

**I don’t know who to talk to about my anxiety.**

If you don’t feel you can talk to the people you live with about your anxieties there are free websites and apps that can give you advice on how to cope;

[www.kooth.com](http://www.kooth.com) - offers information, online counselling and a way to share anxieties with other children and young people.

[www.youngminds.org.uk](http://www.youngminds.org.uk) – offers information on how to cope with anxiety and stress.

Ways to Reduce Stress & Anxiety for Children & Young People

This pandemic can be an added stress to children and young people, especially those who are already suffering with their mental health.

Here are 5 things you can do to try and reduce your stress and anxiety;

1.Talk – to the person you’re at home with or check out the websites below where you can get advice

2. Keep a routine – balance your home-schoolwork with activities you enjoy

3. Exercise – keeping active can be done in the house by designing your own circuit or making up a new routine

4. Stay Connected – videocall your friends and family, look below at some of the ideas you could try

5. Sleep – it’s really important that you get your sleep each night as it will help you wake up feeling more refreshed for the day ahead

**I’m feeling very anxious and worried with everything going on at the moment.**

You’re not alone, a lot of people who haven’t suffered with anxiety before are feeling anxious about the current pandemic. Talking to your family or those around you can help you to realise that it’s okay to be worried, its difficult times for everyone. Accepting that it’s normal to worry can be a big help in reducing your anxiety.

**I’m struggling staying indoors and not seeing my friends.**

This is perfectly normal, you are used to seeing your friends each day in school and it is a big change. It’s really important that we stay at home at the moment so why not try video calling your friends and trying some of these things to keep you and your friends occupied;

* Learn a new dance/routine
* Play a game/quiz
* Think of different exercises to do at the same time