

Talking about difficult feelings

A guide for young people during the Covid-19 lockdown



Why might we be having difficult feelings right now?

Coronavirus and the changes it has caused in our lives are likely to have had a big impact on how we are all feeling.

- We might feel worried about ourselves or our friends and family.
- We might be missing our normal routines and feeling frustrated at home.
- We might feel anxious about the future.

All these feelings are completely normal and in these difficult times everyone reacts differently. Remember, this situation is temporary and, for most of us, these feelings will pass.

BUT it is important right now to be kind to ourselves and ask for help if we are finding things hard.

Why is it useful to talk about what we're feeling with others?

It's completely normal to find it hard to talk about your feelings with others. Often, we worry about being judged or treated differently if we do open up. But overcoming these worries - and speaking to someone - can have a really positive impact.

- It can make us feel less alone and realise that others feel the same way we do.
- Talking about difficult feelings can help us to get support from others.
- Difficult feelings can feel less overwhelming after we have spoken about them.

REMEMBER: it is OK to share your concerns with others you trust – and doing so may even help them too!

How can we feel ready to talk about difficult feelings?

1. Think about what you want to share

If you want to talk to someone about how you're feeling it can be helpful to practise what you want to say. It can be hard to describe our feelings, so there are some words below that might help you get started.

Tired Bored Worried Happy Excited Lonely
Scared Frustrated Full of energy Confused Sad
Anxious Annoyed Grateful Creative Angry

You may well have been feeling all of these! If so use the scale below to think about which you have been feeling most strongly *e.g. out of 10 how worried have you felt?*

1 2 3 4 5 6 7 8 9 10

Use this space (or just a piece of paper) to write down anything else about how you've been feeling. You could also draw something if that feels easier!

If you prefer drawing, take a picture and click below to add it to this page:

2. Think about how you would like others to help you

If you talk to someone about any difficult feelings you're having, they will probably want to know how they can help. Sometimes just having someone listen to you may be enough but it could also be useful to think about the things that help you to feel better.

If you're not sure what helps you feel better there are some ideas below to get you started.

Exercise Listening to music Watching TV
Drawing Painting Cooking Playing a game
Going online Tidying up Watching a film
Going outside Dancing Writing

Use this space (or just a piece of paper) to write down anything else about what helps you feel better. You could also draw something if that's easier!

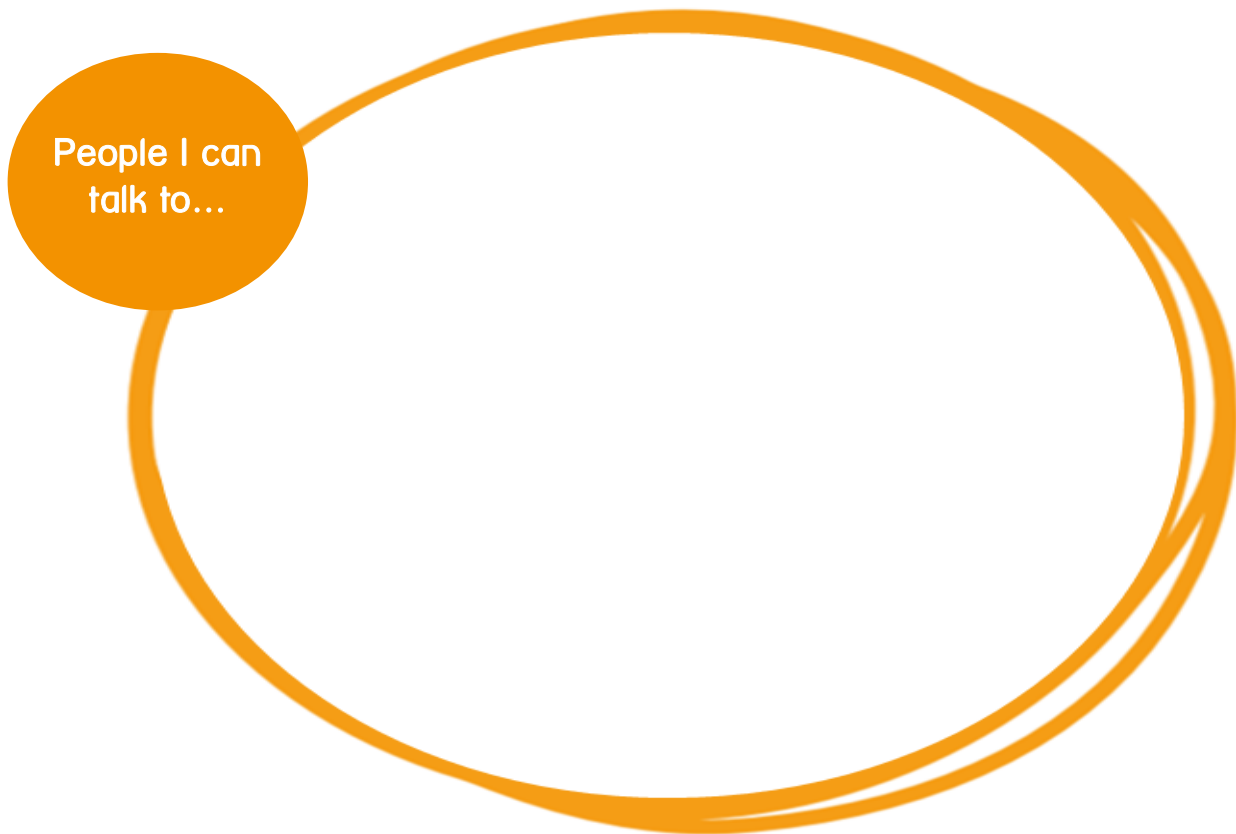
If you prefer drawing, take a picture and click below to add it to this page:

Telling people about what makes you feel better might also help them with any difficult feelings they are having!

Who could you talk to?

Even though we are all having to keep our distance from others right now, this does not mean we are alone when it comes to looking after our mental health. If you're finding things difficult it's good to know who you can talk to and ask for help.

In the circle below (or just on a piece of paper) write down who you feel that you could talk to. This could include family members, friends, teachers or anyone else that you want to add.



Other places where you can talk to someone

[Childline](#) free 1-to-1 chat support and helpline 9am-midnight every day. Call **0800 1111** or visit [childline.org.uk/get-support/](https://www.childline.org.uk/get-support/)

[Kooth](#) is an online platform, where anyone aged 11-25 can get support from counsellors until 10pm every day. Visit [kooth.com](https://www.kooth.com)

[The Mix](#) has a free, confidential phone line, web-chat and crisis text line, to help anyone under 25. Call **0800 800 4994**, text **85258** or visit [themix.org.uk](https://www.themix.org.uk)