

# FIND YOUR CALM PLAN

**F**ocus on what you **can** control to *reduce* your anxiety

**I**dentify **3 positives** at the end of each day and *revisit* them at the start of the next day

**N**eutralise those **negative thoughts** by **reframing** them into more effective ones and remember **a thought is not necessarily true**

**D**evelop a **self-care plan** and stick to it! Write it down and follow it each day and remember **self-care is not selfish** and *you cannot pour from an empty vessel*

**Y**ourself first - Attend to your own needs for calm so that you can share it with your child and remember **you cannot regulate others if you are unregulated**

**O**bserve your breathing and take **deep breaths** when it becomes shallow or **tight** and **Put your hand on your heart and just PAUSE**

**U**nderstand that it is **normal** to feel anxious when we are in uncertain times and try to *remain hopeful* knowing that **this too shall pass**

**R**egulate **regularly** and use Grounding, Best breathing, Mindfulness and exercise to soothe your nervous system – ***practice really does make it better!***

**C**O-regulate with your child and **show them how you do it – MIRROR ME** - copy my breathing - *‘Let’s visualise together, lets draw out the worries or dance/jog them out together!’*

**A**cept yourself in the moment and have some **self-compassion** – *you cannot always get it right* and it’s okay to take some **time out to vent**

**L**ook and learn from what happens and the mistakes you and others make and be **solution focused** identifying what **DID** work well or better and problem solving instead of being problem focused

**M**oderate and manage your **self-care plan** and *adapt and be flexible* in the moment knowing that **finding your calm daily** will only benefit you and yours!

# SHARE YOUR CALM PLAN

**S**hare and focus on the things your child **can** control – hand washing, keeping the rules around safety, not catastrophising but **celebrating** being safely with friends and learning again!

**H**elp them to identify **3 positives** at the end of each day and make up a **good news book** and revisit it at the start of the next day

**A**cknowledge and do not dismiss their worries or concerns – listen and be there for them – ‘I am here for you and I am going to make sure we are safe together’ and support them to reframe those **negative thoughts** and remember **a thought is not necessarily true**

**R**egulate together and show them how to use key tools from Mindfulness, Grounding, Deep breathing and Visualisation – *let's do it together now!*

**E**xercise regularly and help them to see the benefits of those **feel good chemicals** on their nervous system

**Y**ourself first – take the time you need to **find your calm** so you can share it effectively and *let your child know that you need to do this too!*

**O**bserve your child's breathing and prompt them to take **deep breaths** when it becomes shallow or tight – **use 5 finger breathing**

**U**nderstand that it is **normal** for us all to feel anxious and **normalise this for them** reinforcing that *things will get better and we must not lose hope*

**R**egulate regularly at key points in the day – before and after school and during lessons/breaks etc and help them to keep a **self-regulation diary/log** – see what works best and use it again!

**C**omfort your child when they need it – cuddles and kind words always help

**A**ccept your child in the moment and encourage them to have some **self-compassion** – give the message *it's ok to be scared or angry and to vent but not ok to bottle it all up*

**L**ook for the positives and identify what **DID** work well or better every day and *keep a list to remind them that happy moments stay with us and can be revisited*

**M**anage and develop their well being plan and support them to engage in happy relaxing activities on a daily basis – **factor in the fun** whilst regulating the nervous system!