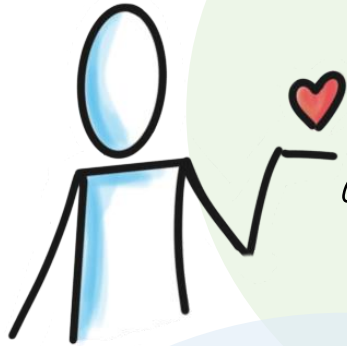


# 5 TIPS FOR FAMILIES

## Ways to Self-Regulate for Children & Young People

### Mindfulness

Practising mindful activities have been shown to help us feel calmer, find focus, accept kindness and to let go of worries.



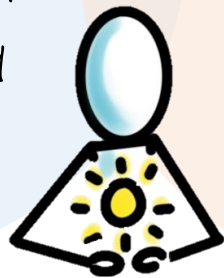
### Physical Health

Being active, eating a nutritious diet and getting good sleep helps us to have more energy and feel more in control to manage big feelings.



### Breathing

Controlling our breathing can have a positive impact on how the rest of our body feels.



### Grounding

Take five minutes in the day to notice: what we can see, hear, smell, touch and taste.



### The Outdoors

Spend time outside every day. Use the grounding techniques to connect ourselves with nature.



Emotionally Based School Avoidance (EBSA)