



Us Plus Mental Health and Wellbeing Bulletin 27

Hello everyone,

It can be really difficult to cope with change and it seems, at the moment, things in the world around us are changing rapidly. Today's bulletin includes some ideas and practices for helping us all cope with the intense emotions that change can bring.

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
=>@THEMINDGEEK<=>


- 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

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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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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 ktaylor@penrice.org.uk

