

Providing Emotional Support

Here's some suggestions from the Anxiety UK staff team (many of whom have their own personal experience of anxiety) –

- Download some podcasts you've been meaning to listen to
- Watch that boxset on Netflix if you have time on your hands
- Having boxes of things prepared that can be done alone, things like arts and crafts, knitting, video games
- Try some meditation, especially for those who've never tried it
- Baking
- Learning a new hobby, something like origami or other simple craft tasks
- Education (via online links)
- Skyping friends and Facetime calls
- Cooking
- Mindfulness
- Exercise
- Podcasts
- Writing
- Reading
- Knitting and other crafts
- DIY
- Gardening

All great ideas to keep active and busy.

Here are some links to useful websites

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.anxietyuk.org.uk/blog/covid-19-and-anxiety-part2/>

<https://www.childline.org.uk/>

and this from the USA

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

Finally it's important to try not to panic; strategies such as cutting down on watching the news can be helpful. Remember to look at things factually and remember that useful phrase 'this too shall pass'.