

Our tips for managing uncertainty and change this Spring

2020 brought a lot more uncertainty than most of us are used to dealing with. As human beings, we all want to feel safe and have a sense of control over our lives and wellbeing, but this is not always possible.

Some people may enjoy being spontaneous and unpredictable, but for others this can make them feel anxious, sad or angry.

If you're feeling overwhelmed, it's important to know that you're not alone – everyone is in the same boat! We are all going to have to get better at learning how to manage uncertainty.

No matter how helpless or overwhelmed you may feel, you can control how you choose to manage your anxiety and face the future with confidence. What can you do to feel better prepared to cope?

Why do I feel sad or anxious? Everything changed so quickly and almost all of us missed out on something we had been looking forward to. Some of us may have even lost loved ones and are struggling to cope with grief and shock. Sudden loss and change can make our emotions go up and down and it can take a long time to adjust to this. Don't put pressure on yourself to feel 'normal' again; it will take everyone different lengths of time to adjust to change.

Know that this will pass!

People are very resilient and we always find ways to cope with change. Even after going through huge amounts of uncertainty, we find new ways to manage and adapt!

Practise some relaxation techniques. Relaxation can be helpful to help process your feelings. Some people like to do some exercise (why not try going for a walk or do a yoga tutorial on YouTube?), listen to music or do something creative. If you find that you feel more stressed after spending too much time on Instagram, perhaps try to have an hour without screens to unwind.

Why do I feel angry? It is normal to feel angry, frozen or confused when faced with change or uncertainty. When you don't know how long life will be different or how the changes will affect you or your loved ones, it's easy to imagine the worst-case scenario.

Acknowledge and accept your feelings.

You may worry that this will make you feel worse, but identifying your feelings can help to recognise that they are a reaction to uncertainty and help you feel more in control.

Take control of your own actions.

What positive thoughts and behaviours can you take on to help you manage the change? If you want to learn some useful coping tips, why not join a YCH SfYP Emotional Wellbeing online project?

Talk to someone. Think about how you are feeling. Are you sad? Confused? Angry? Try to share these emotions with someone, or even just write them down. YCH SfYP can provide extra support with managing your feelings if you feel that it would be helpful to talk to someone that you don't see every day.

Contact Us

Call 01992 588220 or text 'SUPPORT' to 07860 065173 with your name and age to connect with one of our team.

 @ychsfyp.eastherts  @EastHertsTeam



YCH

Services for Young People

How can you get in touch with us?

Bishop's Stortford Access Point

YCH SfYP Access Points are centres specifically for young people to access information, advice, guidance and sexual health services, including:

- Chlamydia & gonorrhoea tests
- Free condoms
- Pregnancy tests
- Careers advice
- Finances and housing
- Substance misuse
- Training & apprenticeships
- Independent living skills



All young people in Hertfordshire under 19 are welcome at any YCH SfYP Access Point. They are also available for care leavers under the age of 21 and for young people with any type of disability under 24 years old. **Due to Covid-19, you must make an appointment by phone or email.**

Bishop's Stortford Access Point

Bishop's Stortford Young People's Centre
14 Northgate End, Bishop's Stortford
CM23 2EU

Thursdays 2pm–5pm

Email ychsfp.eastherts@hertfordshire.gov.uk
Call 01992 588220
Text 07860 065173

Contact us directly

Text Service

You can also text us to connect with a member of our team. We will then contact you directly to discuss the best way that we can help you.

Text **SUPPORT** to **07860 065173** to talk to our team about how we can best support you. This may be by joining one of our youth work projects, accessing individual one-to-one support or helping you with a referral to another specialist service.

Text **CAREERS** to **07860 065173** to connect with a Personal Adviser. Our team can help you plan for your future, apply for jobs, practise your interview skills or find and apply for further training or education courses.

Social Media

Follow us on social media to keep up-to-date with our youth work projects, Access Point opening hours and for tips and advice from our team!

 @ychsfyp.eastherts

 @EastHertsTeam

Website

You can visit our website at: www.ychservicesforyoungpeople.org – this is where we share the details of all of our youth work projects, careers advice, current job/training opportunities, sexual health services and important service updates.

YCH

Services for Young People

Mondays

Ware Street Project

Mondays 3:15-5:15pm
For young people aged 13-17

Emotional Wellbeing Project

Online via Microsoft Teams
Mondays 6pm-7pm
For young people aged 13-17

Ware Young People's Forum

Online via Microsoft Teams
Mondays 6-7pm
For young people aged 13-17 who want to make a difference in their community

Tuesdays

Girls & Young Women's Project

Online via Microsoft Teams
Tuesdays 5:30-6:30pm
For young women aged 13-17

Healthy Lifestyles Project

Online via Microsoft Teams
Tuesdays 7pm-8pm
For young people aged 13-17

Find out more

Call 01992 588220 | Text 07860 065173 | Email ychsfp.eastherts@hertfordshire.gov.uk

Wednesdays

Supporting You Project

Wednesdays 6pm-7pm
For young people aged 13-17

Bishop's Stortford Young People's Forum

Online via Microsoft Teams
Wednesdays 7-8pm
For young people aged 13-17 who want to make a difference in their community

Healthy Relationships Buntingford Project

Online via Microsoft Teams
Wednesdays 6-7pm
For young people aged 13-17

Sele Street Project

Wednesdays 6-8pm
For young adults aged 13-17

Thursdays

Plus One Project for Young Parents and Parents To Be

Online via Microsoft Teams
Thursdays 2-3pm
For young people aged 16-21

Thursdays

LGBT+ Project

Call or email for details
Thursdays 5:30-6:30pm
For LGBT+ young people aged 13-17

NHS Cadets Project

Online via Microsoft Teams
Thursdays 6-8pm
For young people aged 13-17

Sawbridgeworth Online Project

Call or email for details
Thursdays 7:15-8:15pm
For LGBT+ young people aged 13-17

M&M Project for young people with learning disabilities

Online via Microsoft Teams
Thursdays 7:30-8:30pm
For young people aged 13-17

LGBT+ Project

Online via Microsoft Teams
Thursdays 8pm-9pm
For LGBT+ young adults aged 18-24

Bishop's Stortford Street Project

Thursdays 3:30-5:30pm
For young people aged 13-17

Fridays

Hertford Street Project

Fridays 4pm-6pm
For ages 13-17

Buntingford Street Project

Fridays 5:30-7:30pm
For ages 13-17

Hertford Online Project

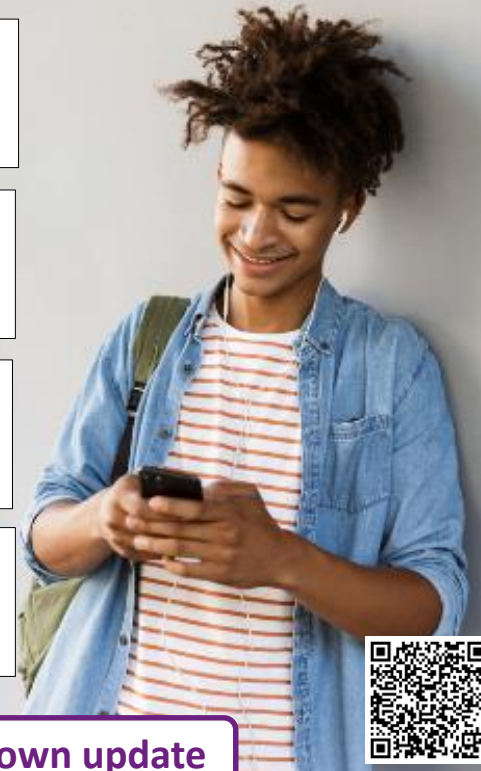
Fridays 6:30-7:30pm
For ages 13-17

Bishop's Stortford Online Project

Fridays 6:30-7:30pm
For ages 13-17

January lockdown update

To help us to keep everyone safe, most of our projects will be delivered online during this latest lockdown. This means that our current offer may look slightly different to usual, but we will update our social media and website as soon as anything changes. In the meantime, feel free to get in touch if you have any queries about a specific project.





How much exercise should I do? Under 18s should aim to take part in 'moderate physical activity' for at least one hour a day. This means working hard enough to raise your heartbeat and breathe harder, but still being able to talk.

How to keep active at home

What about during lockdown? According to the current rules, you are allowed to leave your house to exercise once a day. This can be by yourself, with the people you live with, or with one person outside your household (as long as you're outside). Don't forget: Hands. Face. Space.



Get creative: You don't need an expensive gym membership or pricey activewear to stay active. YouTube is a great resource to find quick exercise videos that you can do from home, especially yoga, Pilates, aerobics and cardio workouts.

Even before lockdown, it's not always easy to find the motivation to get outside and exercise when the evenings are dark and chilly, but it can have many benefits for both your physical and mental health. Evidence shows that people who are more physically active have more confidence, higher self-esteem, less anxiety and stress, and better social skills. It can also help to increase your concentration, make your sleep quality better and improve your academic grades.

Whatever your level of physical ability, there are options that can suit most people. Organisations like the Activity Alliance can support you with having a more active lifestyle.

Running: The NHS 'Couch to 5K' is a free running app for complete beginners. It helps you to gradually build up your fitness and stamina.

Get outside: Spending time in nature can benefit both your mental and physical wellbeing and can even help with managing anxiety and depression. Going for a walk or bike ride is a good way to be active and also safely socialise with either others in your household or one friend – make sure you both socially distance!



Safety: Try to exercise in daylight and make sure you wear bright or reflective clothes. Stay aware of your surroundings and any traffic. Tell someone where you are going and when you should be back.

Don't put too much pressure on yourself. An hour of exercise a day is ideal, but it may not always be achievable. Any opportunity to move around and be active is good, so try to do a small amount each day.



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Making plans for your future?

Even before the pandemic, planning for your future could feel like a real challenge, and sometimes your long-term goals can suddenly change. Perhaps you started a college course or apprenticeship and realised that it wasn't for you, or maybe you have completed your school education but are struggling to find work because of Covid-19.

YCH SfYP Personal Advisers can support you with researching your options, making decisions about your future goals, or even suggesting new possibilities that you might not have previously considered.



Where you can get support

Our qualified Personal Advisers are available for face-to-face, email or virtual support. When you get back into school or college, there may be a Personal Adviser who comes in once or twice a week, but if not you can still make an appointment for a meeting by email or over the phone.

Not in education, training or employment?

YCH SfYP's *Pathways to Success* programme is designed to support young people who are not in education, work or training. YCH SfYP Personal Advisers will support you on a one-to-one basis to identify your skills and interests, work on your CV, practise your interview skills, and boost your employability.

What have other young people said about our careers support?

'I always felt that I had help and guidance when I needed it. I had somebody looking out for me and keeping me on track.'

'I have found YCH SfYP very helpful... my Personal Adviser has been a big support with helping me apply to college.'

'I really enjoyed our sessions, they really helped me with my confidence and to pick the right college course.'

'The help I got from YCH SfYP has really helped me with bringing up my confidence and to get on a programme I liked. Now I feel happier about my future.'

'YCH SfYP inspired me to go to college. They helped me get a place and the learning support I needed.'

Contact Us

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