

Coping with

COVID



**YOU
CAN DO
THIS**



This booklet was put together by Anna and Dee

(Midlands Counselling Psychology Team)

People care
about you so
if you need
help ASK!

Hello
Everyone...
Ralph here...

Be kind to
yourself today
Remember things
will get better

If you do the
things in this book
you will start to
feel better





This is a hard time for everyone.



It is hard being in prison at this time.



It is OK to feel lots of strong feelings.



It is normal to feel this way.



Be kind to yourself.



Look at the list of what is helpful.



If you do the things on this list it may help.

Helpful



Get up same time
each day



Shower and get dressed



Exercise or Dance to
music in cell



Prison Radio -
try something new like
mindfulness or yoga



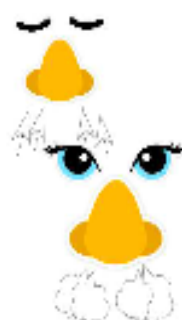
Helpful



Watch something funny or
remember something funny
Make yourself laugh



Be Creative -
Colouring, draw a picture,
make something, make up a
song



Breathe in...1234
Breathe out...12345678



Stay in the moment...
What can I do now?



NOT Helpful



Watching news



Thinking too much



Beating yourself up for
feeling bad

Blame others

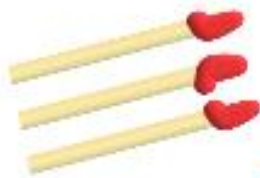
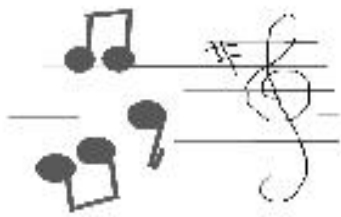


Do nothing

**What
can I do?**



Tick off creative things I Can do



Draw a picture

☐

Colour in

☐

Make up a song

☐

Sing a song

☐

Matching

☐

Puzzles

☐

Tick off physical things I Can do



Sit ups

☐

Stretching

☐

Running on the spot

☐

Dancing

☐

Yoga

☐

**But remember if you are doing any moving activity to make
sure your body is ready by stretching before and after**

Connect List



Talk to staff




Draw or make something
for someone



Write note for friend



Think about friend.. What
would they say to you?



**What else makes me feel
good and how can I do it?**





On the hour I will

Notice and slow my breathing...

In for 4, out for 8

1234....

....12345678

Do grounding exercise..



5 things I can see



4 things I can hear



3 things I can touch



2 things I can smell



1 thing I can taste



Play a piece of happy music



Help Ralph find words

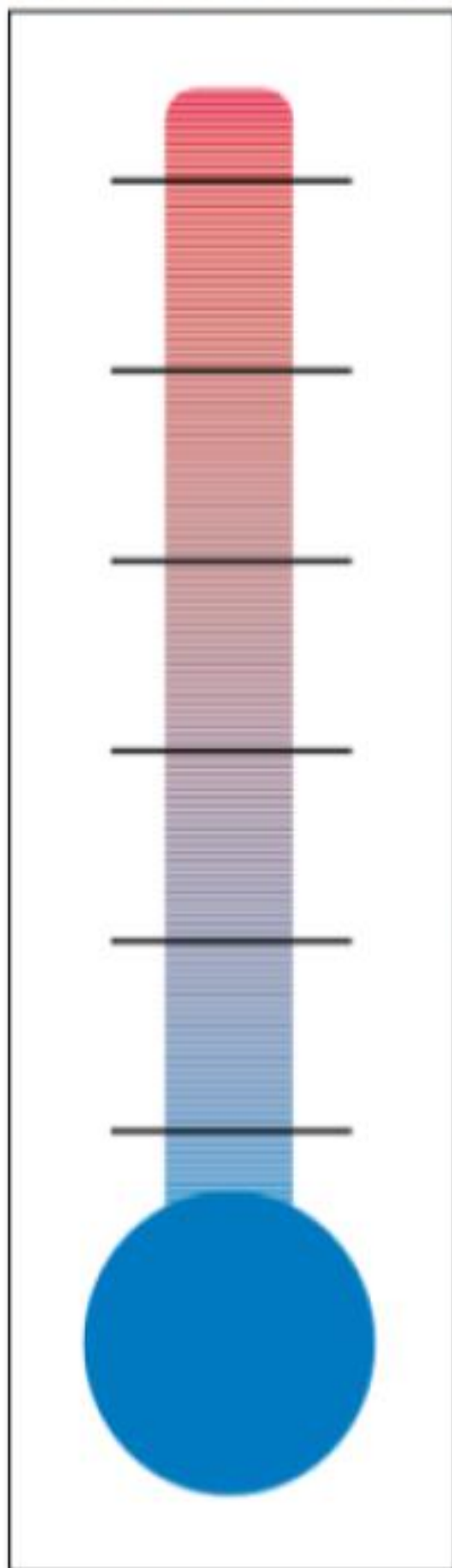
R G N I D N U O R G Q S I N G
D K R U N N I N G R T P L P G
L B Z L R G H C T E R T S R W
E N E L P E T S A T L V O S S
S A R A L H Y W R D J U H M W
I V U M L T C O V I D E P B Z
C G T R E A A F E E L I N G S
R X C O M E C T B P S D N A H
E Z I N S R I R F F R K D T B
X P P U R B F U E K E I S H H
E C N A D R L Z U A W E S P B
H S A W I P E S H K T N L O T
Y Z E E B E T H I N K I N G N
W M N T Z M Q Y N A F D V S T
E D N K K M F X Q L J U Q E B

BREATHE
COVID
CREATIVE
DANCE
EXERCISE
FEEL
FEELINGS
FRIEND
GROUNDING
HANDS
HELPFUL
NORMAL
PICTURE
PRISON
RUNNING
SING
SMELL
STRETCH
TASTE
THINKING
WASH

**Coping with
my Feelings**



Mood thermometer



Stressed



Relax
face



Smile



Breathe in
for 4, out
for 8



PROUD



SCARED



NERVOUS



HAPPY



SAD



ANGRY



FUSTRATED



EMBARRASSED



LONELY

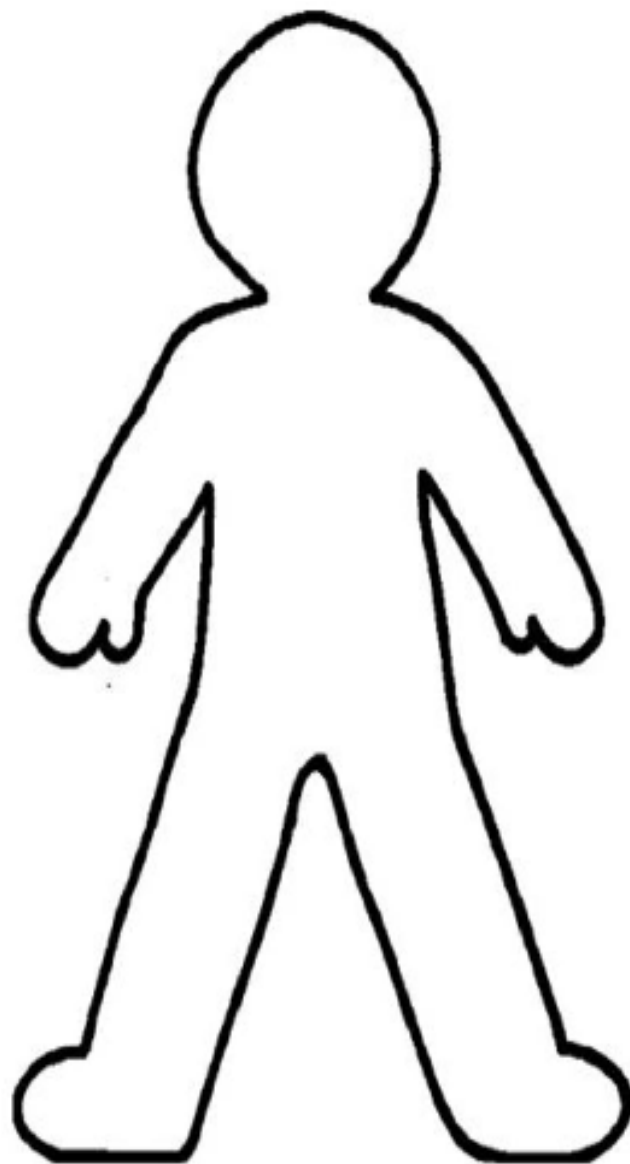


LOVED

Tell
me
how
you
feel
today



This is how I feel today



Where do I feel?

What Shape?

What Colour?

What can I say to be kind to these feelings?



**If I tap on these places I
can free my feelings...**



TOP OF HEAD X 10

BY EYEBROW X 10

SIDE OF EYE X 10

UNDER EYE X 10

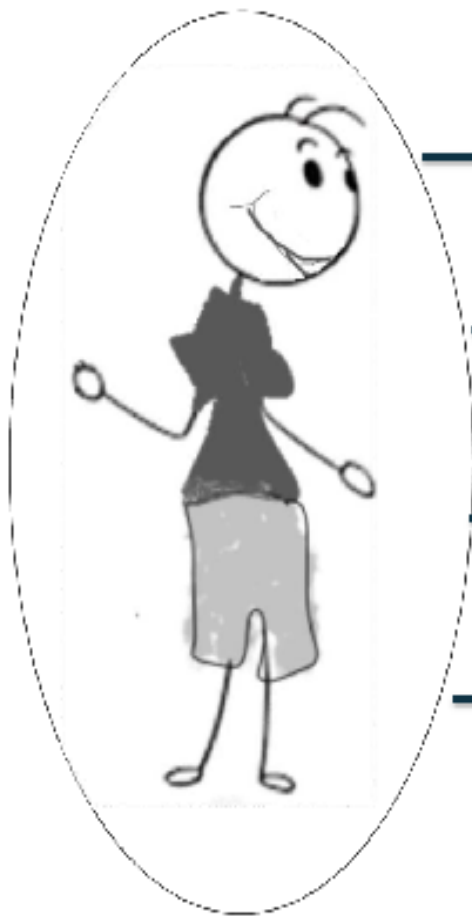
UNDER NOSE X 10

CHIN X 10

COLLAR BONE X 10

SIDE OF HAND X 10

I am proud of me
today because I have...











My Diary...



Write down how I feel - what did I do to help me feel better - how did I feel after?



My feelings

What can I do to help?



Feelings now



Can you walk Ralph to the library? On the way, don't forget to pick up his book!



A simple line drawing of a person with a round head, smiling, and wearing a dark shirt and light shorts. They are standing on a dark, wavy ground line. A large, cloud-like thought bubble originates from their head, containing the text 'Helping me with my thoughts'.

**Helping me with
my thoughts**

The Mind Bully



The mind bully is just thoughts in our head.

He can tell us things that make us scared, angry and bad about ourselves



If we argue with him he gets louder

The Mind Bully



If we push him away he gets stronger

If we do as he tells us he keeps coming back



There is a different way!
We can stop struggling with the bully in our head



The mind bully is scared -
so try making friends with him



Tell him together we'll be
OK

The Mind Bully



Thank the bully in your head for trying to help.



Do something that makes you feel proud and smile anyway



Remember the mind bully is not who you are

You are doing great

The Mind Bully



Draw a picture
of your mind
bully



Now draw the
mind bully
again.

Cheer him up

Put smile on
face.

Dress in a funny
outfit

Thought Clouds



Look out the window.
Look at the sky. Can you see a cloud?



Does it stay the same or change?



Clouds are like thoughts -
they change all of the time





Just like clouds our thoughts will
always move on



Everything changes and moves on



Everyone has thoughts that are scary,
angry, sad or happy



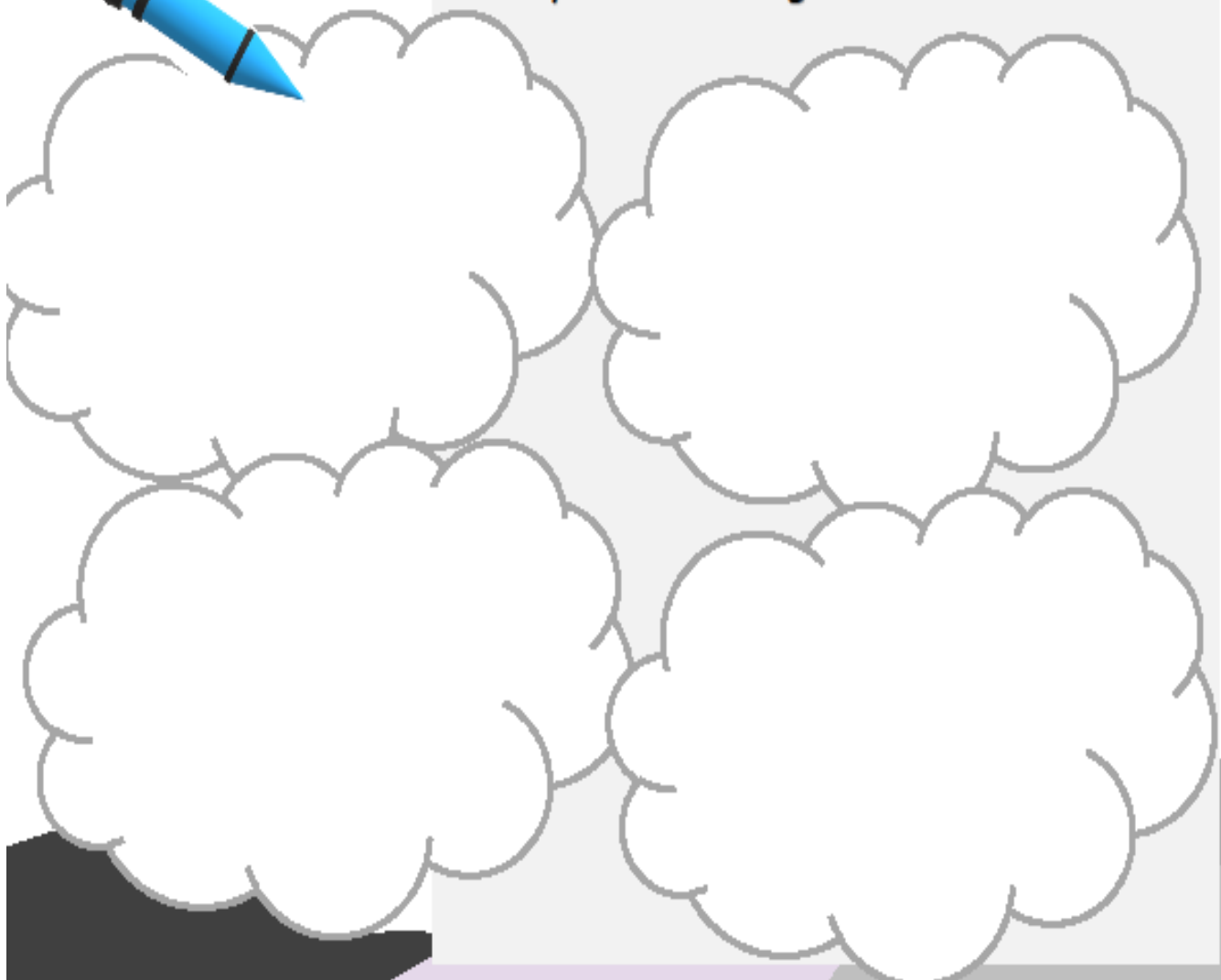
We can learn to notice our thoughts
like clouds

We can give them a wave

Thoughts are just words and pictures in
our heads

Some are helpful some are unhelpful, but
all are just thoughts and will pass

Draw your own thoughts on a cloud





Move your cloud around the room and watch it change



Now move away from the thought cloud and do something helpful that makes you smile



The cloud is still there but you don't need to put all your attention on it



When you have done a thought cloud you could give it to a member of staff to keep for you.



This can help make room for more sunshine and space for you to do things that make you feel good



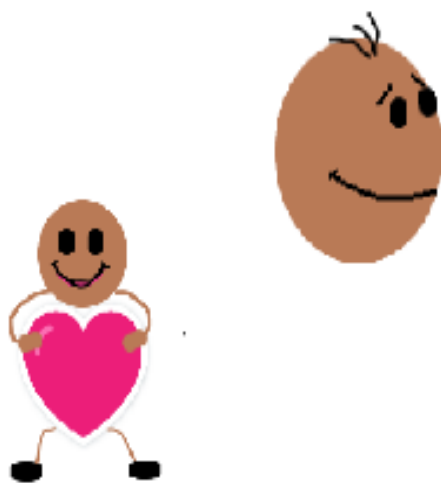
Do you like music?



If you have scary or
unhelpful thoughts -
remember they are just
words



You can put these words to a
fun tune.



Maybe to the tune 'happy
birthday'

This can change the way
these words make you feel



They are only silly words not
facts



Have a go at singing these words - how does that make you feel?



Move your body



Play with your voice

and know things will get better



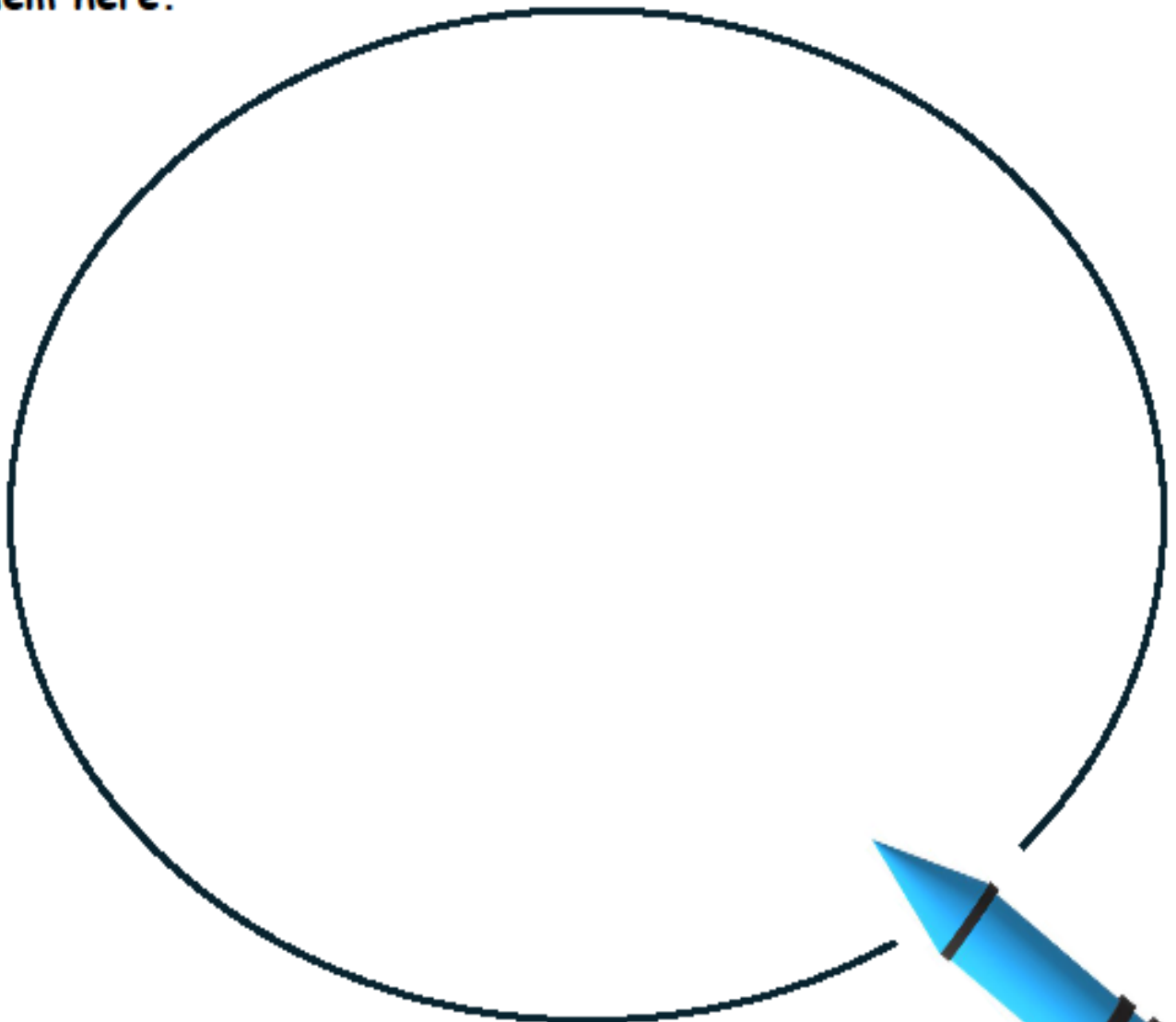
Like your thought clouds this situation will pass

Things will get better





Draw a picture of a person who has helped you and shown you kindness. You could just write their name or put a photo of them here.

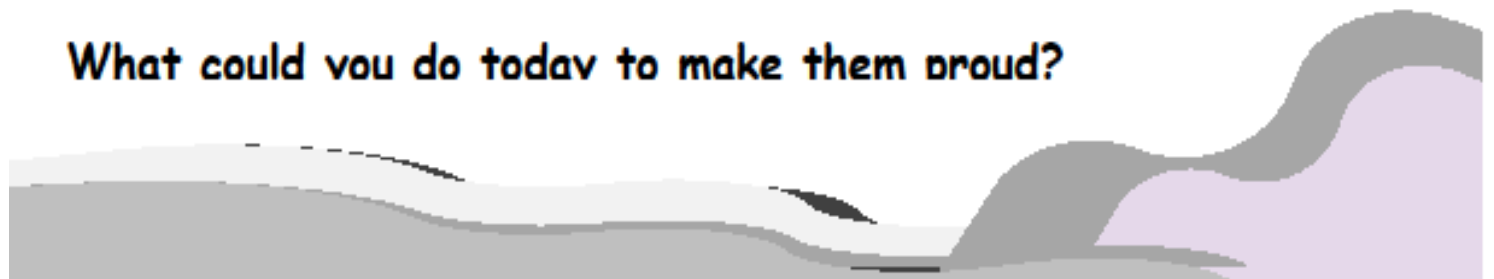


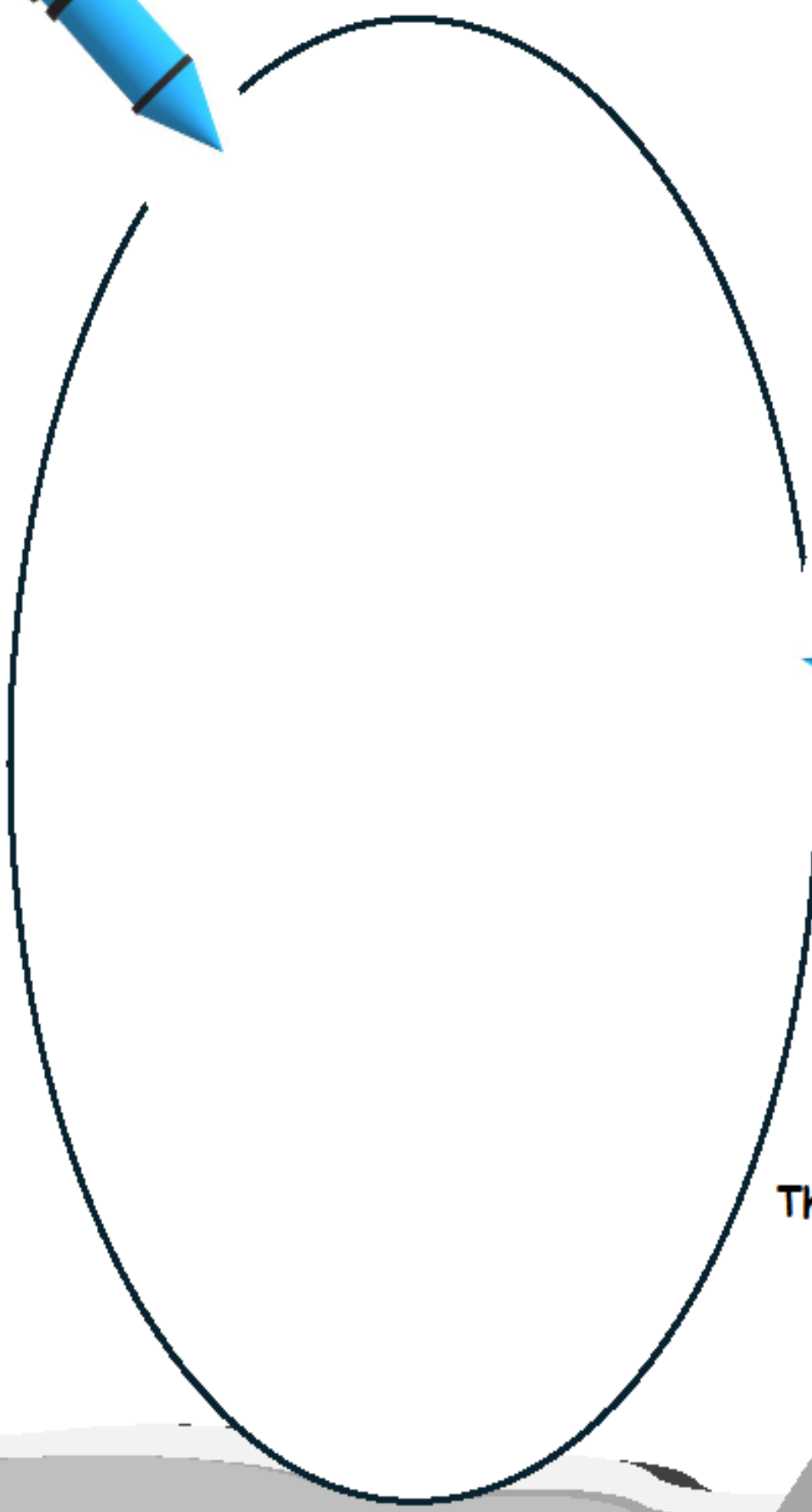
What would they say to you now?

What kind words would they use?

How does this make you feel?

What could you do today to make them proud?





Draw the ME I am most proud of..

What am I doing?

How do I look?

Where am I?

Who am I with?

How do I sound?

Stick this up
on the wall

I can work towards
this ME everyday

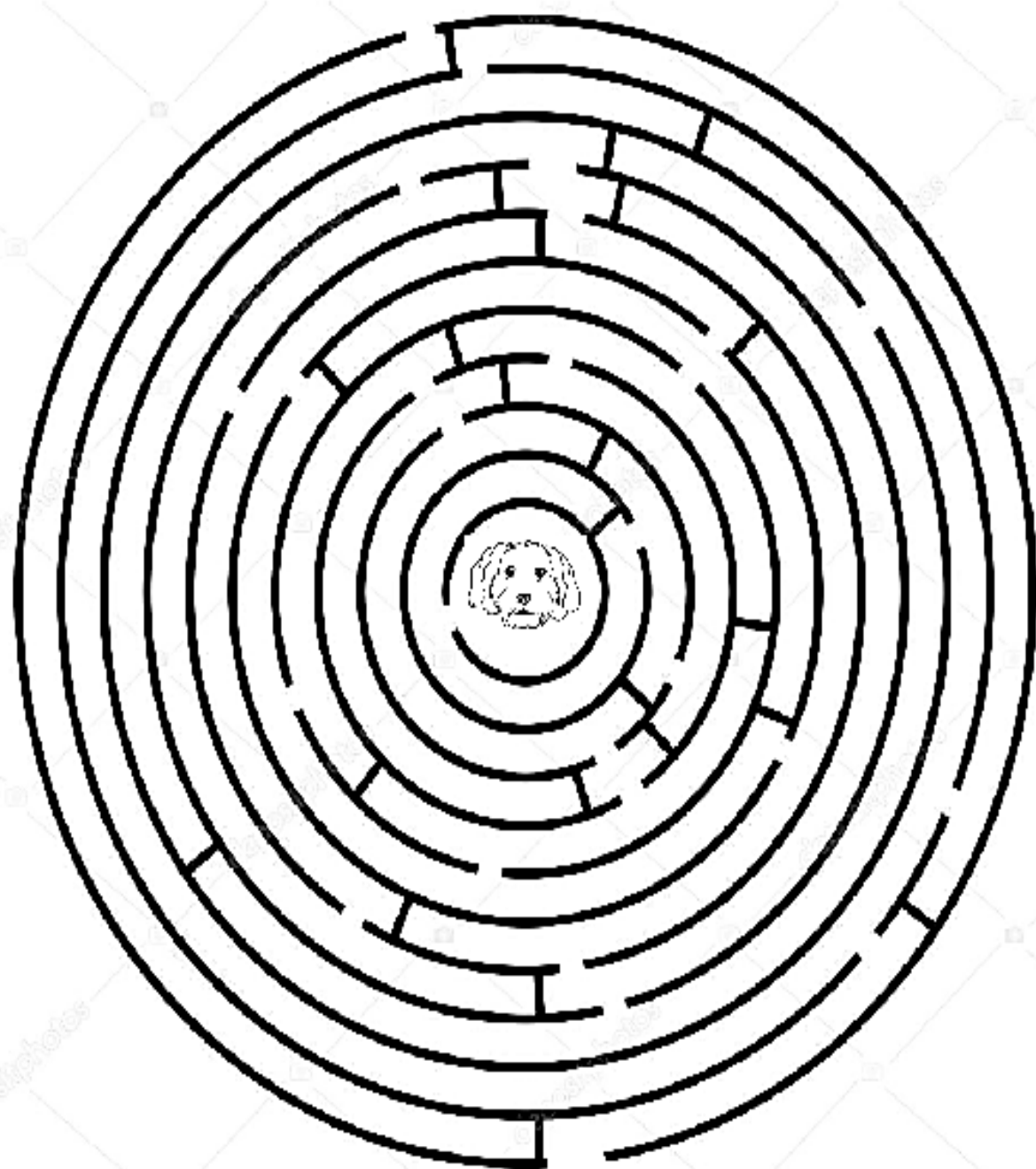
Things won't always be
like this

Hello Everyone...
Ralph here...

Can't wait to
see you all
again soon



**RALPH IS LOST IN THE
MAZE...**



CAN YOU HELP HIM GET OUT?