

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.

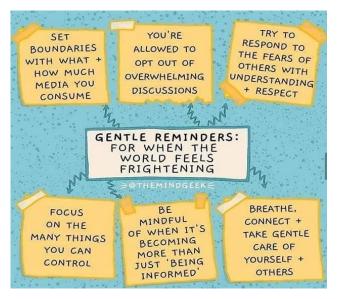
Mrs Taylor

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.



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.



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

