

Reducing

Anxiety

Again, and again we hear that we are living in an extraordinary – unprecedented – uncertain period of time. They are not wrong! This is unique in world events.

Give yourself a break and celebrate what we have that makes us feel secure.

Today's dribbles

Everyday drips

Major events



Healthy release

Everybody's capacity for stress is different – **How big is your bucket?**

For

Children

- Try using a worry box
- Allow contact with friends and family using safe methods
- Enjoy time together. Maybe watch a film, play a game, do a puzzle, read to them or read together
- Be honest about the situation in a factual way
- Learn what soothes them. This might include any sensory needs
- Take exercise
- Learn new skills alongside them. Or, teach them one of your skills, e.g. cooking, crafts, art, gardening, or games
- Be prepared for them being clingy, complaining of aches and pains, tantrums, disturbed nights, etc. Such behaviours are likely to happen
- Keep routines such as mealtimes and bedtimes

For

Grown ups

- Focus on what you CAN change
- Acknowledge your own feelings
- Come back into your body (notice your limbs, breathing)
- Engage with your surroundings and senses
- Show yourself that you can have fun. Be silly, jokey, or maybe sing or dance!
- Plan your days
- Keep calm and avoid too much 'Corona' talk, news or social media, especially in front of younger people
- Look for low cost or no-cost activities and try to make things playful rather than being a chore
- Sort or organise toys, food, or clothes
- Be good to yourself. Listen to music, watch a box-set and avoid a rise in alcohol or drug use

For

Teenagers

- Give them space
- Give them privacy
- Allow contact with friends and family using safe methods
- Try relaxing the rules and give them some leeway
- Keep the offer of communication open
- Allow communication to happen naturally, when they are ready and avoid trying to force it
- Keep routines such as mealtimes and bedtimes
- Be honest about the situation in a factual way
- Offer a family meeting to discuss concerns and to plan positive, family activities
- Be prepared for big emotions as they are highly likely
- Learn what soothes them. This might include sensory needs
- Record a vlog or make a time capsule (it could be historic!)
- Take exercise

Finally

Remember

You are not qualified teachers (unless you are LOL) and any learning or other activities you can support is BRILLIANT. Home is different from school, it often offers a more secure, less emotionally arousing place.

So, try to allow yourself and your family to enjoy it.