

# ANCORA HOUSE ADVICE FOR YOUNG PEOPLE FROM YOUNG PEOPLE

We know many young people are worried about COVID-19 (Coronavirus). Here is our advice:



## Ask for support don't suffer alone

Make sure you are talking about how you are feeling and any worries that you have, think about all the people in your life that you can speak to about this; it could be parents and carers, other family members, teachers or friends.



## Navigate the news focus on the facts

Try not to get fixated on reading negative posts on social media, look at trusted sites and limit your time scrolling, looking at unhelpful comments will not make you feel better.



## Create a positive environment

Make sure you have things to support you at home, write some positive affirmations, create a self soothe box with all your favourite items in to use when you are struggling, practise mindfulness and learn some relaxation techniques to help you keep calm.



## Open your mind to the different support available

Keep a list of helpful support/advice line numbers, websites to look at and apps that are useful, consider writing a keeping safe plan to help when you are struggling, so you can refer to it if things get overwhelming



## Remember to keep to your regular routine

Make sure you are getting yourself up and washed and dressed even if you are self-isolating, Choosing healthy food and snacks and keeping hydrated, set yourself goals for the day no matter how small and plan your day, consider making a sleep hygiene plan that works for you to help you get a good night's sleep.



## And don't forget to wash your hands

The most important thing you can do is to hand wash for 20 seconds at a time but if this is becoming difficult, please refer back to the top of the list.