

# Coping and Calming

## FACE COVID – A Calming Mantra

**F**ocus on what you can control



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

**A**cknowledge your thoughts and feelings

*Silently and kindly recognise any thoughts and feelings*



**C**ome back into your body

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

**E**ngage in what you are doing

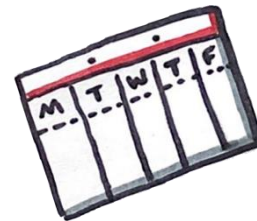
*Notice 5 things you can see, 3 things you can hear, 1 thing you can smell, and what you are doing.*



**Repeat the above 2 to 3 times**

**C**ommit to action

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



**O**pen up

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



**V**alues

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

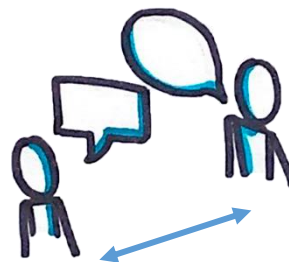


**I**dentify resources

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

**D**isinfect and distance

*Wash your hands and practice social distancing*



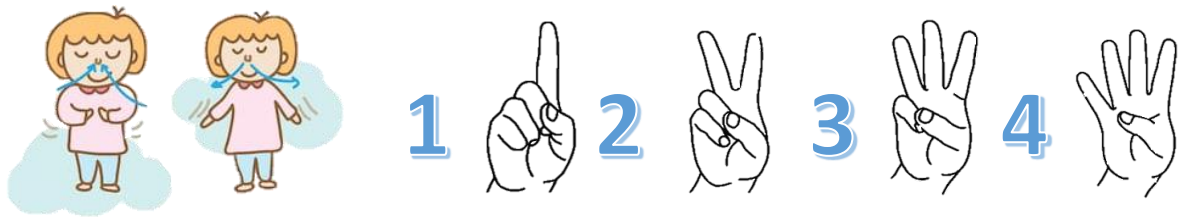
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## A Calming Routine

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><b>Inside</b></p> 	<p><b>Outside</b></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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