



## Coping with change video resources

- Circles of Worry
- 5 Ways to Wellbeing
- Wellbeing Bingo
- Hunt the Good Stuff
- <https://www.youtube.com/watch?v=99RSsbthyPo>



[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)

@LancsMind #5Ways

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## Circles of Worry (example)

Sometimes things can feel overwhelming and it's not always easy to make sense of your worries. Follow the diagram below to see which circle they fall into. You can then start to work out which things you can change on the next page..

### Things I can control



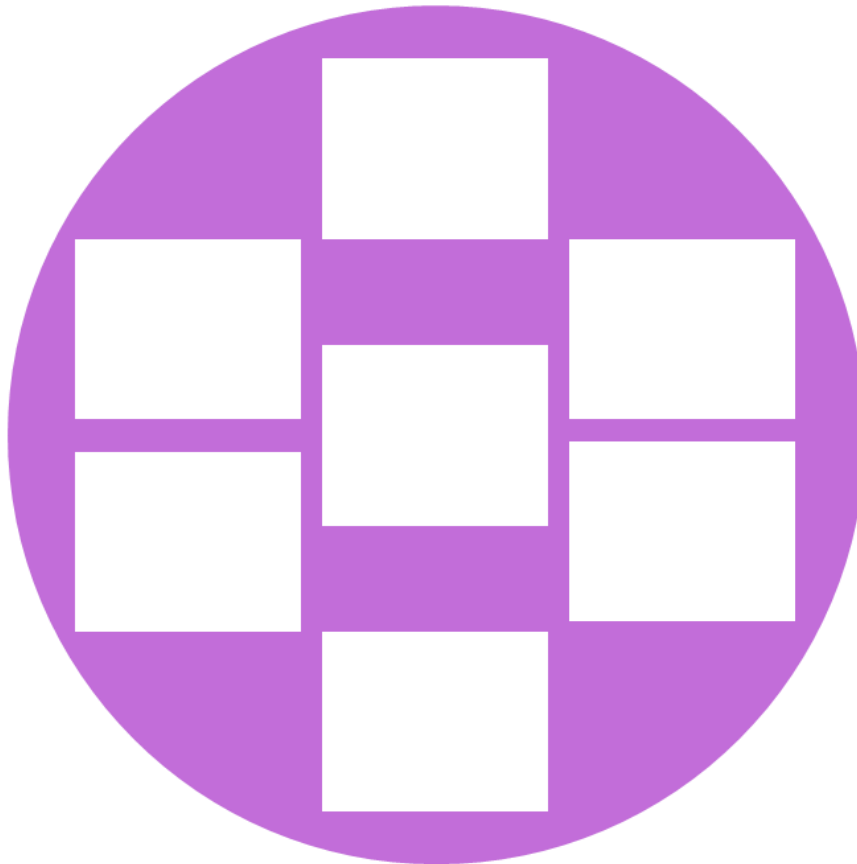
### Things I can't control



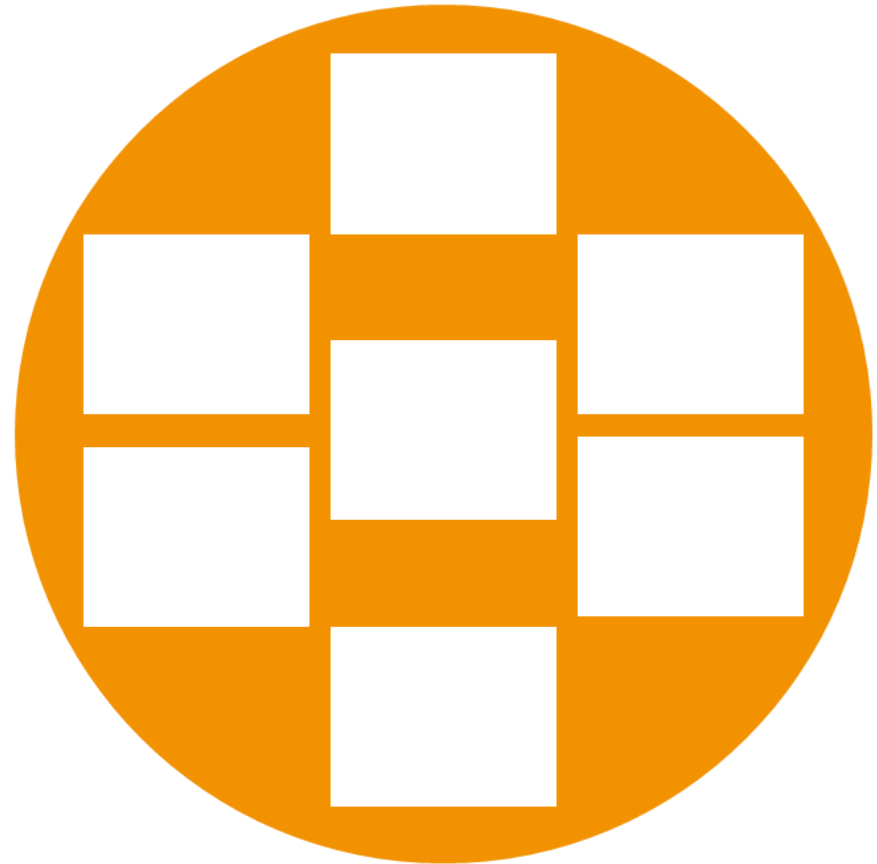
# Circles of Worry

Now it's your turn! Think about one worry at a time and decide which circle they should go into. Write that worry in a box inside the coloured circles below. This will help you to see what you are able to change to help you feel more positive and in control.

Things I can control



Things I can't control



# The 5 Ways to Wellbeing

We know that there are five ways to help us feel happier, a bit like a five a day for our mind.

**Connect** Make time to connect with those around you, or virtually. Relationships are important to help us feel supported.

**Be Active** Getting active is just as important for our mental health, as our physical. Make sure you are taking the opportunity to take breaks and move around.

**Take Notice** Slowing down and noticing the world around us is important for our wellbeing. Try going for a walk and noticing the Spring nature around you.

**Keep Learning** If you feel up to it, now is a great opportunity to learn some new skills. There are loads of free online courses like coding and sign language.

**Give** We can give to those around us in small but meaningful ways. Try saying thank you to a loved one, or telling a friend why you appreciate them.

# The 5 Ways to Wellbeing

What will you do over the next 2 weeks to practise the 5 Ways?

Connect

Keep Learning

Be Active

Give

Take Notice

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# Wellbeing Bingo

Have a go at some of these ideas or add your own 5 Ways ideas to the blanks

	Take a walk with a member of your household or pet	
Join a challenge online - check out Youth Sport Trust		Join an online exercise class
	Be inspired by the ways people are getting active at home. Daily mile on the lawn?	If you've always wanted to have a go at running, try a couch to 5k app

# Hunt the Good Stuff

Use this diary to start writing down 3 good things that have happened to you at the end of the day.  
It doesn't matter how small they are!

E.g. I talked to my best friend today  I went out in the sunshine  I watched a really good show	Monday	Tuesday	Wednesday
Thursday	Friday	Saturday	Sunday

*Remember, not every day is a good day, but there is good in every day!*

## Lancashire Mind resources

*Loads more resources available for free on our website -*

*<https://www.lancashiremind.org.uk/pages/154-support-for-children-young-people>*

### Useful websites

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

Lancashire Mind <https://www.lancashiremind.org.uk/>

Young Minds <https://youngminds.org.uk/>

Kooth <https://www.kooth.com/>

Samaritans <https://www.samaritans.org/>



Lancashire Mind

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[lancashiremind.org.uk](https://lancashiremind.org.uk)



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Remember, in an emergency you  
should call 999 or go to your nearest  
A and E department

