

Resources

Here are some useful websites and contact details:

CAMHS Single Point of Access

Call: 01977 735865

9am-5pm

Childline

www.childline.org.uk for email or to use the 1-2-1 counsellor chat or call: 0800 1111 (free, anytime for help with any worry for under 19s)

Kooth

www.kooth.com (free safe and anonymous online support for 11 to 19 year olds)

Papyrus

www.papyrus-uk.org for online text or phone support to young people. Call: 080 0684 141 or Text:07786 209697

Young Minds

www.youngminds.org.uk (Resources for children and young people, parents and professionals.)

Elefriends

www.elefriends.org.uk (safe place to listen, share and be heard)

The Mix

www.themix.org.uk Helpline: 080 8808 4994 Text: THEMIX to 85258 for Crisis Support.

Doc Ready

Www.docready.org (helps to prepare people to talk about mental health to the GP).



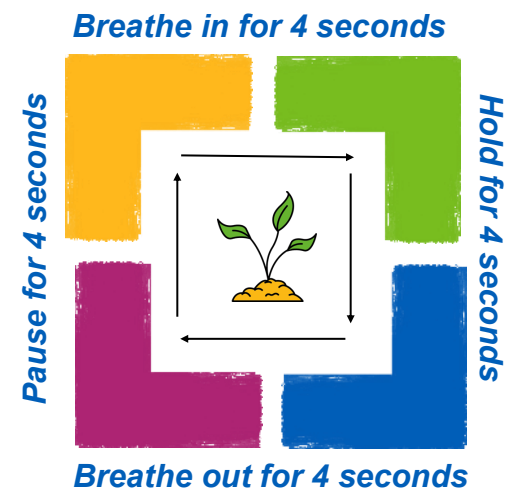
www.southwestyorkshire.nhs.uk/services/camhs-wakefield/



South West
Yorkshire Partnership
NHS Foundation Trust

Managing separation anxiety

An activity book for children and young people



With **all of us** in mind.

What is separation anxiety?

An unpleasant feeling we have when we have to leave home and say goodbye to the people we love. You might get this feeling when going back to school, going to a friend's house or when your parents or carers go to work. This can also be called feeling **homesick**.



When we're anxious we might feel...



Sick, shaky, worried, dizzy, frightened, unsettled, sad or tired.

We can look...

Nervous, tense and sweaty, and our heart might start racing!



We can think about...

Worries, bad thoughts, things going wrong and scary thoughts.

We might...



Run away, hide, pace up and down, talk quickly, cry, shout, do things to push others away from us, avoid leaving and saying goodbye.

Make a calm box

A calm box is a box that contains things that make us feel calm and happy. Calm boxes can help us to feel better when other people aren't around to help us out. It's important that we are kind to ourselves when we are struggling!

Circle the items you want to include in your box:

Positive messages

Favourite quotes, kind notes from other people or notes to yourself

Food and drink

Yummy snacks and water. Staying hydrated helps when we are panicking.

Activities

Your favourite film, book, colouring, puzzles

Sound

Your favourite CD, headphones

Touch

Playdough, fidget toys, stress balls

Happy memories

Photographs, postcards, souvenirs

Smell

Perfume, scented candles, dried flowers like lavender

Distractions

Write a list of all your favourite distractions



Spending time together



It's important to think about ways of spending time with the people we love at home, especially when we can't see them as much as we'd like to.

Here's some ideas of things you can do when you feel homesick.

Write a letter, send a text or send an email to say hi!



Plan a fun activity to do together when you're all home. Board games, movie night, baking, crafts, exercise etc.

Plan a fun day out at the weekend!



Ask about each other's day and be honest about how you feel. It's okay to tell someone you miss them.

Have a meal together



Write your ideas here

Is it normal?

Yes, everyone feels anxious sometimes. We can all feel anxious about lots of different things.

It's okay to feel anxious about saying goodbye to people and okay to feel nervous about doing things without them.

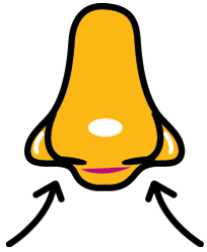


Can I cope?

There are LOTS of things we can try to calm down when we feel anxious. We can try:

- Breathing exercises
- Replacing our worry thoughts with happy thoughts
- Talking to someone we trust
- Distraction techniques — doing things to stop us thinking about our worries
- Planning out our week so we know what to expect
- Spending time with the people we love
- Making time for ourselves — doing things we can enjoy without other people

Breathing exercises



When we feel anxious our breathing becomes quicker. Here are some exercises we can do to calm our breathing down. When our breathing is calmer our brain will start to feel calmer too!

Calm words

Breathe in while you say to yourself, "I feel calm"

Breathe out while you say, "I can do this"

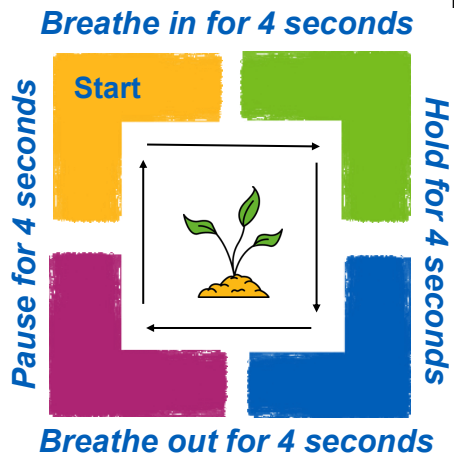
Wave breathing

Lie down on the floor and place one hand on your chest and the other on your tummy

Breathe in slowly through your nose so you can feel your tummy go out

Pause for 3 seconds




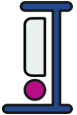
Breathe out through your mouth and feel your tummy go back in.



Rectangle breathing

Draw or trace a square with your finger and count your breaths as you move round!

Repeat 3 times.

| | | | | | | | | |
|-----------|---------|---|---------|---|---------|---|-------|---|
| | Morning |  | Daytime |  | Evening |  | Night |  |
| Monday | | | | | | | | |
| Tuesday | | | | | | | | |
| Wednesday | | | | | | | | |
| Thursday | | | | | | | | |
| Friday | | | | | | | | |
| Saturday | | | | | | | | |
| Sunday | | | | | | | | |

Planning routines



Planning out new routines can help us to feel calmer as it lets us know what's happening and when.

1

Write it down
Use a diary or calendar to write down all the things that are happening in your week so you know what to



2

Circle
The times you will feel most anxious, such as when you're away from home.

3

Think about
Things you can do to feel less anxious e.g. distraction techniques, breathing exercises, talking to someone you trust.

4

Add in
Times you can look forward to e.g. spending time with family.



Replacing worry thoughts

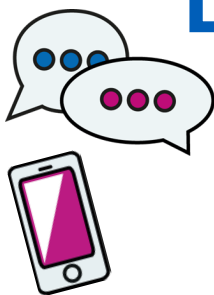


Sometimes our worries aren't always as bad as we think or feel they are. Replacing our worry thoughts with happy thoughts helps to calm our minds down and stops us from inventing extra worries!

Here's a **worry diary** to help get you started:

| What am I worried might happen? | When was I last worried about this? | Were things okay last time? | Can I think of a happy thought to help me with my worry? |
|--|--|---|---|
| Example - something bad will happen to my mum when I stay at my friend's house | Last week when I went to my friends house. | Yes, I was worried but my mum was okay. Nothing bad happened. | I have been to my friend's house before and my mum has been okay. I can do it! :) |
| | | | |
| | | | |
| | | | |
| | | | |

Let's talk about it



Keeping our worries and anxious thoughts in our own head can sometimes make the worries bigger. It can make us feel alone and stops people from being able to help us. That's why it's important to tell someone how you feel.

At HOME I could talk to:

| |
|--|
| |
|--|

At SCHOOL I could talk to:

| |
|--|
| |
|--|

What if I don't know what to say?

It can be hard to tell others how we feel. Try:

- **Writing it down.** You can use this to practice what to say or you could tell someone how you feel in a letter, text or email.
- **Planning it out**—who will you tell? What might you say? when might be a good time?

What if I don't think I can talk to anyone?

You never have to keep your problems all to yourself. Try:

- Talking to **Childline**. They're open 24 hours a day and it's free to contact them - online, by email or phone.
- Making a **worry jar** - clean out and decorate an empty jam jar. Write down your worries and let them disappear inside the jar.

Distraction techniques

We can't always change the things we feel anxious about, but we can do things to stop our minds from always thinking about them. Here are some things you can try:



At home

Tick all the distractions you think you could enjoy at home. Write your own ideas in the empty boxes!

| | | | |
|--------------------|-----------------------|-------------------|--------------------|
| Listening to music | Playing with pets | Playing a game | Talking to someone |
| Baking | Cooking | Colouring | Writing |
| Singing | Watching TV or a film | Drawing/ painting | Exercising |
| | | | |
| | | | |



Out and about

Grounding

Name

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Elastic bands

Put a hair band or an elastic band around your wrist.

Gently twiddle, pull and flick the band when you feel anxious or worried.

Count back from 100 for a bigger distraction!