



Managing stress and anxiety



- Breathing – practice 7/11 breathing – breathe in through your nose (7 seconds) and out through your mouth (11 seconds). This can also be done as 5/7 or 3/5 as long as you breathe in for less than you are breathing out.
- Mindfulness – This helps you stay in the present/ in the moment and allows your brain a break from everyday stresses. There are lots of apps you can download for this such as Calm or Headspace or if you don't want to use an app you could try doing the following: **5, 4, 3, 2, 1**
5 -things I see
4 -things I hear
3 -things I feel
2 -things I smell
1 -thing I taste
- Positive thinking – Change your mind set from 'I'm stuck in doors forever' to 'this is great opportunity to spend quality time with your children, at a slower pace of life'.
- Let yourselves have a treat; whether that's a bar of chocolate, relaxing bubble bath or 10 minutes alone time!

KEEP WELL & KEEP SAFE

Managing difficult behaviours

We know that this challenging time will be causing some children more stress and anxiety than normal. No one wants to be in a constant battle with their child, so here are a few tips to try and de-escalate some of those situations:



- Give each other space – recognise if a child is becoming heightened or distressed and then allow them some space. Let your child know you can see they are becoming frustrated/ angry/ annoyed and that they need some space but **always** let them know you are there when **they are ready**.
- Choose your battles –try to stay relaxed and don't put too many demands in place.
- Make (adapt) family rules– family rules mean **everyone** in the house follows them, not just the children
- Make a bucket list of things you can do when you are able to leave isolation – both as individuals and as a family.
- Use praise and rewards with kids rather than punishment.
- Get the children to practice mindfulness; **5, 4, 3, 2, 1**
5 things I see
4 things I hear
3 things I feel
2 things I smell
1 thing I taste
- Have fun and spend time together – get creative, bake, have snuggles.
- Make positive memories that you can look back on – take photos on your phone and then develop into an 'isolation scrapbook'.
- Make sure you keep in touch with others – facetime, video call, zoom or houseparty.

YOU ARE NOT ALONE – WE ARE ALL IN THIS TOGETHER.