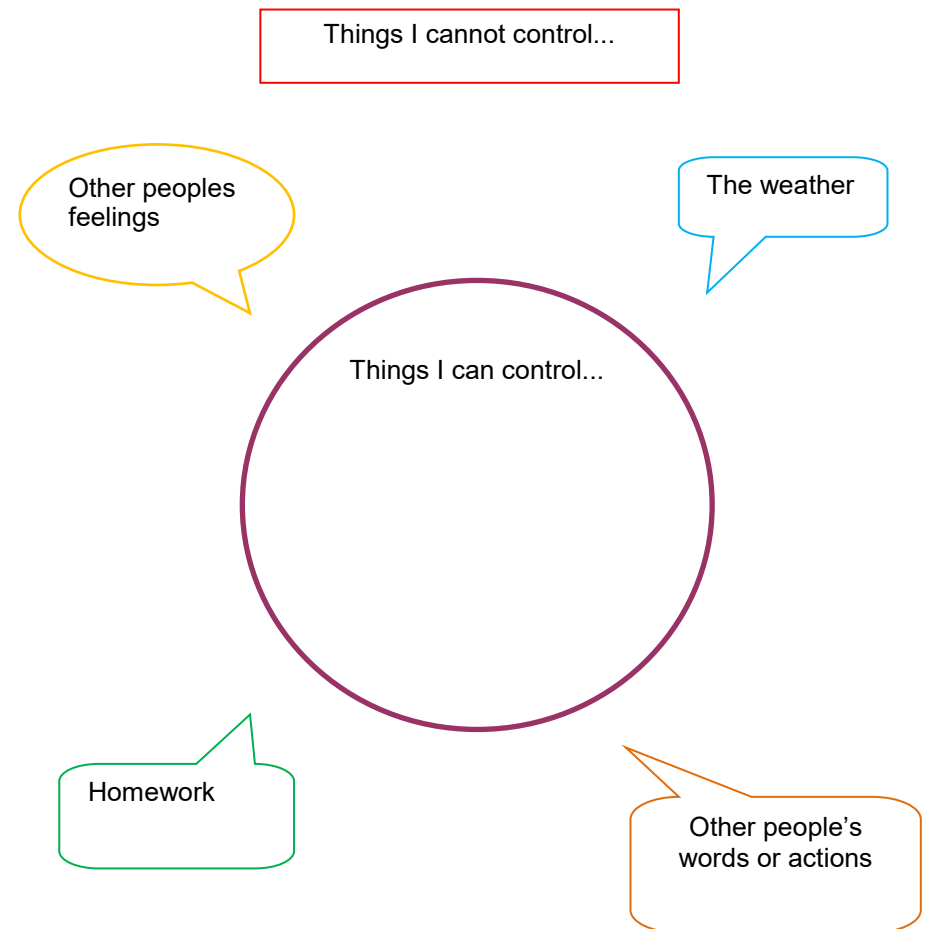
- Go for a walk
- Play sports in the garden
- Board Games
- Watch a film
- Bake
- Start a project



Letting go of the things I am not in control of...

Just like rocks and playdough, there are many things we can and can't change, and letting go of those that we cannot control can be helpful when we are feeling and uncertain.

Think about the things you can and cannot control in your life using the model below.



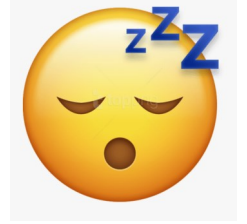
My daily routine



When things feel uncertain and confusing, it is helpful to develop a good routine and stick to it, even on the weekends. Use this page to help you plan yours!

Day	Morning	Afternoon
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Sleeping Well



When things in our day to day life have changed, or we are feeling worried and uncertain about things, we can sometimes find it difficult to sleep well. Here are some tips you can try to improve your sleep hygiene routine.

- Go to bed at the same time each night and wake up at the same time each morning. Try not to sleep in for more than an hour, even on weekends
- Have a hot, milky drink before bed. Milk contains tryptophan which naturally helps you sleep. Make sure these drinks don't contain caffeine though, such as tea or coffee!
- Exercise regularly. This can help tire your body physically as well as improve your mood and wellbeing. However, try to avoid strenuous exercise up to 3 hours before bed, as the energy boost it gives you may prevent you nodding off.
- Take a hot bath or shower. Hot showers or baths taken 1-2 hours before bed can be helpful as they raise your body temperature, causing you to feel sleepy as it drops again.
- Eat well. A healthy, balanced diet will help you to sleep well and feel good.
- Find the right space. It is important that your bedroom is quiet and comfortable enough to send you to sleep.
- Avoid phones and other screens. Electronic screens such as phones, tablets or computers should be avoided for an hour before you go to bed, as the light they give off keeps us awake and alert.