

# It's ok to worry about war and conflict



A resource pack for young people  
with a learning disability who are  
worried about the conflict in  
Ukraine

# Please feel free to print out your favourite pages

This pack was created by the Early Intervention team in Child and Adolescent Mental Health Service (CAMHS) in NHS Grampian



# What this pack is for

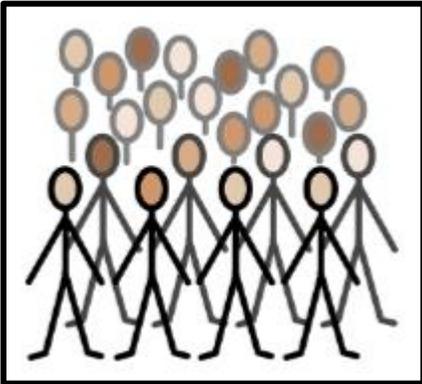
This pack is for young people with a learning disability. This pack might help if you are:

- Feeling worried about what is happening in Ukraine
- Hearing or seeing news that may be upsetting to you
- Looking for ways to help with your feelings

Lots of people feel more worried than usual at this time.

**This is very normal.**

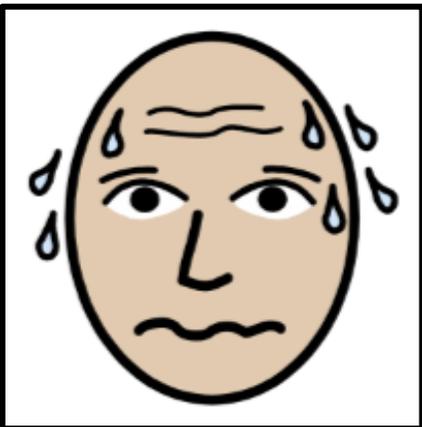
# What is happening in Ukraine?



Lots of people are worried about Russia and Ukraine.



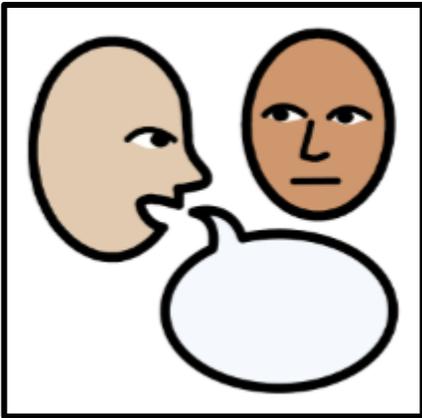
You may have seen or heard some things on the news that have upset you.



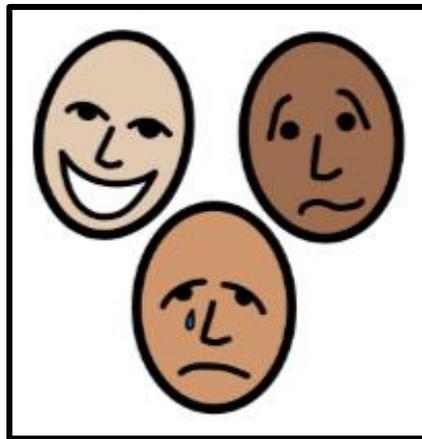
You might be worried or upset by this. This is ok and very normal.



If the news is upsetting you, you can turn it off for as long as you need too.



Talking to someone can help. Adults may not have all the answers, but they will be able to help with your worries.



This guide has many ways to help you when you are feeling worried or upset.

# Noticing worries

Sometimes you might feel worried but not know why. You can try keeping track of how you feel using the table below. This can help you to spot parts of the day where you might need a bit more support.

Day:		Example Getting dressed	Example Eating breakfast	Example Washing dishes																		
		Mostly worried																				
		8																				
		7																				
		6																				
		5																				
		4																				
		3																				
		2																				
		1																				
No worries																						

# Tips for managing worries



Continue to do what makes you feel positive and happy at home.



Focus on activities that use muscles and get you moving.

Get fresh air when you can. Walks and runs are still ok as long as you keep your distance from others.



Limit the time you spend reading or watching news stories.



Try to get enough sleep. This will help you feel more rested and relaxed.

Try to avoid conversations about war just before bed.



Eat and drink enough food and water to improve your mood.

# Worry tokens

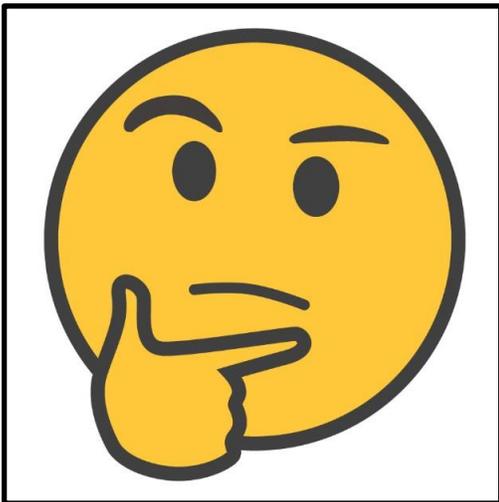


If you do find yourself worrying a lot of the time, it might be helpful to use **worry tokens**.

You could use coins, pebbles, shell or counters.



When you're feeling worried you can give your worry token to a trusted adult to let them know how you feel. They can talk about your worry or help you solve your problem.



Adults may not always have the answer when you ask. They will do their best to help you with what you're worried about.

# Things to help you feel calm

If you are feeling worried, these activities might help you keep calm:

## Hand breathing

**X5**

Repeat this for each finger



Breathe out through your mouth as you run your finger back down your thumb



Start here!

Breathe in through your nose as you run your finger up your thumb

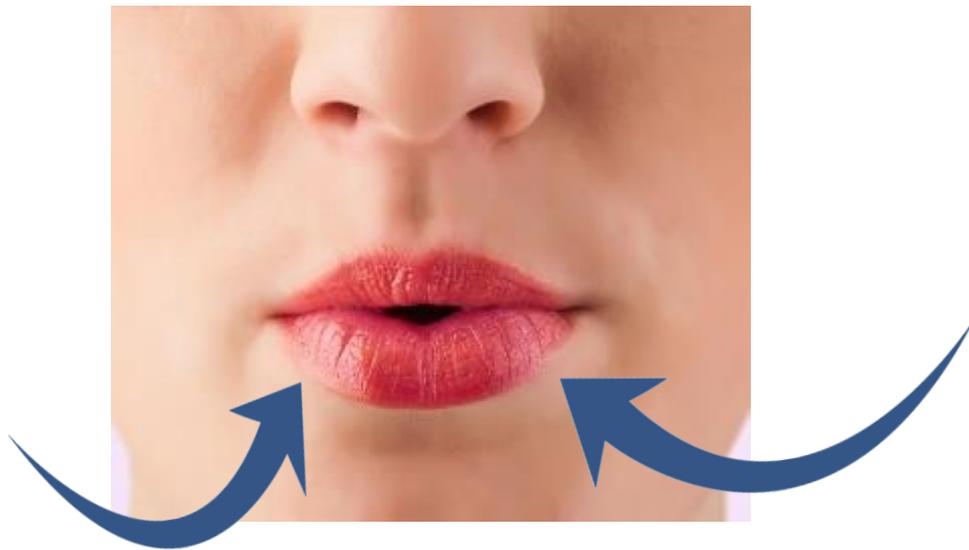


Here is a video if you need help:  
[https://www.youtube.com/watch?v=D\\_SgOW879jjA&feature=youtu.be](https://www.youtube.com/watch?v=D_SgOW879jjA&feature=youtu.be)

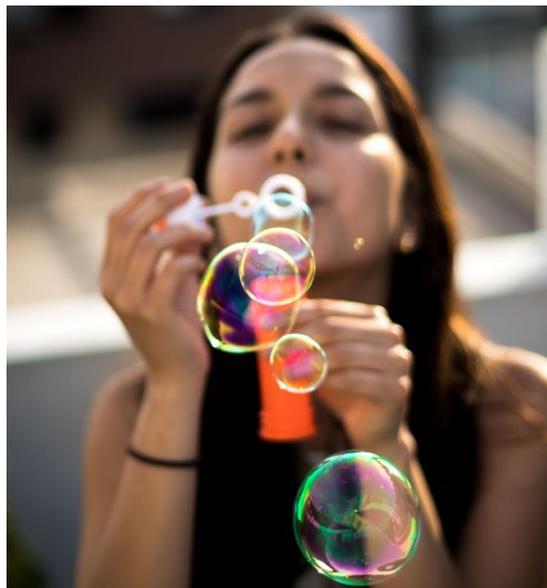
## Bubble breathing

You can use bubbles to practice calm breathing.

Take a big slow breath in through your mouth



Now slowly breathe out. Make sure you are blowing the bubbles really slowly or they will pop!



# Bubble breathing works best if you practice

Practice your bubble breathing over the next week. Mark off each time you practice and how big your bubbles were!

Day	Bubble breathing					<b>How big were your bubbles?</b> Rate them out of 10 if you like!
<i>Example</i> Monday	★	★	★			<i>Example</i> Really big! 8/10
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

## 5 senses

If you are feeling worried, you can use your five senses to calm your body down.



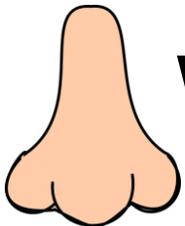
What are **5** things you can **see**?



What are **4** things you can **feel**?



What are **3** things you can **hear**?



What are **2** things you can **smell**?



What is **1** thing you can **taste**?

## Fun activities using your body

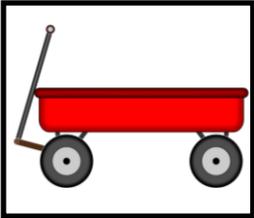
You can use your body to calm yourself down. Try the activities below with a trusted adult from your home.



Try bear hugs! Ask an adult from your home to wrap their arms around you like a bear.



Push a wheelbarrow around your garden.



Pull a wagon of toys around your living room.



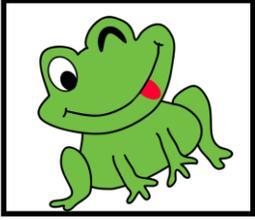
Play row row row your boat sitting opposite someone. Gently pull and push against their hands and feet.



Stand on a trampoline or sit on a therapy ball and bounce as high as you can. You can count or sing a song while you do this to make it more difficult!



Play musical statues using your favourite music. Move slowly to slow music or quickly to fast music.



Try animal walking. Choose an animal and walk like it. Waddle like a duck, slither like a snake, hop like a frog, crawl like a crab, flap like a bird.

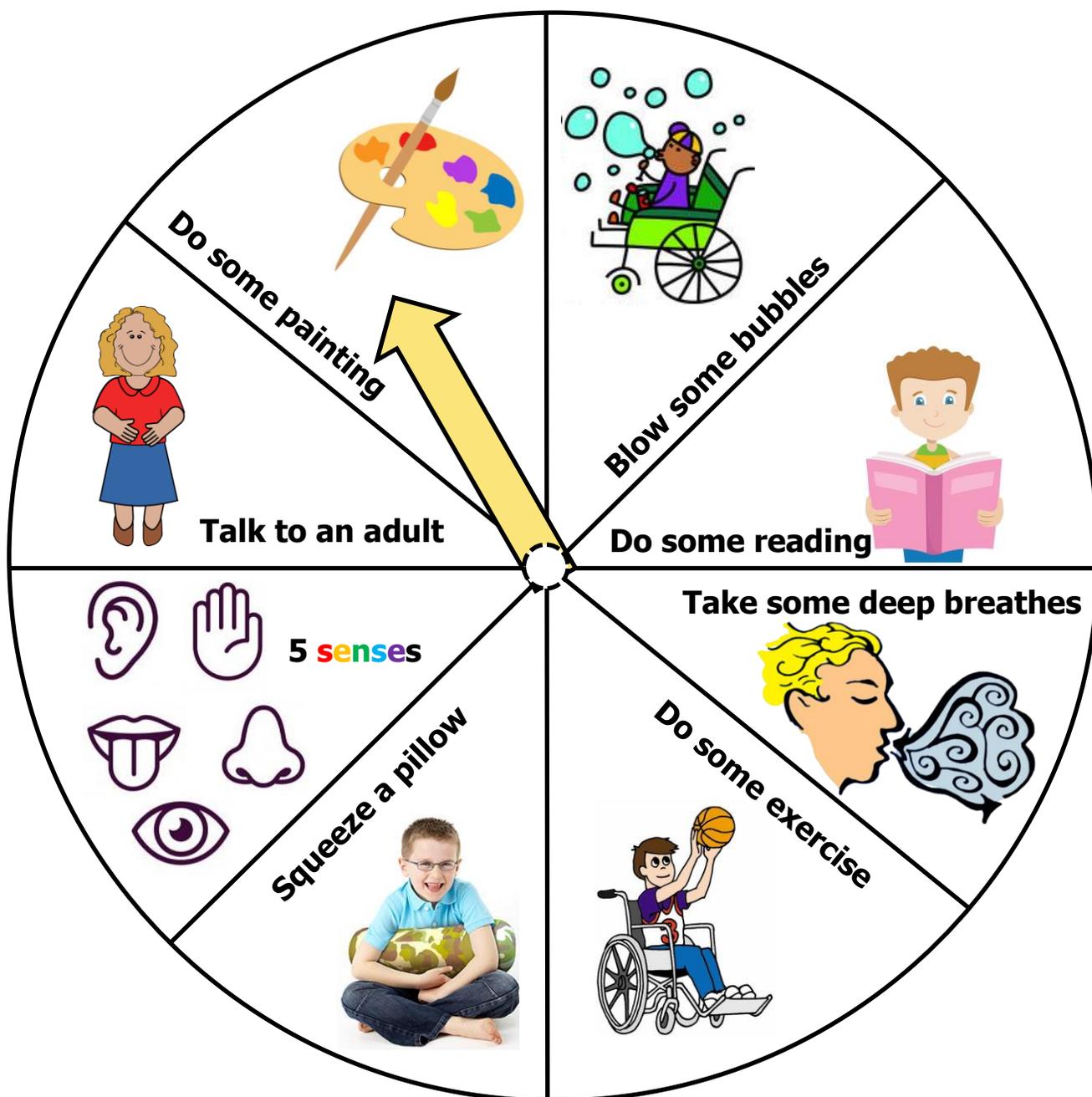


Become a hotdog! Ask an adult in your home to wrap you up in a blanket or soft yoga mat like a hotdog (make sure to keep your head free). If you like this, you can ask an adult to 'steamroll' you with a therapy ball.

## A worry buster wheel

Sometimes when we feel worried we can get overwhelmed and forget all of our coping strategies.

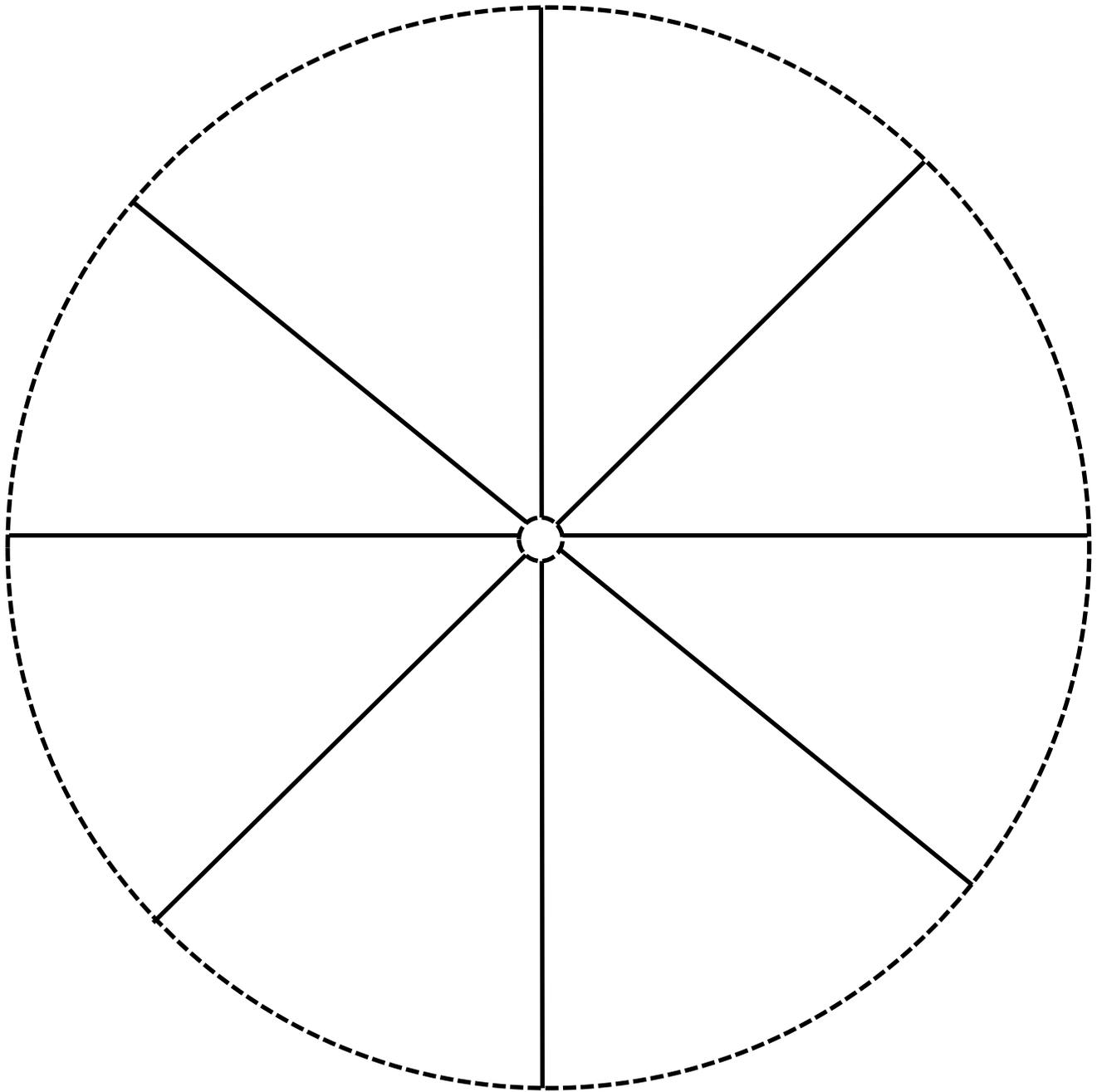
You can use the worry buster wheel below to choose one quickly if you are feeling overwhelmed.



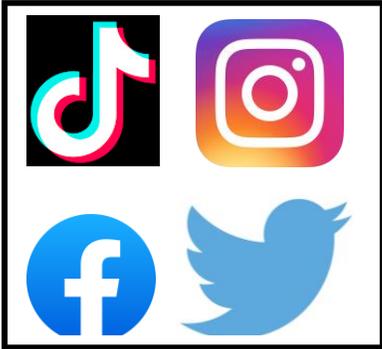
You can fill in your own below:

To make this wheel spin you need to cut around dotted lines and put a paper fastener through the arrow and middle of the circle.

Ask an adult to help!



# Social Media



If you are worried by anything you see on social media, there are some helpful tips in the Parents Pack that can help.

# Additional Resources

There are lots of resources to help you when you feel worried.

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## NHS Grampian CAMHS

NHS Grampian CAMHS have developed other resource packs for helping children and young people manage anxious feelings which you can find on our website:

<https://www.nhsgrampian.org/service-hub/child-and-family-mental-health-services-camhs-grampian>

We also have a podcast series of 'top tips', recorded by our very own staff, to make managing stress in tough times just that little bit easier. **Please note these are for all abilities.** Just search "Keep CAMHS and Carry on" wherever you get your podcasts.

**If you feel your worries are getting bigger, you or a trusted adult can contact:**

**Samaritans: 116 123**  
**[www.samaritans.org](http://www.samaritans.org)**

**Breathing Space: 0800 83 85 87**  
**<https://breathingspace.scot/>**

**NHS 24: 111**  
**<https://www.nhs24.scot/>**

**Your local GP**

