



THE PARTICIPATION TEAM



TOP TIPS

Lots of the children and young people we work with have told us that they feel anxious, overwhelmed or stressed by the changes that are taking place and what they see on the news everyday so the Participation Team wanted to share some of our favourite resources and tips for

STAYING CALM AND BEATING STRESS AND WORRY

childline

ONLINE, ON THE PHONE, ANYTIME

The [Childline website](#) is one of our favourites when we're looking for advice on staying calm and controlling stress. Top tips include writing or drawing how you feel, staying active, planning your time, eating healthily and relaxing by doing things you enjoy.



[Mood Spark](#) is a place where young people aged 10-16 can learn how to look after their emotional and mental health. It has lots of ways to help you bounce back when life gets tough.



If you are at secondary school, you might want to look at the advice from Young Minds about [Looking After Your Mental Health whilst Isolating](#). The website is packed full of ideas and strategies to help you when you are feeling anxious or frustrated.



Older teenagers might also want to check out [The Mix's tips for dealing with Corona-anxiety](#).



Another of our go to sites is the [Anna Freud Organisation Self Care page](#). While they aren't all possible at the moment, on it you will find lots of strategies for managing your wellbeing and mental health.

USEFUL WEBSITES

MEDITATION APPS



Breethe is a meditation app which can be downloaded for free. They have created a series of free meditations called 'Inner Wellness during Coronavirus' that anyone can access. However, Children in Care and Care Leavers can also receive an annual subscription to the whole app for free from [IMOHUB](https://www.imohub.org.uk), just send an email to hello@imohub.org.uk to get your hands on it!



Smiling Mind is a free app recommended on the Childline website centred around meditation and mindfulness.



Headspace is an app that can be downloaded for free. Whilst most of the meditations do cost money, there is a large collection called 'Weathering the Storm' which are free for everyone. It includes meditations, sleep and movement exercises to help you out, however you're feeling. Just be careful not to accidentally sign up for a subscription! Ask an adult for help to navigate the app if you need it.

The VSK Apprentice Participation Workers wanted to share their own favourite strategies for beating stress and worry with you. They would love to hear your top tips too. [Contact us via the Kent Cares Town website](https://www.kent.gov.uk/careers/vsk) or by emailing

VSK_Participation@kent.gov.uk



ROB

I meditate before I go to sleep using the Breethe app

I find that cleaning and blitzing my bedroom really helps me destress



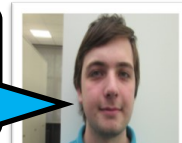
AMY



SHYANNE

I find cleaning satisfying. For me a clean environment = a clear mind. Whilst working I light a candle which is relaxing and helps me to focus and get my work done too

When I need to relax, I go for a walk or run along the seafront by my house



BRAD



KAYLEIGH

I enjoy playing with my dog at the park. It is a big stress relief for me

I like to take a breather and play video games with my friends. It always brings up funny or stupid moments we can laugh at (laughter really is the best medicine!)



TOM



ALISHA

I listen to music to make me feel better and ring the people I care about everyday

When I'm feeling overwhelmed, I paint or draw. I find it very calming!



ALEX

OUR TOP TIPS