



Us Plus

Mental Health and Wellbeing Bulletin 20

Hello everyone,

Today's bulletin is all about emotional regulation. It is important we understand our emotions and are able to cope with them. Some of us are finding lockdown very challenging whilst others are very happy being at home. For many of us it is a combination of these two and we can feel like we are on a bit of an emotional roller-coaster.

Hopefully, the strategies on this week's bulletin may prove helpful.

Mrs Taylor

Calm-Down Strategies for Kids (And Grown-Ups Tool)

Sometimes we all find ourselves getting a little too anxious, angry or stressed. As adults this can be difficult to manage, and for children even more so. Here are some ideas for simple calm-down strategies to try when things become a little too much. Try a few and see which ones work best for you.

Take some deep breaths	Go for a walk	Listen to music	Speak to a parent or other adult at home
Speak to a teacher	Watch a film	Say something positive to yourself	Imagine a calm place or happy time
Count to ten	Play sport	Go on a bike ride	Cook
Have a bath or shower	Draw a picture	Play with a pet	Speak to a friend
Do a jigsaw puzzle	Go to a quiet place	Read a book	Smile
Look at photos	Daydream	Have a nap	Plan a day out

I found the article below really interesting – its written for a teenage audience and contains some really good advice about understanding your emotions.

Techniques for Teens: How to Cope with Your Emotions

By Margarita Tartakovsky, M.S.

As anyone who's ever been a teen knows, adolescence is rough. You're trying to figure out who you are. You're going through normal, yet weird-to-you, physical changes. You're dealing with peer pressure and possible bullies, all the while trying to succeed in school.

The good news is that even though the teen years are tough, there are skills you can learn to make the inevitable challenges a lot easier. Learning to healthfully cope with your feelings is one of those skills.

"Managing feelings is one of the most important skills we ever learn," writes [Lisa M. Schab](#), LCSW, a licensed clinical social worker with a private practice in the greater Chicago area, in her new book [The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals](#).

In it, Schab shares valuable strategies for helping you manage your feelings.

Name the feeling. What emotion are you experiencing? For instance, are you sad, stressed, angry, anxious, joyful, disappointed, excited or embarrassed?

Accept what you're feeling. Many people worry that feeling their feelings will intensify them. So they avoid their feelings, in hopes that they'll just go away. However, the opposite is true: Avoidance only fuels your emotions. Remind yourself that it's OK to feel your feelings. Schab suggests saying to yourself, "It's OK to feel _____."

Express your feeling. "Expressing a feeling is the only one way to release it," she writes. For instance, you can express your feelings by writing about them, talking to someone you trust, crying, relaxing or exercising. Just be sure that whatever activity you choose, it doesn't hurt you or anyone else.

Pick a healthy way to take care of yourself. "What do you need right now to take care of yourself?" For instance, you might need a hug, a nap, a walk, a shower or support.

Other Ways to Cope: Again, it's important to find healthy ways to express your feelings. Schab includes a variety of helpful ideas, including:

- Say your feeling out loud: "I am feeling _____ right now."
- Sing your feeling.
- Play your feeling on an instrument.
- Take a walk.
- Swim.
- Stretch your body.
- Write your feeling.
- Draw your feeling.
- After writing or drawing how you feel, shred the piece of paper; crumple it and toss it in the trash; or give it to someone else.

Different phases in our lives bring different challenges. But by equipping yourself with helpful skills, instead of drowning in the face of difficulty, you'll be able to ride hurdles like a wave.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time.

You can do this by emailing me at

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