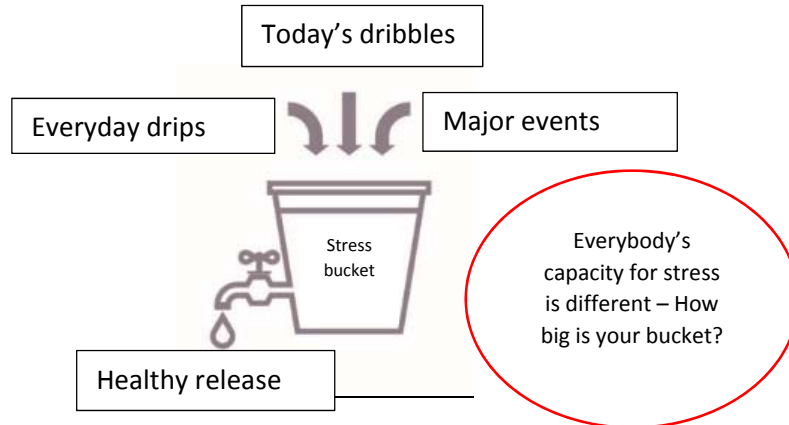


Reducing Anxiety.

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



<u>For children</u>	<u>For grown ups</u>	<u>For teenagers</u>
<ul style="list-style-type: none"> ➤ Keep routines – meal times and bedtimes ➤ Take exercise ➤ Let them contact friends and family safely ➤ Learn alongside: new skills or teach a skills you have (cooking/crafts/arts/gardening/games) ➤ Enjoy time together- watch a film / play games / puzzles / read ➤ Be honest about the situation – just the facts ➤ Be prepared for behaviours: clingy/aches and pains/ tantrums/ disturbed nights – it will happen ➤ Offer a worry box ➤ Learn what soothes them- sensory needs 	<ul style="list-style-type: none"> • F – focus on what you CAN change • A – acknowledge your own feelings • C – come back into your body (notice your limbs, breathing) • E – engage with your surroundings and senses ✓ plan your days ✓ show you can enjoy yourself: be silly/ jokey / sing / dance ✓ keep calm, avoid <i>too</i> much 'Corona' talk, news or social media in front of younger people ✓ look for low cost or no-cost activities – make things playful not a chore ✓ sort or organise toys/food/clothes ✓ be good to yourself: listen to music/ watch a boxset – avoid a rise in alcohol or drug use 	<ul style="list-style-type: none"> ❖ Give them space ❖ Give them privacy ❖ Keep routines – meal times and bedtimes ❖ Take exercise ❖ Let them contact friends and family safely ❖ Give a little more leeway on the rules ❖ Keep the offer of communication open ❖ Be honest about the situation – just the facts ❖ Allow communication to come when they are ready, avoid being head-on ❖ Offer a family meeting ❖ Be prepared for big emotions – <i>it will happen</i> ❖ Learn what soothes them– sensory needs ❖ Record a vlog offline (could be historic!)

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 – let your family enjoy it.

