

# Visit our YouTube Video Page for helpful advice

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# National YouTube Videos for Helpful Advice

## Videos for People with Learning Disabilities

	<p>Explaining Coronavirus</p> <p><a href="https://youtu.be/X5BiTc5RgK0">https://youtu.be/X5BiTc5RgK0</a></p>
	<p>I think I have Coronavirus</p> <p><a href="https://youtu.be/pDCYJbUVoJA">https://youtu.be/pDCYJbUVoJA</a></p>
	<p>Explaining Social Distancing for People with Learning Disabilities</p> <p><a href="https://youtu.be/VcP7JeFOARc">https://youtu.be/VcP7JeFOARc</a></p>
	<p>Explaining the New Normal for People with Learning Disabilities</p> <p><a href="https://youtu.be/Tg2en7PD-Q8">https://youtu.be/Tg2en7PD-Q8</a></p>
	<p>How Shops are different</p> <p><a href="https://youtu.be/mQitAw_uF_0">https://youtu.be/mQitAw_uF_0</a></p>
	<p>Having a Swab Test Taken</p> <p><a href="https://youtu.be/iEGnsy_ABJo">https://youtu.be/iEGnsy_ABJo</a></p>

	<p>Wearing Masks</p> <p><a href="https://youtu.be/I8PBRqITN5A">https://youtu.be/I8PBRqITN5A</a></p>
	<p>Explaining a local lockdown for people with learning disabilities</p> <p><a href="https://youtu.be/jPZYpheYLWQ">https://youtu.be/jPZYpheYLWQ</a></p>
	<p>Anxiety and Your Body</p> <p><a href="https://youtu.be/NjxZW6S-efg">https://youtu.be/NjxZW6S-efg</a></p> <p>This video is for people with learning disabilities to help understand about anxiety and what the person may feel if they are feeling anxious or worried.</p>
	<p>5 things to do when feeling anxious</p> <p><a href="https://youtu.be/NOmXmNNPJ0s">https://youtu.be/NOmXmNNPJ0s</a></p>
	<p>5 seconds breathing exercise</p> <p><a href="https://youtu.be/qn9jN1unfc8">https://youtu.be/qn9jN1unfc8</a></p>
	<p>Balloon breathing exercise</p> <p><a href="https://youtu.be/00iHsmjsEW8">https://youtu.be/00iHsmjsEW8</a></p>



Breathing exercise using your imagination

[https://youtu.be/Yc\\_81mg\\_1nk](https://youtu.be/Yc_81mg_1nk)



Explaining mindfulness and the 5 things exercise

<https://youtu.be/z5lxpsO7jjg>



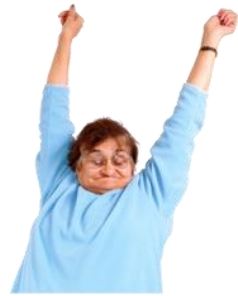
My relaxing place exercise

<https://youtu.be/RnvTdix7x6w>



How to Relax the Muscles in Your Body 1

<https://youtu.be/et0zl7adhjg>



How to Relax the Muscles in Your Body 2

<https://youtu.be/WD2afScqoBs>



Managing Feelings after somebody has died

[https://youtu.be/Rqnmx8g\\_Qsk](https://youtu.be/Rqnmx8g_Qsk)



# National YouTube Videos for Helpful Advice

## Videos for Families and Carers

### Overall Playlist

<https://www.youtube.com/playlist?list=PLfVgWWNqce44jhEbXzBMrjaMILaz3LcD1>

**1. Introduction to videos for carers of people with learning disabilities**

<https://youtu.be/AQ0KQcYza6c>

This video is for carers of people with learning disabilities to introduce the series of videos we have created and help carers identify which videos may be useful for them to watch. The series includes some videos which are aimed at the wellbeing of the people you care for, and some which focus on your own wellbeing.

**2. What is Anxiety and Advice for Trying Strategies with the Person You Care For** <https://youtu.be/HIEdfWlogPU>

This video is for carers of people with learning disabilities to help identify what anxiety is and how they might notice this in the people they care for. It includes advice for carers on supporting people with learning disabilities to manage their anxiety and finding the ways to do this that are most suited to them.

**3. Talking Together About Coronavirus** [https://youtu.be/hKI\\_LCWuo18](https://youtu.be/hKI_LCWuo18)

This video is for carers of people with learning disabilities to consider how to discuss and communicate aspects of coronavirus to those you care for. The video will provide useful strategies and tips to make talking together about coronavirus helpful, safe and positive. It may help to also watch the videos in our series: 'Carers video - anxiety techniques for you' and 'Supporting the person you care for: Anxiety about Coronavirus' for further ideas about how to support yourself and those you care for, in relation to coronavirus.

**4. Supporting the Person You Care For: Anxiety about coronavirus**

<https://youtu.be/z7p2R0wbx5U>

This video is for carers of people with learning disabilities and focuses on how to recognise anxiety in the person with learning disabilities that you support. It gives some techniques to use with people with learning disabilities.

**5. Supporting the Person You Care For: Breathing, mindfulness and relaxation techniques** <https://youtu.be/MjwhFHPqoYk>

This video is for carers of people with learning disabilities and focuses on the specific anxiety management techniques that we have recommended for people with learning disabilities. The video includes why these techniques might be helpful and things to consider when supporting the person you care for to try them out. The videos of the specific techniques that are referred to are:

- Balloon Breathing Exercise
- The 5 Seconds Breathing Exercise
- Breathing Exercise Using Your Imagination
- How to Relax the Muscles in Your Body 1
- How to Relax the Muscles in Your Body 2
- Explaining Mindfulness and the Five Things Exercise
- The My Relaxing Place Exercise

6. **Supporting Others to Structure their day** <https://youtu.be/M6bXrzWqXYE>

Supporting others to structure their day: As many things are cancelled and everyone's routine is disrupted at the minute, people with Learning Disabilities and their carers may be left feeling stressed, overwhelmed and anxious. This video gives some suggestions on how carers could help the person they support to structure their day or week during lockdown. It may be useful to use this in conjunction with the other activity scheduling videos in this series, such as 'Bordeom Busters' and 'How to plan my day' aimed at people with Learning Disabilities.

7. **Carers Video: Anxiety techniques for you** <https://youtu.be/n0AZ-GW0cRY>

This video is for carers of people with learning disabilities to think about the importance of managing your own wellbeing in order to continue to provide the best support to the people that you care for. It includes a guided imagery mindfulness exercise called "Leaves on a stream" for carers to try.

8. **Carers Video: Maintaining wellbeing through a varied routine**  
<https://youtu.be/VRRLzx0f0Ys>

During these challenging times, relatives and carers of someone with a Learning Disability may be feeling overwhelmed and unable to cope with the increased pressures of caring with reduced resources available. This video gives some advice on how relatives or carers could decrease stress by having a balance of activities that promote self-care.

9. **Carers Video: Managing worries about illness or death**  
[https://youtu.be/XX\\_MRP1cSQw](https://youtu.be/XX_MRP1cSQw)

This video aims to reduce any anxiety carers may have about talking about illness or death with the person with learning disabilities they support. It includes some tips on how to approach these difficult conversations and provides some resources which can support with this.

## 10. Relationships 1: Living together at home during lockdown

<https://youtu.be/v3WvexQTaYw>

This video has been developed to support carers who are living at home with a person with learning disabilities during the pandemic. It highlights some of the challenges that they may be facing during this period as well as introducing tips and suggestions to managing life whilst living together. The video makes reference to another video which may be relevant for carers who experience anxiety (insert link for Video 7 carers video- anxiety techniques).

The video recommends using the following handout to think about ways of



Family%20Life%20At  
%20Home-%20Quest  
talking together as a family

## 11. Relationships 2: Living apart during lockdown <https://youtu.be/Wha4ZCqPayk>

This video has been developed to support carers who are living apart from their loved one with a learning disability during the pandemic. It highlights some of the difficulties that you may be experiencing during this period as well as introducing tips and suggestions to manage life whilst living apart from a person with a learning disability.

## 12. Understanding Behaviours that Challenge <https://youtu.be/PerVHeYCQjl>

This video has been developed to support carers of people with learning disabilities who may be displaying behaviours that challenge. It discusses the possible reasons behind why someone may display behaviours that challenge, as well as providing an overview of the Positive Behaviour Support framework and how it can be used to support someone presenting with heightened distress. Examples of proactive strategies to support the person are discussed.

## 13. Bereavement <https://youtu.be/nEcLPE5ceIA>

This video aims to help family members or carers who may be worried about how to explain the death of someone close to the person who they support. It includes some tips on how to approach these difficult conversations and provides some resources which can help you with this as well as how to support them to manage their feelings.