

Managing separation anxiety

A quick guide for children and young people

After being at home for so long and settling into new daily routines, it's normal to feel anxious about facing new changes all over again as you go back to school or as your parents or carers return to work. If you're feeling anxious about starting new routines without your parents, carers, siblings or even your pets, we have some tips to help you to manage.



Anxiety

Anxiety is our body's natural response to feelings or thoughts of danger. Anxiety can make us feel **sick, shaky, worried or tired** and can cause changes to our body. It can make us **sweat, breathe faster, increase our heart rate** and cause **panic attacks**.

Anxiety can feel overwhelming, but there are things we can do to **calm down**.

Find out more here:

- [What is anxiety?](#)
- [Managing Your anxiety](#)
- [Breathing exercises](#)
- [Smiling Mind - Mindfulness](#)
- [Taking care of yourself](#)
- [Make a self-soothe box](#)
- [Ask for help](#)



New routines

Planning routines can help us to feel calmer as we know what's happening and when. Use a diary or calendar to write down all the things that are happening in your week.

Mark:

- The **times you will feel most anxious**, such as when you're away from those at home.



Add in:

- Things you can look forward to doing** with the people at home when you're together.
- Things you can do for yourself** to help you feel calmer and happier when you're apart from others.

Staying connected

It's important to find ways to stay connected to the people we love at home, especially when we can't see them as much as we're used to. Here are some quick things you can do everyday to make daily separation feel easier:

Send a text or an email to say hi

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

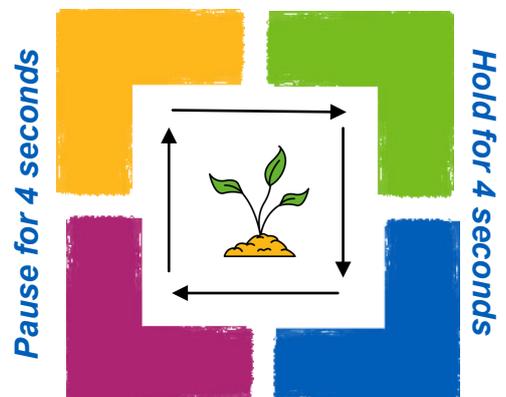
Plan a fun activity to do together when you're all home. Board games, movie night, baking, crafts, exercise etc.

Plan a day out at the weekend!

Have a **meal** together



Breathe in for 4 seconds



Breathe out for 4 seconds

With **all of us** in mind.