



Week 13 - Adjusting and adapting!



When you get in the pool the water is freezing but after a few minutes, it feels fine. The pool didn't change, we adapted to it.

**Just a reminder** that as lockdown lifts, and places open up, and our lives start getting busier again, it's ok if you're anxious, or overwhelmed, or exhausted, or feeling like you've forgotten how to be around people. If you're frightened to be going back to work, if a message inviting you to a social thing makes your stomach flip, if you turn up somewhere and want to leave immediately, if you turn up somewhere and do leave immediately, if your friends go in for a hug and you don't want them to touch you yet even though you miss them, if you feel confused about what you want or feel comfortable with right now. **It's ok.** It might feel like everyone is excited and desperate to 'get back to normal' but you are not the only one freaking out. You go as slowly as you need to. You say "no" as much as you need to. And don't let anyone pressure you. Listen to your body.

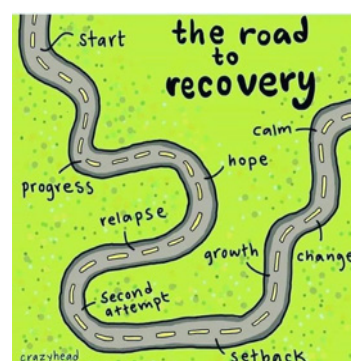
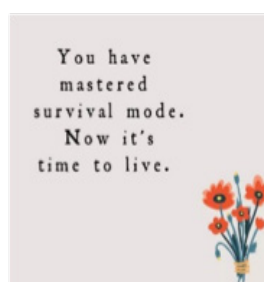
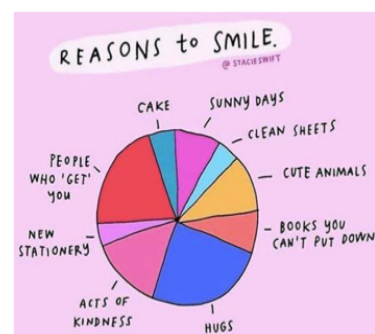
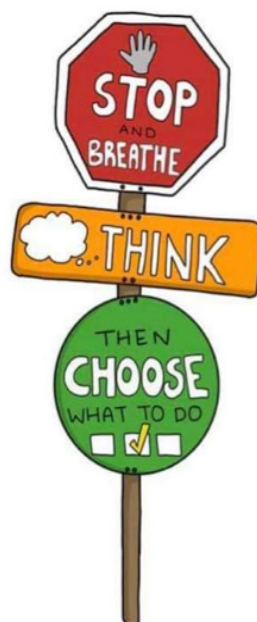
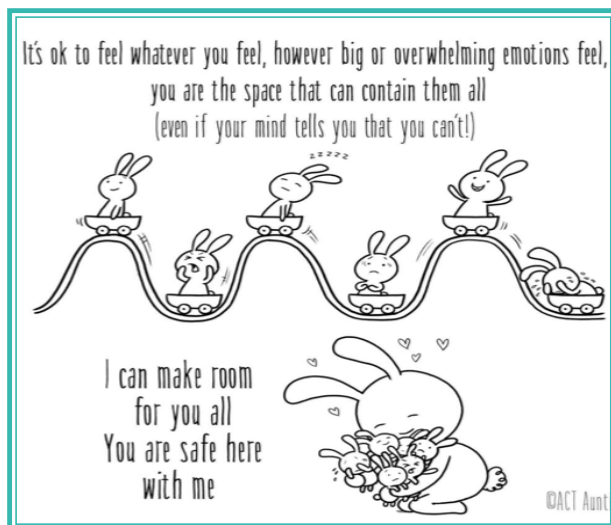
And if you're one of the excited and relieved people, that's ok too, but remember that not everyone else is feeling the same. Ask for consent around touch and distance. Respect people's boundaries, and don't take it personally if they don't want the same physical intimacy that you do, or the same intimacy that you shared before lockdown.

Extra love to all those who are still shielding, who are watching a world open up that you can't be part of yet. I hope you've got people you can ask for connection and support in ways that feel safe.

Love if you haven't had the luxury of lockdown, if you've had to keep going to work anyway, or not had your own space through all this weirdness and that's been hard, and if it's scarier now as more people leave their homes.

Just remember that we've all had a really big traumatic thing happen and none of us can really be sure we understand it. We've all had different experiences of it and different ways of coping with it. And it's not over, we're still in it. Our nervous systems have been going through the wrangler for a while and now that things are changing again, that's yet more stress and upheaval to be gentle with ourselves through.

**Now, more than ever, we need awareness of our own feelings and needs, compassion for those of others even if they're different from our own, good communication between us all and kindness, respect, and generosity towards each other and ourselves.**



# Bounce Back 4 Kids

part of **PACT**  
PARENTS AND CHILDREN TOGETHER

# BB4K - Self-Care and Sleep

## Can't Sleep?



At night when we lay in bed trying to fall asleep our thoughts pick up momentum. This is because there isn't anything actively distracting the mind. Have you tried distracting yourself by thinking of something else? Well, unfortunately, it doesn't work because other thoughts aren't an anchor. To stop ourselves from over thinking we must anchor ourselves to our senses. This will bring our focus into our body, instead of our thoughts. In order to achieve this, we can try breath work or simply focusing on different parts of our body and noticing different sensations.



## Sleep Self-Care



## Visualisation Grounding Techniques



1. Imagine a golden light shield is protecting you. Imagine all the negativity you feel leaving your body and bad energy bouncing off the shield.  
XXXXXXXXXXXXXXXXXXXX
2. Choose one thing to concentrate on. It can be a candle, a fan, or even the window and in your mind imagine the sound of rain as you focus on the object.  
XXXXXXXXXXXXXXXXXXXX
3. Imagine your stressful emotions as a monster. Then visualise yourself having a sword fight with that monster and winning.

## EMERGENCY CARE WALL

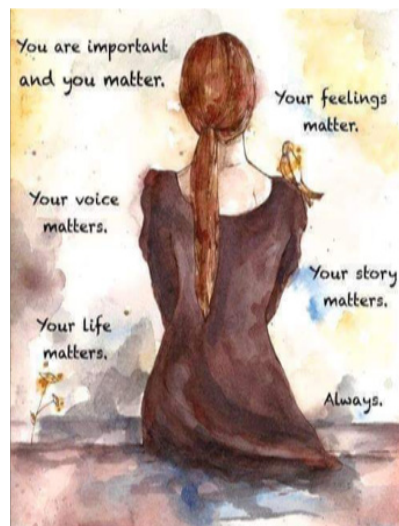
<b>for sadness</b> 	<b>for loneliness</b>  best friend's phone #	<b>for self-doubt</b>  list of reasons why you can
<b>for anger</b> 	<b>for worry</b> 	<b>for other</b>  stress ball, fav. books

Pandas don't have specific spots for sleeping, they simply fall asleep wherever they happen to be



## HOW TO FIX 9 COMMON SLEEP PROBLEMS

<b>CAN'T FALL ASLEEP</b> Avoid caffeine several hours before bedtime. Exercise in the morning or afternoon and put your phone away at least an hour before your bedtime.	<b>SNORING</b> Try sleeping on your side or propping your head up a few inches. You can also clear out your sinuses with saline before bed and avoid alcohol.	<b>NECK PAIN</b> Replace your pillows at least every two years. People reported firm, latex pillows were the most comfortable in a study.
<b>CAN'T STAY ASLEEP</b> Avoid alcohol before bed, since it can decrease the amount of time you spend in deep REM sleep. Make sure your room is set between 68° and 71° F.	<b>ACID REFLUX</b> Talk to your doctor about medication options, and try sleeping on your left side on an elevated pillow.	<b>SHOULDER PAIN</b> Don't sleep on your side, if you are a side-sleeper, and the pain's only in one shoulder, try sleeping on the other side. Hugging a pillow might help.
<b>CAN'T WAKE UP</b> Try to wake up around the same time every day (even on weekends) so your body is used to it.	<b>LEG CRAMPS</b> You can try massaging the area, applying heat to the muscle, and stretching to relieve the pain.	<b>BACK PAIN</b> Add a pillow under your thighs if you sleep on your stomach, or under your legs if you sleep on your back.



### Self-Care Awards

- WATER**: Drink enough of it!
- TOOK DEEP BREATHS**: Went outside!
- Said No**: when I needed too!
- HONoured**: I listened to and cared for my body - ATE!
- I MADE TIME FOR SELF-CARE**: Got enough sleep!
- my feelings + accepted myself**: I made time for stuff that makes me happy!



# BB4K Positive Kids Pages



Take nature home paint it and do leaf printing!

Use you water soakers and paint some pictures the fun way!

Take a walk through the park and make your pictures real and 3D. Poke the flowers through the pictures!

## Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

### 1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

### 2 Do Your Favourite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in a while. Make a plan to do the things on your list soon!



### 3 Learn to Relax

Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

### 4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals.

### 5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

### 6 Share Your Feelings

It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.

## Will my child be traumatised by the coronavirus crisis?

There's no easy way to predict if a particular child will be traumatised. For a lot of people, the pandemic is certainly a significant stressor but not necessarily a trauma.

Children who have gone through the death or hospitalisation of a loved one due to COVID, or who have been very sick themselves, may experience those events as traumatic. Kids who have been quarantined in a violent or abusive situation are also at high risk for trauma right now.

If your child hasn't gone through any of those especially stressful experiences during the crisis, they're less likely to show signs of trauma. That said, the stress that children have been experiencing over the past few months might have other significant consequences that don't meet the clinical definition of trauma. This is where the idea of adjustment comes in.

## What can I do to help my child bounce back from the stress of the coronavirus crisis?

As parents, we can't completely protect our children from the stress of this situation, but there are strategies we can use to support their mental health - now and as the challenges continue.

**Adjust your expectations.** It's normal to not be yourself when so much is taken away from you, a lot of kids won't bounce back entirely until the crisis has passed.

**Empathise with their feelings.** Clearly validating your child's emotions can make a big difference, even when you can't solve the problem. Give your child [space to talk about what's upsetting them](#), and don't rush to fix their difficult emotions.

**Take a step back.** Identify a couple of big [developmental milestones](#) that are really important for your child right now. For example, this could be completing tasks independently or being more respectful of siblings - anything that your child needs to master as they continue growing and learning.

**Find opportunities for practice.** Once you know what areas of growth to prioritise, see if you can find small ways for your child to work on these skills. Maybe it's rewarding cooperative play between siblings, working up to 20 minutes of reading independently or practicing doing chores without help. Don't sweat the rest. Right now, keeping up with these major skills is plenty for most kids and families to deal with. Resilience means putting one foot in front of the other and meeting your developmental milestones, it doesn't mean learning new languages and reorganising your whole house, and it doesn't mean that your kids need to be doing everything you might have expected before the coronavirus crisis. Letting go of the idea that everyone should be on their best behaviour can make things a little easier on you and your kids alike.

### Nature and Mental health



**Nature improves your health**  
Daily contact with nature is linked to reduced levels of chronic stress, reductions in obesity and improved concentration, so get your colleagues outside and help them feel healthier.



**Nature makes happier workers**  
Green your office by creating an outside area and encouraging lunchtime walks. There is a 10% reduction in work absence if employees are able to look at a green space rather than a wall.



**Green offices boost productivity**  
Adding plants and photos of wildlife (or even playing birdsong!) can help your colleagues at work. Employees are 15% more productive when workplaces have even a few houseplants.



**Nature makes you more active**  
Map out local walking routes in wild places for people to enjoy at lunchtime. People with easy access to nature are three times as likely to be active as those without access.



**Green exercise can save the NHS money**  
Ecotherapy could reduce antidepressant prescription costs, so encourage walking meetings and exercise in your workplace. Mind has shown that green exercise benefits health and wellbeing.



**Green neighbourhoods cut depression**  
Natural features near houses reduce mental illness. Work with neighbours to create wildflower borders and bird feeding stations.

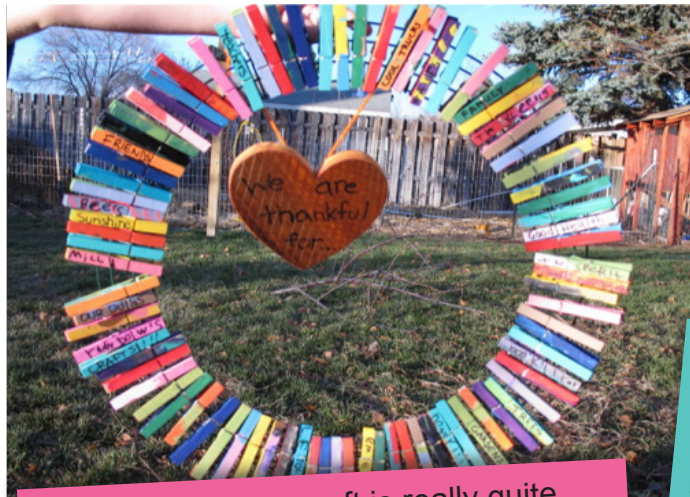


# Bounce Back 4 Kids



part of **PACT**  
PARENTS AND CHILDREN TOGETHER

## BB4K Positive Teens



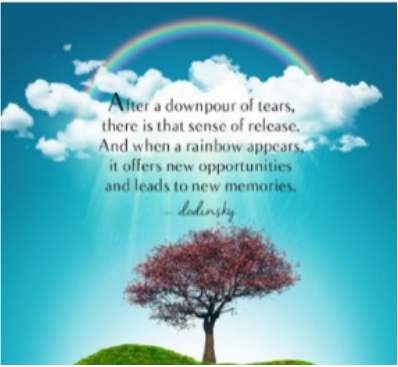
A thankful peg wreath and lollypop boredom busters! Make with your friends and family.

Although this yarn craft is really quite good for all ages, teens and tweens will love to make these letters to decorate their rooms. Make three and turn it into an artsy monogram.

### How do you really feel?

by mellow doodles

<p><b>HAPPY</b></p> <p>proud, loving, optimistic, respected, fulfilled, confident, hopeful, inspired</p>	<p><b>SAD</b></p> <p>bored, empty, ashamed, powerless, isolated, vulnerable, lonely, ignored, depressed, abandoned, indifferent</p>
<p><b>ANGER</b></p> <p>hurl, disgust, threatened, frustrated, embarrassed, irritated, provoked, resentful</p>	<p><b>FEAR</b></p> <p>rejected, insecure, anxious, scared, humiliated, inadequate, frightened, overwhelmed, insignificant</p>
<p><b>PEACEFUL</b></p> <p>content, loving, relaxed, thankful, trusting, thoughtful, nurturing, sentimental</p>	



### What Teenagers Really Need from Their Parents

To be the calm in their storm.  
 Patience... lots of patience.  
 To be their biggest cheerleader.  
 To feel the warmth of our touch.  
 To be truly present in their lives.  
 Guidance even when they're not accepting.  
 For us to remember what it's like to be a teenager.  
 To love them fiercely and unconditionally even when they're not very loveable.

### "Helpful attention"

One of the ways we meet our teenager's needs as parents is by giving them attention. This is as true of teenagers as it is of children. What teenagers need, even more than children, is helpful attention. Giving our children helpful attention helps us to develop close and co-operative relationships with them and builds their confidence and self-esteem. It's a way of showing that we care and that they matter.

**Helpful attention means enjoying and being interested in who they are and what they're doing.**

**Being responsive – listening to them when they want to talk, even when it might be inconvenient.**

**Being guided by the young person rather than always taking charge and imposing our will on them (although sometimes this is necessary, for instance in situations involving safety).**

A key element in dealing with teenagers is to enjoy them. This can sometimes be hard if they seem to spend a lot of their time defying you, arguing with you and ignoring you. However, from the teenager's perspective, they sometimes get the impression that all parents want to do is criticise and control. Both of you can be on a negative default setting. You can often tackle their defiance, argumentativeness and disregard by switching to positive setting. So, look at what they do like. Take an interest in who they are at this moment, which will not be the child they were some time ago not the adult they will be in a few years time. Don't quiz or interrogate them but ask open questions about their interests and enthusiasms, and accept them without judgement.

# Bounce Back 4 Kids



## BB4K consultation by telephone:

If a parent OR young person requires a telephone consultation with BB4K Worker:

Email [BB4K@pactcharity.org](mailto: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!**



# Hold on to the changes

- Be kind to each other** (Illustration: A hand holding a heart)
- Spend more time with your family + loved ones** (Illustration: A family sitting at a table)
- Some days - work from home** (Illustration: A person working on a laptop)
- Help each other more often - beyond your team** (Illustration: Hands holding a sign with an arrow)
- Listen to others more often - use feedback to make changes** (Illustration: A person listening to another)
- Don't be afraid to bend the rules - do what's right** (Illustration: A scale of justice)
- Use virtual more often - with patients + staff** (Illustration: A person on a computer screen)
- Invest in the workforce for the future. Try new roles + skill mix** (Illustration: Three people in professional attire)
- Don't just ask "how are you?" Encourage others to "open up"** (Illustration: A teacup)
- Find reasons to try something new! It will grow to be amazing!** (Illustration: A plant in a pot labeled "GROW")
- Don't ask for permission to work with other localities** (Illustration: A network diagram of people)
- Break away from traditions - Telephone consultations are "New!"** (Illustration: A red rotary telephone)
- Invest in the environment. Make it comfortable - welcoming.** (Illustration: A "Welcome!" sign)
- Share resources and space.** (Illustration: Hands sharing a cake)
- Modern working patterns - Get the best out of everyone** (Illustration: A sun and a moon)
- Keep up to date and invest in new drugs + treatments** (Illustration: Medical pills and a bottle)
- Check in on each other including the elderly** (Illustration: A person hugging an elderly person)
- Keep making hand hygiene a priority - it saves lives** (Illustration: Hands being washed with soap)
- Invest in innovations. Put your trust in them.** (Illustration: A glowing lightbulb)
- Be Flexible - Picking things up again it is going to be hard** (Illustration: A person with a green arrow pointing up)
- Be creative! More changes are to come. Keep going!** (Illustration: A person with the word "CREATIVE" above their head)

## NEVER ALONE

- [www.nspcc.org.uk](http://www.nspcc.org.uk) (child abuse)
- [www.refuge.org.uk](http://www.refuge.org.uk) (women's shelter)
- [www.mind.org.uk](http://www.mind.org.uk) (mental health)
- [www.victimsupport.org](http://www.victimsupport.org) (rape help)
- [www.cruse.org.uk](http://www.cruse.org.uk) (bereavement support)
- [www.ncdv.org.uk](http://www.ncdv.org.uk) (domestic violence)
- [www.wearehourglass.org](http://www.wearehourglass.org) (elder abuse)
- [www.childline.org.uk](http://www.childline.org.uk) (children's wellbeing)
- [www.samaritans.org.uk](http://www.samaritans.org.uk) (crisis aid & suicide)
- [www.womensaid.org.uk](http://www.womensaid.org.uk) (domestic abuse)
- [www.mensadvice.org.uk](http://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 9-5 or 8pm)
- Samaritans** 116 123 (24hrs free)
- National Centre for Domestic Violence** 0207 186 8270