

BB4K News, Advice and Support

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.

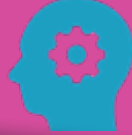
If you're feeling this way, you're not alone.

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 To-Do List

Taking care of yourself is the kindest thing you can do

- Read a book. (I suggest Anne of Green Gables)
- Reconnect with someone you ADORE
- Journal or write about your feelings
- Rest: Nap, sleep early, Take a break
- Get creative: paint, draw, use your talent.
- Do something that physically makes you feel good.
- Ask yourself: What do I need? pet or cuddle a furry thing
- Get outside: Soak in sun, rain, & wind
- Drink your water!!!
- Get back into your hobbies! (puzzles are SO relaxing!)
- plan a movie night or binge watch something on netflix
- Have a cup of tea or cocoa. (bonus points if it's with a book!)



SET BOUNDARIES WITH WHAT + HOW MUCH MEDIA YOU CONSUME

YOU'RE ALLOWED TO OPT OUT OF OVERWHELMING DISCUSSIONS

TRY TO RESPOND TO THE FEARS OF OTHERS WITH UNDERSTANDING + RESPECT

GENTLE REMINDERS: FOR WHEN THE WORLD FEELS FRIGHTENING

FOCUS ON THE MANY THINGS YOU CAN CONTROL

BE MINDFUL OF WHEN IT'S BECOMING MORE THAN JUST 'BEING INFORMED'

BREATHE, CONNECT + TAKE GENTLE CARE OF YOURSELF + OTHERS

SELF-SOOTHING

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
- Touch**: Soft things, Cuddle things, Massage, Hot/cold shower, Heated/weighted blanket
- Sound**: Calming noise, ASMR videos, Nature sounds, Guided meditations, Binaural beats
- Smell**: Aromatherapy, Fresh air, Candles/incense, Comforting smells
- Taste**: Strong flavors, Warm drinks, Eat slowly, Nostalgic flavors

10 Reassuring Responses To Someone With Anxiety

- I love you and that's why I'm here
- I'm here for you
- You're allowed to feel this way, even if you don't know why
- It makes a lot of sense that you feel this way
- I'm sorry you are going through this right now. You're doing such a great job anyway
- 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
- How can I better support you when you feel like this?
- You are not a burden
- It's really okay that you're not okay right now

BB4K - Turn that frown upside down

SMALL ACTS OF KINDNESS

WWW.MISS-MENTAL.COM

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

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



-Nanea Hoffman-

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.



GRATITUDE PROMPTS

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's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. A **memory** I'm grateful for is...
7. Something that **changes** that I'm grateful for is...
8. A **challenge** I'm grateful for is...
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...

Recipe for Iced Coffee

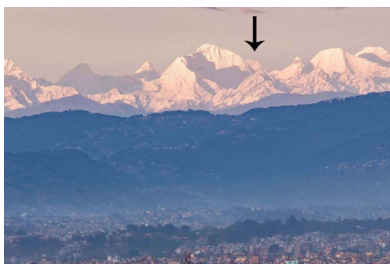
1. Have kids
2. Make coffee
3. Forget you made coffee
4. Drink it cold

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

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



I can be **KIND** by...



- saying nice things to others
- smiling
- being happy for others
- encouraging my friends
- offering to help
- sharing and taking turns
- caring about others
- listening when others speak
- using good manners



Decorate hearts and give them to the people you love!

Random Acts of Kindness Ideas




Natural Beach Living

Check-in

@gmf.designs x @crisistextline

I'm feeling great	I'm feeling angry/irritated
I'm feeling okay	I'm feeling anxious
I'm feeling sad/upset	I'm feeling depressed
I'm not doing well and need help/support	I'm not feeling well because of mental illness

Banana Bread



- Mix sugar and butter.
 - 1 1/4 cup sugar
 - 1/2 cup butter
- Add eggs and milk.
 - 2 eggs
 - 1/2 cup buttermilk
- Mash 3 ripe bananas. Add to the bowl.
 - Add 1 teaspoon vanilla
- Mix in dry ingredients.
 - 2 1/2 cups flour
 - 1 teaspoon baking soda
 - 1 teaspoon salt
- Mix well.
 - Pour batter into a greased loaf pan or muffin pan
- Bake at 350° for 30-35 minutes.

Kindness Links Us Together!



KINDNESS Monthly Activities



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



Self Care KIDS EDITION



B	I	N	G	O
READ	BE KIND	CREATE	DANCE	GO OUTSIDE
HAVE FUN	BUILD	PLAY A GAME	HUG SOMEONE	MOVIE TIME
NAP	DO NOTHING RELAX	FREE SPACE	WRITE	ASK FOR HELP?
ENJOY COOKIES	EXERCISE	COMPLETE A PUZZLE	BRAIN BREAK	SING
LISTEN TO MUSIC	EAT HEALTHY	CUDDLE WITH A PET	HYDRATE	FAMILY TIME

BB4K Positive Teens



Make your own Pendulum Art!



Tips for helping teens stay safe

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!

www.soniasparkles.com

@sonia_sparkles

SMALL ACTS OF KINDNESS



NEVER ALONE

www.nspcc.org.uk (child abuse)

www.refuge.org.uk (women's shelter)

www.mind.org.uk (mental health)

www.victimsupport.org (rape help)

www.cruse.org.uk (bereavement support)

www.ncdv.org.uk (domestic violence)

www.wearehourglass.org (elder abuse)

www.childline.org.uk (children's wellbeing)

www.samaritans.org.uk (crisis aid & suicide)

www.womensaid.org.uk (domestic abuse)

www.mensadvice.org.uk (men's domestic abuse)

NEVER ALONE

NSPCC 0808 800 5000 (24hrs)

National Domestic Abuse Helpline 0808 2000 247 (24hrs free)

Mind 0300 123 3393 (Mon-Fri 9-6)

Victim Support 0808 168 9111 (24hrs)

Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)

ChildLine 0800 1111 (24hrs)

Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)

Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)

Samaritans 116 123 (24hrs free)

National Centre for Domestic Violence 0207 186 8270