

The
Exchange

Resources for Young People

2: Keeping My Mentals Healthy

For more support
options, Scan the QR
code to visit our website



exchange-counselling.com/interview-support-hub

Resources for Young People

2: Keeping My Mentals Healthy

Are you feeling anxious when remembering COVID?

Anxiety can impact how we feel and if we feel able to cope with life's challenges.

You may be feeling anxious or stressed before, during and after the interview, or the questions you're asked may bring up anxious memories from COVID & the lockdowns. This resource pack will give you the tools to help manage any stress and anxiety.

If you would like further support you can visit our Support Hub. From there you can call our helpline or make an online booking with one of our team.

For more support options, Scan the QR code to visit our website

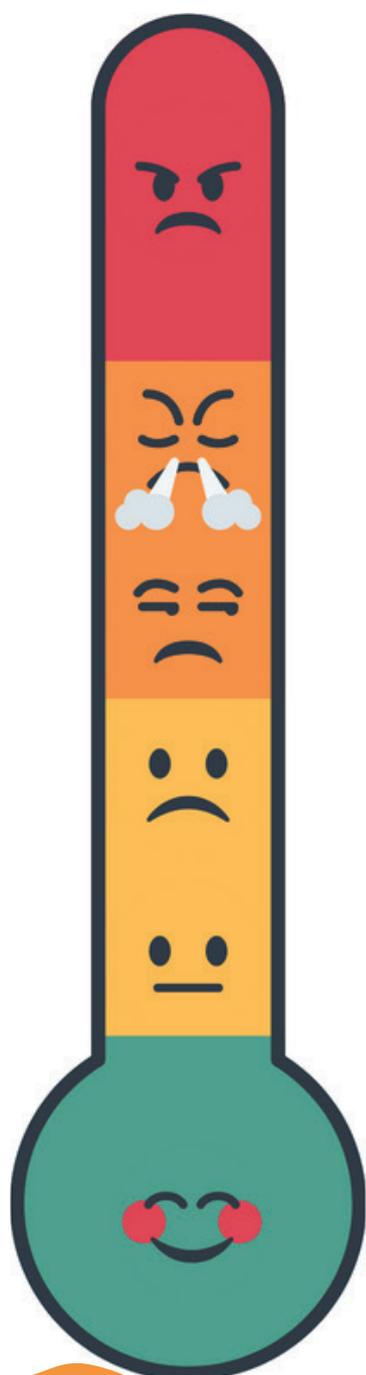


Check In - Feelings Thermometer

You may be feeling a bit out of sorts or “jumbled” up after your interview and might not be quite sure of how you’re feeling.

Some of the questions may have taken you by surprise or perhaps brought up some difficult feelings for you. Checking in with how we are feeling is so important and the feelings thermometer is a great way to do that.

This is good for you to do before and after each activity, but also when you notice a big feeling coming up – it is good to check in with our-selves before we react. You can then check in again after completing an activity to see if it has helped.



I feel overwhelmed.
I'm struggling to control my emotions.
I need space.

I feel angry.
Lots of things are irritating me.
I don't want to talk to anyone.

I feel irritated.
Some things are annoying me.
I am trying to control my emotions.

I feel sad.
I feel like quite low.
I need comfort and support.

I feel okay.
I just feel a little worried.
I can cope with things as they are.

I feel happy.
I feel positive and optimistic.

Stress Audit



You may be reminded of stressful or worrying times during the interview, or even just being interviewed could bring up some big feelings. This activity helps you to break down any stress or worry by understanding what's causing it and how you're responding.

It's good to pair this activity with the "When & Then" activity, to give you practical ideas to help once you've broken down and understood the stress.

Stressor



What is causing the feeling or stress of worry?

Panic about the future

Response



This usually falls into a fight, flight or freeze response

Get angry when people ask questions, can be aggressive

Outcome



What ultimately happens and who is affected?

Hurt my relationships

When & Then

You may be reminded of stressful or worrying times during the interview, or even just being interviewed for this could make you feel stressed or worried.

This activity can help you think of practical things to do to cope when you feel stressed, anxious or worried.

When

I panic about the future, I feel overwhelmed

then



Better Thoughts

I can handle whatever the outcome is.

Take Action!

Try mindfulness, look at my sleep and plan chill out time

When

then



Better Thoughts

Take Action!

When

then



Better Thoughts

Take Action!

Hot Cross Bun Exercise

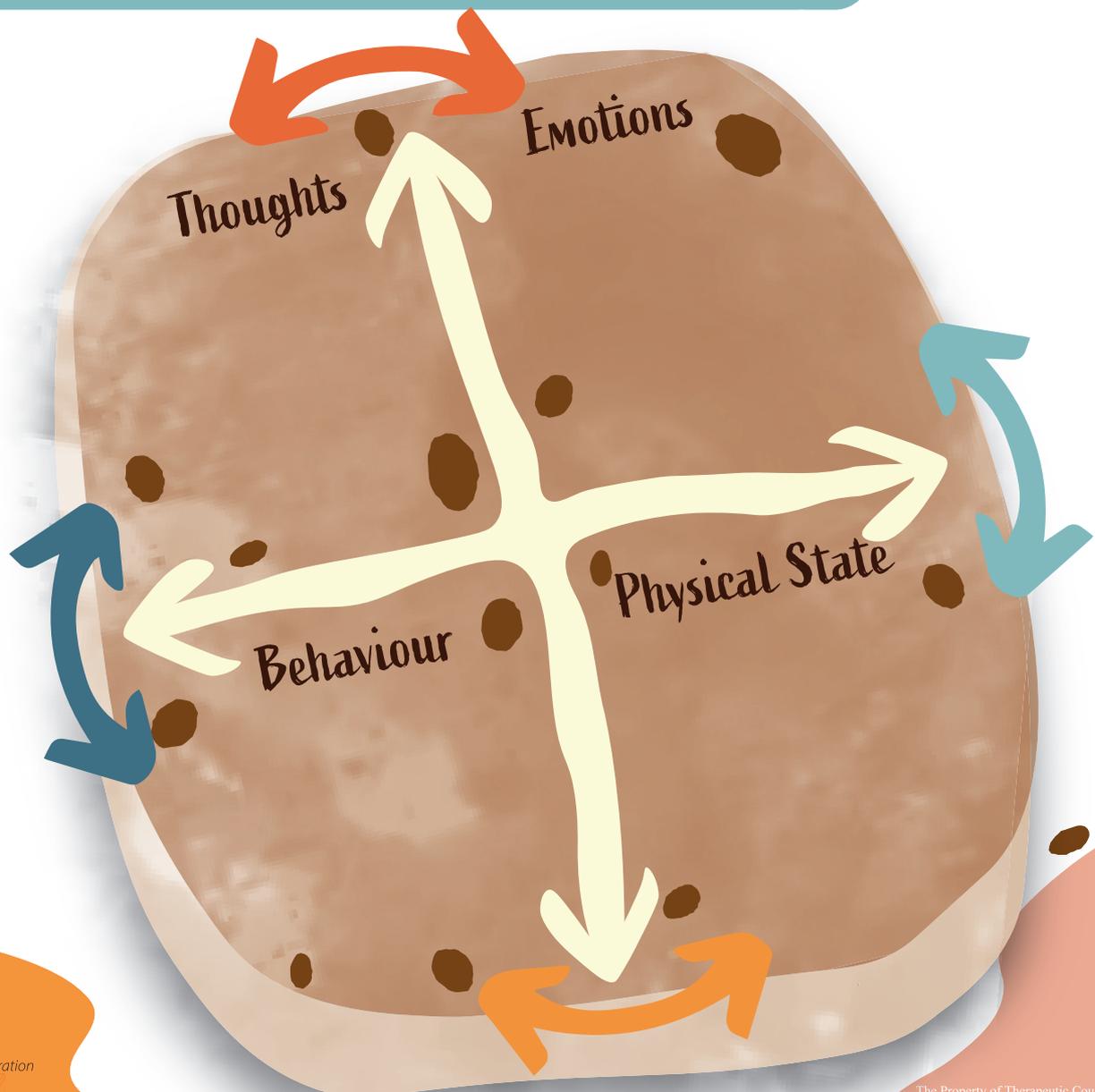
Thinking about and discussing COVID again can bring up feelings of anxiety or stress.

When we are feeling stressed or anxious it can be helpful to break it down and understand our body sensations, our emotions, our thoughts, and our behaviour.

Was there something specific discussed in the interview that's made you feel anxious or stressed? Or does the thought of just remembering this time make you feel anxious or stressed?



Situation - what was happening?



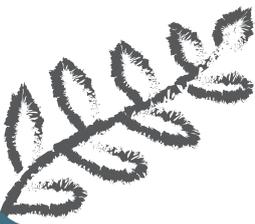
A to Z of Coping Skills

When discussing stressful or anxious moments it can be easy to feel overwhelmed or unable to cope.

By creating your own A-Z of coping skills you can focus on activities which can help you work through the emotions of COVID that will be useful to do before and after the interviews.

A llow time to think	B aking cakes & cookies	C ounting count to 10 count backwards	D ANCE IT OUT!
E xercise run, jump, walk, skip	F riends & family spending time with people you love	G aming Playing my favourite game	H appy thoughts
I gnore and walk away	J OKES tell some!	K eep Calm don't let others make me angry	L AUGH OUT LOUD
M usic listen to my fave	N otes note my feelings in my journal	O bserve your surroundings	P aint your feelings
Q uiet Take some quiet time away	R iding my bike or scooter	S tress ball make & use one	T alking tell someone
U se your safe place	V isualise and use my comfort menu	W alking go for a walk	E Xhale inhale breathing focus
	Y oga	Z one out & relax	

A to Z of Coping Skills

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

What can I control in my bubble?

You might feel that there were lots of things that were out of your control during COVID, times where we had to follow certain rules and weren't allowed to do the things we wanted to. When we feel overwhelmed, stressed or anxious by these thoughts it can help us to stop and look at what is within our control.

It helps to separate the elements of our life into those which we can have an impact on and those which we cannot change. In this activity you can cut out and use the counters to write out different elements of your life. Then consider what you can impact in your bubble and what is out of your control.

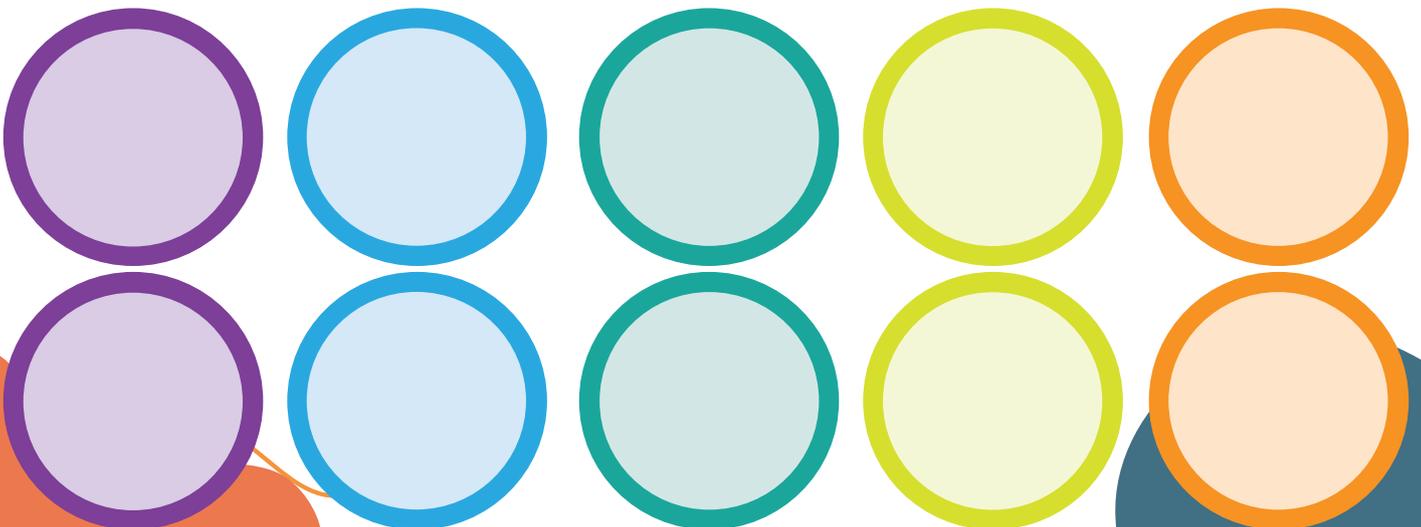
Look at our example to help.



I CAN'T CONTROL
(so I can let go of these things)



Cut these out and **write in the different things** in **your life**



GIVE ME 5!

Being asked lots of questions and thinking about difficult memories can become overwhelming, when this happens it can be helpful to take a minute to notice your surroundings. This can help you to feel calmer.

Write down what you sense around you. For example- 5 things you can touch, 4 things you can hear etc. Do this activity inside then get outside and do it again whenever you can.

Inside



5



4



3



2



1

outside



5



4



3



2



1