



Us Plus

Mental Health and Wellbeing Bulletin 2

Hello everyone,

I hope some of you tried and are continuing to work out with the PE with JOE live stream at 9am. I am doing it... to the great amusement of my family! It is a fun way to keep/get fit!

Please do try to keep up with the learning you are set each day and submit to 'Show My Homework' – if it doesn't upload at first try again later ...

Finally – plan some lovely things to do in the Easter Holiday. Even though we can't go out it will be chance to be creative, read lots, exercise, play in the garden (hopefully in the sunshine) and maybe spend some time on computer games and social media (remember to keep this limited as too much time on these are not good for you).

Mrs Taylor

The information below gives some advice on how to practice 'grounding' when you feel anxious or your emotions feel particularly intense. It is good to try this when you feel ok so you are familiar with them if you need to use them if you don't feel ok.

SIX WAYS TO PRACTICE GROUNDING
with anxiety + intense emotions

- body**: lay on the ground, press your toes into the floor, squeeze playdough
- 5 senses**: wear your favorite sweatshirt, use essential oils, make a cup of tea
- self-soothe**: take a shower or bath, find a grounding object, light a candle
- observe**: describe an object in detail: color, texture, shadow, light, shapes
- breathe**: practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8
- distract**: find all the square or green objects in the room, count by 7s, say the date

THE GROWLERY

The following image gives some good reminders for times when 'the world feels frightening'. The last piece of advice on this is really important.

GENTLE REMINDERS: FOR WHEN THE WORLD FEELS FRIGHTENING

- 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
- 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

Taming the APE is also a good exercise to use if you are finding things difficult or overwhelming.

Taming The APE Exercise

The following exercise can be used to notice internal thoughts, feelings and sensations without resistance or judgement, to drop anchor and establish stability before automatically reacting to the trigger or situation.

A Acknowledge: What do I notice about my automatic thoughts, emotions, images, memories, behavioural urges or impulses?

P Physicalise: What do I notice about the associated body sensations? Where are these thoughts and feelings experienced in the body - hard/soft, hot/cold, still/moving, rough/smooth, heavy/light, colour and intensity.

E Engage: If I use my five senses - What can I see, hear, feel, smell and taste right now? Shift my focus from the mind and body to the external world.

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The links below take you to two youtube videos that show you 'Zentangles' which are a really great way to relax – 7LM know all about these!

- <https://www.youtube.com/watch?v=yBGVONBOKU>
- <https://www.youtube.com/watch?v=C2vbYpa-AWk>

If you prefer listening to stories the David Walliams is releasing a free audio story every day for a month. You can find these at www.WORLDOFDAVIDWALLIAMS.COM