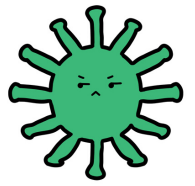


# Managing Coronavirus Worries



Young people can find it difficult to manage their worries and, during this uncertain time, they might be struggling with worries even more than usual. This guide can help young people to manage their worries in a structured way to help them to feel better.

There are two different types of worry and it's important to know the difference because we can deal with them in different ways. The first are **Hypothetical Worries** which are worries we don't currently have control over and can't do anything about. The second are **Practical Worries** which are worries we can do something about.



## Hypothetical Worries

- What if we all get ill?
- What if we never go back to school?
- What if my holiday is cancelled?
- What if I infect my family?

## Practical Worries

- I haven't seen my Gran in ages.
- I have nothing to do.
- I've been eating lots of junk food.
- I'm stuck on the work that school sent home.



As you notice worries during the day, write them down so that you can come back to them later at **Worry Time**. You could also **make a worry box** to put your worries in.

Once you've written the worry down, it's important to **refocus your attention**. Pay attention to whatever it is you're doing at that moment OR do something totally different. You can also refocus by noticing 5 things you see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste (the 5,4,3,2,1 method).



Use **Worry Time** to go back and address all of the worries you have written down that day. Worry time should be at the same time everyday and should last for a maximum of 30 minutes. Make sure it's not too close to bed time and that you're not distracted when doing it.

For each worry, decide whether it is a **Practical Worry** or **Hypothetical Worry**.

## for the hypothetical worries:

For hypothetical worries, **let the worries go**. You can do this by ripping up, scribbling out or scrumpling up and throwing away the worry. Once you've done this, use the 5,4,3,2,1 method to refocus your attention from the worries which you have let go.

## for the practical worries:

For practical worries, use **problem solving** to find a solution:

- 1) write the problem in 1 or 2 sentences.
- 2) think of all of the solutions you can.
- 3) for each idea you came up with, write down all the good things and bad things for each solution.
- 4) choose the solution that looks the most likely to help.
- 5) make a plan to put your solution in place and DO IT.
- 6) review how it went - did it solve the problem or do you need to change and/or try a different solution?

notice the worry

↓  
write it down for later

↓  
worry time

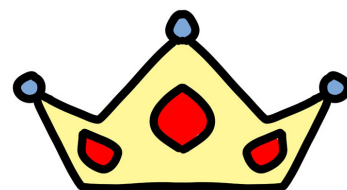
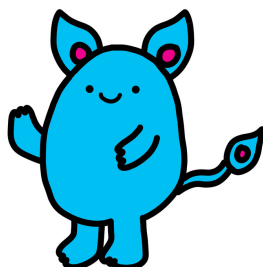
↓  
hypothetical  
worries

↓  
let the worry go

↓  
change your focus of attention

↓  
practical  
worries

↓  
problem solving



**Keep Calm  
and  
Follow Official Advice**