

Coping and Calming

FACE COVID – A Calming Mantra

Focus on what you can control



Say to yourself "I can control what I am doing here and now"

Acknowledge your thoughts and feelings

Silently and kindly recognise any thoughts and feelings

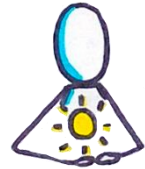


Come back into your body

Slowly stretch your arms and neck, shrug your shoulders. Take slow, deep breaths.

Engage in what you are doing

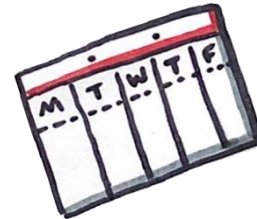
Notice 5 things you can see, 3 things you can hear, 1 thing you can smell, and what you are doing.



Repeat the above 2 to 3 times

Commit to action

*What can you do this week to help yourself? Or others?
Write this down in your schedule.*



Open up

Acknowledge that your feelings are normal and that it is okay to feel what you are feeling.



Values

How do you want to treat yourself? Others? Values include love, humour, kindness, honesty...

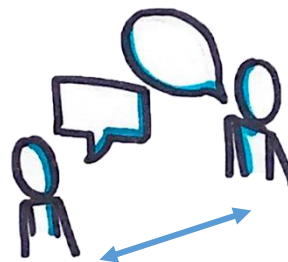


Identify resources

Identify 'who' and 'where' to get help, assistance, and support.

Disinfect and distance

Wash your hands and practice social distancing



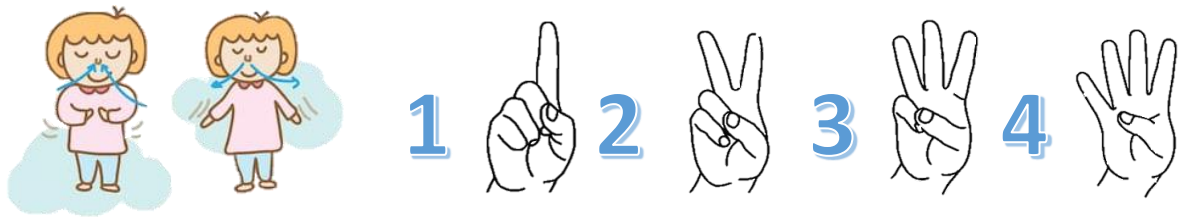
For more information about how we work please visit:
www.suffolk.gov.uk/children-families-and-learning/pts/if



A Calming Routine

You could try this routine when you feel worried or upset. It might help you to feel calmer and more in control.

1. Take 4 deep breaths



2. Clench fists 4 times



3. Count slowly to 10

1 2 3 4 5 6 7 8 9 10



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A Inside and Outside Activity Choices

Exercise does not need to be a run or a workout. There are lots of ways to stay active, such as gardening, playing catch, dancing or going on a nature trail. Having choice and control over when and how we want to exercise, or move can help us feel more motivated.

You could try using an activities choice board with picture of activities that will get you moving.

<p>Inside</p> 	<p>Outside</p> 
<p>Lift weights</p> 	<p>Go for a bike ride</p> 
<p>Do yoga</p> 	<p>Do some gardening</p> 
<p>Dance</p> 	<p>Go on a nature trail</p> 
<p>Climb the stairs</p> 	<p>Play a game</p> 



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