



## Coping with Difficult Feelings

### How do I feel?

Read the Sample Situations or create some of your own and ask them to describe how the people might feel. Explain that these are all normal feelings.



### What can I do to feel better?

Ask them to think about and/or discuss, what they can do to feel better when they have difficult feelings about their caring role.



### Feelings Toolbox

Ask them to create a 'Toolbox' of ideas for things to do to feel better when they have difficult feelings.



### Independent Activity

#### Peaceful place visualisation

Imagine a place where you feel calm, peaceful and safe. Look around you, notice the colours and shapes. Notice the sounds around you. Notice the physical feelings in your body. You can choose to stay there for a while, enjoying the peacefulness or you can leave just by opening your eyes and being aware of where you are bringing yourself back to the 'here and now'.



## Sample Situations

Simon is 13 and lives with his dad and little sister. His little sister doesn't sleep at night, she's always running around and shouting and wanting to play. Simon and his dad take turns to stay up with her, because if they didn't she might hurt herself. Simon gets so tired and finds it hard to go to school because he's too sleepy.



Anna, is 14 years old and cares for her mum and cousin. Anna has been a carer for a year and it changed her life overnight. Before, she could go out with her friends most days but now she often can't go out because she must help her mum, make the dinner and tidy up, and make sure her mum takes her medicine.

Samuel is 10 years old. He lives alone with his mum who has heart problems and low blood pressure. He helps his mum with her personal and emotional care as well as doing regular household cleaning, washing up, helping with cooking and carrying heavy shopping bags. He worries a lot about his mum's health and sits with her to keep her company and make sure she is okay.



Michael is 10 years old and lives at home with his dad who has alcohol dependency issues. Michael takes on a lot of responsibility at home and the two of them have become isolated from other family members and their local community. Michael constantly worries about his dad and has started to find himself becoming more and more anxious about his life and in particular his upcoming move to a new school.

\*You might want to edit these scenarios to suit the ages and circumstances of the young carers you are working with.