Week 11 - As an adult, self-care often slips to the bottom of the list. But taking care of yourself isn’t a luxury. It’s essential, especially during this difficult time.

As lockdowns continue to be relaxed around the world, you may be feeling anxious or stressed about how to resume normal life while the threat of the virus remains.

If you’re feeling this way, you’re not alone.

Resources for adults:

The University of Oxford’s Centre for Anxiety Disorders and Trauma has shared useful mental health advice for adults.

OCD-UK have published advice on managing OCD symptoms with COVID-19.

Rethink have published general guidelines on managing mental health during the COVID-19 outbreak.

SELF-CARE CAN BE

- Taking a step back
- Saying "no"
- Putting yourself first
- Setting boundaries
- Asking for help
- Spending time alone
- Asking for what you need
- Forgiving yourself
- Staying at home

SELF-SOOTTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.

- **Sight**
  - Low lighting
  - Soothing colors
  - Sleeping masks
  - Coloring books
  - Pinterest Collages

- **Sound**
  - Calming noise
  - ASMR videos
  - Nature sounds
  - Guided meditations
  - Binaural beats

- **Touch**
  - Soft things
  - Cuddle things
  - Massage
  - Hot/cold shower
  - Heated/weighted blanket

- **Smell**
  - Aromatherapy
  - Fresh air
  - Candles/inense
  - Comforting smells

- **Taste**
  - Strong flavors
  - Warm drinks
  - Nostalgic flavors

10 Reassuring Responses To Someone With Anxiety

- I love you and that’s why I’m here.
- It makes a lot of sense that you feel this way.
- You don’t need to explain yourself to me.
- You don’t need to feel pressured to stop feeling this way, take all the time you need.
- You are not a burden.
- You’re allowed to feel this way, even if you don’t know why.
- I’m sorry you are going through this right now. You’re doing such a great job anyway.
- How can I better support you when you feel like this?
- It’s really okay that you’re not okay right now.
BB4K - Turn that frown upside down

We often see an outpouring of kindness in response to a tragedy, but kindness should always be a priority. Just like a vitamin pill, kindness, taken consistently, helps prevent the spread of diseases like fear and racism.

**LEAVE A POSITIVE NOTE FOR A STRANGER**
**WRITE A THANK YOU LETTER**
**COOK FOOD FOR SOMEONE**
**SHARE A BOOK YOU'VE READ**
**LET SOMEONE GO BEFORE YOU IN LINE**
**ASK IF YOU CAN BRING ANYTHING FROM THE STORE**
**TELL SOMEONE HOW MUCH YOU APPRECIATE THEM**

**THINGS THAT MAKE ME HAPPY**

1. A **strength** of mine for which I am grateful is...
2. Something money can’t buy 😎 that I’m grateful for is...
3. Something that **comforts me** that I’m grateful for is...
4. Something that is **funny** for which I’m grateful for is 😁
5. Something that is **nature** that I’m grateful for is...
6. A **memory** I’m grateful for is...
7. Something that is **amazing** that I’m grateful for is...
8. A **challenge** I’m grateful for is...
9. Something that is **interesting** that I’m grateful for is...
10. Something that is **beautiful** I’m grateful for is...

What makes you happy or grateful? Keep a jar of happy thoughts.

Due to the global lockdown, Mount Everest is visible from Kathmandu, Nepal for the first time in living memory.

Thai restaurant sits customers next to stuffed pandas to stop them feeling alone during social distancing.

Tiny Happy Things:
- Sunshine through the window
- Singing along with the radio
- The first sip of coffee
- Talking to animals
- Starting a book and realizing you love it
- Fluffy blankets just out of the dryer
- A text from a friend
- New pens
- When someone loves the same nerdy thing as you
- Late night snacks
- Split second gratitude

**Recipe for Iced Coffee**
1. Have kids
2. Make coffee
3. Forget you made coffee
4. Drink it cold

A big event can make it feel like the World is falling apart.

But there are millions of tiny acts of kindness still holding it together.

It’s supposed to relieve stress...
A FREE book to download

Everybody Worries is a fantastic book! It is full of engaging, colourful, fun pictures but also wise words to help young children recognise that worried feelings are normal, and to share helpful, practical tips for getting worries under control.

Download your free copy of 'Everybody Worries' here

Decorate hearts and give them to the people you love!
Hear your teenager out
The first thing is always to try to understand where your teen is coming from. To adults, teenage worries can seem a little ridiculous. But taking them seriously is key to establishing open lines of communication. Don’t dismiss their concerns, even if they seem trivial to you. Their friends are their lives, and that’s where their social development is supposed to be right now. Having a clear sense of what they want, and need, will make it easier to come up with rules that they can reasonably follow.

Empathise and validate
It’s not fair! Is how most teenagers feel as their lives have been disrupted, right when establishing their own identities and pushing for independence are most important.

Teenagers are likely to feel the unfairness deeply; it’s unfair that this happened at all, that it’s still happening after months of quarantine. The more you validate your teen’s feelings, the more you give them space to be open and expressive.

Create perspective
The quarantine has been a long slog. But you can remind them that it really isn’t forever. It might not be over soon, but it’s not going to last the rest of their lives. Helping your teen remember that the restrictions really are temporary can make it easier for them to follow rules in the meantime.

Stick to the facts
Having seen the impact of the pandemic, we know how important it is to take precautions and we want our children to take them seriously, too. It’s tempting to want to keep explaining until they seem to get it, or to “scare” them into compliance, but that can backfire. It’s not so much what you say as how you say it, teens are likely to push back against lecturing or over-anxious behaviour. Avoid catastrophising, or focusing on worst-case scenarios, to make an impact. Focus on being transparent and grounded with them. Emphasise that this affects everyone, that they have their role to play.

Use trusted sources
If teens are sceptical about the risks posed by the coronavirus, don’t hesitate to turn to trusted, fact-based sources like the CDC, the World Health Organization.

Teens may also be reading or hearing information that runs counter to what the scientific community is saying. To head off misinformation, ask your teenager about what they’re reading and help them make sure information is coming from a trustworthy source.

Personalise the situation
If your child hasn’t been personally impacted by the virus, it may seem abstract, unreal and unlikely to affect them. They also know that fewer young people have become seriously ill, which can make it seem even less relevant to their lives.

Help teens make the connection by citing the danger for older family and friends. You can also emphasise that what we do now can have a big impact on what our lives look like down the road. The point is to help teens see that your fears aren’t far-fetched, and that social distancing is important in ways that do affect them directly.

Link independence with safety
Sooner or later, your teens will be going out and seeing their friends. When they do go out, try linking independence to compliance with safety measures. The more willing they are to take seriously safety precautions like distancing, wearing a mask or socialising only outdoors, the more freedom they’ll be able to have.

Work together to brainstorm ways they can safely hang out with friends. For example: Measure 2 metres of distance and practice staying that far apart. Make a list of outdoor places where your teen could safely meet with friends, like a nearby park.

Make or buy cool-looking masks your teen is more likely to actually wear.

Prepare for tricky situations
For even the most co-operative teens, challenges will come up. One way to prepare kids to stick to your plan is to emphasise your family’s values — and acknowledge that not everyone shares them. It can also be helpful to give your child practice dealing with difficult situations before they come up, being open with your teen about the fact that some of their friends might not follow the rules — and might pressure your teen to do the same.
BB4K consultation by telephone:

If a parent OR young person requires a telephone consultation with BB4K Worker: Email BB4K@pactcharity.org with name, time availability, concerns, and contact details. BB4K Worker will email reply with a time slot for this consultation to support 121. Referral forms will need to be completed for consultations.

Please send in any pictures of what you have been doing and any ideas to help with the next newsletter!