






Some Thoughts for Self-care & Family Wellbeing

The following are some thoughts, in this overwhelming time, which I hope will help to simplify how we are thinking and to bring us back to the important things in our lives – not least our own care for ourselves:

For you –

- ❖ Time out for you in the day  – there will be time in the day make sure you take it and please try **not to** feel guilty!
- ❖  If you do become stressed the following breathing exercise can help to reduce your stress levels:
 - Take a series of really long breathes out – try and aim for each one to empty your lungs – after a time your heart rate should slow down and help you to regain control
- ❖  If you are having trouble sleeping at night try doing something called a **'body scan'**:
 - **Start down at your feet and say, 'ball of my foot relax', 'arch of my foot relax', 'heel of my foot relax'**
 - **Then move up your leg and say, 'calf relax',**
 - **Then onto your knee and so on...**
- ❖  The 'Calm' app is very good and you can generally get a free trial
- ❖ It is a good idea to have a think about what coping strategies work best for you prior to you becoming stressed so that you can call on them if you need to...

Together as a Family –

- ❖  Try to set a time aside each day when you can come together as a family – perhaps start a tradition such as 3 o'clock is 'family cake time' – this is also a good excuse for baking a cake with your children!
- ❖ Perhaps use the daily exercise time to take a walk as a family or time on bikes...
- ❖ **KEEP IT SIMPLE** Please don't feel you need to overthink activities
 - A simple walk in the woods e.g. picking up leaves, spotting signs of spring
 - Often just being in the same room will be comforting for children