My support Pack

Autism and Coronavirus

CHILD PACK

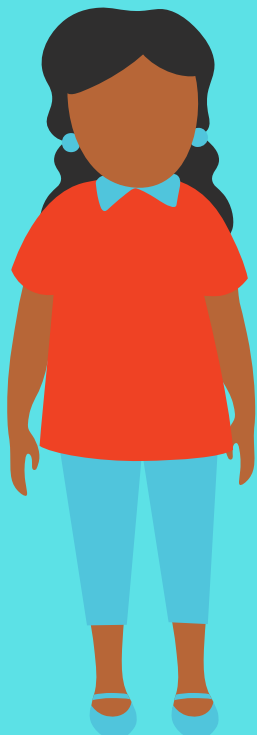**Young Minds Matter** Gloucestershire

Contents

Uncertainty

There's a lot of uncertainty about when we'll be able to start returning to 'normal' life, this can be a great source of anxiety, and that's normal to feel worried.
Something that can help with this is learning how to ask people to change the conversation, and limiting how much you listen to news about the virus.

Rules

There are different rules we should be following and what they mean. Sometimes we don't understand what the rules mean so it can be difficult to follow them properly.
We might be scared that we accidentally get something wrong.

Try talking to your parents/carer to help you understand the new rules.

You can put the poster on the next page, up on the wall to help you

Prevent the spread of COVID-19 in
7 STEPS

01   Wash your hands frequently

02   Avoid touching your eyes, nose and mouth

03   Cover your cough using the bend of your elbow or a tissue

04   Avoid crowded places and close contact with anyone that has fever or cough

05   Stay at home if you feel unwell

06   If you have a fever, cough and difficulty breathing, seek medical care early — but call first

**07**   Get information from trusted sources

SOURCE: WORLD HEALTH ORGANIZATION

:
This is a difficult time with all the changes that are happening, it can be stressful to change your normal routines, but because everything had to happen so quickly there was no time to get used to the idea of change. One day you might have been in school and the next all my lessons were online.

One thing that can help is getting into a new routine that works for you.

Below is an example of a routine and a blank one for you to fill in.
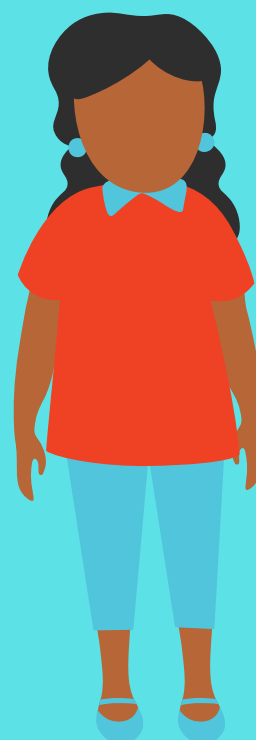
MONDAY

1. Get up and have breakfast

2. School work

3. Quiet time: Reading
   Puzzles and/or workbook activity

4. Let's have lunch then play

5. Get creative

6. Teatime

7. social time / family time

8. Bedtime

How are you feeling today?

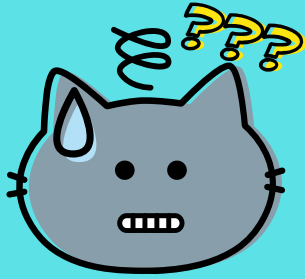# DAY

1

2

3

4

5

6

7

8

How are you feeling today?

Social Time

Due to the government guidelines regarding social distancing and isolation, you wont be able meet any of my friends in person, which maybe making you feel sad. You can try video-calling people you can ask your parent or carer to help you.

Remember to keep safe online
and don't talk to people you don't know!

Self care

Feeling worried

Lots of thoughts?   Anxious?   Confused?

A lot of people are finding things tricky at the moment, these are difficult times for everyone, and that it's okay to help with your anxiety and worry you can use something called CBT - Cognitive Behavioural therapy

CBT gets people to look at their thoughts, feelings, and behaviours.
Show them how to replace worrying/negative thoughts with more happy ones.
Help them change behaviours that cause challenges in everyday life.

Thought   Feeling   Behaviour

Event
Watching the news!

Thoughts
We will all get ill

Emotion

Worry

Behaviour
Shouting or running to hide

Physical feeling

Sick

Worksheet

We all having bad thoughts or negative thoughts "NaTs"
These thoughts need swatting so we can change them to
new positive thoughts - which can change how we feel and
how we behave.

Negative thought
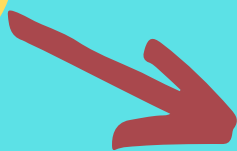
Is it a real?
Can we change it

New thought

We are all going to get ill

Evidence shows if you follow the guidance you are less likely to catch it

New thought
If we follow the guidance we be safer

Worry
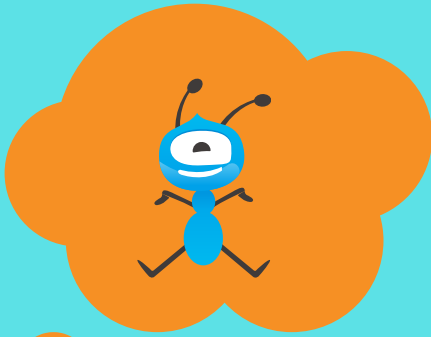
New feeling
Happier and safe at home

Thought

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· ·

Evidence - For and Against

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· ·

**New positive
thought**

· ·

· ·

5-4-3-2-1
METHOD TO REDUCE ANXIETY

HOW IT WORKS
BEFORE STARTING THIS EXERCISE, PAY ATTENTION TO YOUR BREATHING. SLOW, DEEP, LONG BREATHS CAN HELP YOU MAINTAIN A SENSE OF CALM OR HELP YOU RETURN TO A CALMER STATE. ONCE YOU FIND YOUR BREATH, GO THROUGH THE FOLLOWING
STEPS TO HELP GROUND YOURSELF:

5 You can see

2 You can smell

4 You can touch

1 You can taste

3 You can hear

Take 5
deep breaths

Resources:-

The National Autistic Society guidance on managing anxiety might also be helpful - you can call the Autism Helpline on 0808 800 4104 for further advice.

Social stories and support
https://theautismeducator.ie/2020/03/11/corona-virus-social-story/

Dave the Dog is Worried about Coronavirus
https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf

NHS
England

Public Health England

NSPCC

The National Autistic Society

YOUNGMINDS
The voice for young people's **mental health and wellbeing**