

Well-Being Self-Help

1. Encourage your child to practice mindfulness exercises using the Breathe Kids app, Headspace app, Insight timer app on their phone or tablet.
Alternatively access Youtube for mindfulness videos for example;
Breathe Kids; <https://www.youtube.com/channel/UChB9zEEqnP9kMif5VChd99Q>
Relax Kids; <https://www.youtube.com/user/RelaxKids>
2. Read or complete an anxiety/anger workbook.
One suggestion is "Starving the Anger Gremlin: A Cognitive Behavioural Therapy Workbook on Anger Management for Young People" or "Starving the Anxiety Gremlin" by Kate Collins-Donnelly – available on Amazon
3. When in a state of anxiety or worry, you can encourage your child to practice the below strategy of '5,4,3,2,1'. This is about grounding the body and distracting from thoughts and feelings, allowing the body time to regulate its self again.

5	things I can see right now, or imagine I can see right now
4	things I can hear right now, or imagine I can hear right now
3	things I can touch right now, or imagine I can touch right now
2	things I can smell or taste right now, or imagine I can taste right now
1	deep slow breath <i>Then, simply focus on your breathing. In this moment. Here and now.</i>

4. Another strategy to practice is 'STOPP':.


STOPP

TAKE A BREATH

OBSERVE: What am I thinking?
What am I reacting to?
What am I feeling in my body?

PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?



5. You could complete a worry/trigger diary with your child
This can include;
 - Where were you at the time?
 - What were you doing?
 - Who was around you?
 - What were you feeling and thinking?
 - What did you do about it? Positive and negative?
 - What could you have done differently?This diary will help your child process how they are feeling and why, allowing for possible triggers to be identified.
6. Online self-help worksheets for anxiety - <https://www.getselfhelp.co.uk/>
7. Resources and online support for young people and parents - <https://youngminds.org.uk/>

‘The Huge Bag Of Worries’ book can be bought or read via the youtube link <https://www.youtube.com/watch?v=CDrnuPj7xfs> -. This story can be read alone or with family. Encourage your child to think about the worries they have and to illustrate these on rocks. Ask them how heavy they feel to carry around with them. Then discuss, like the story, who could hear/be given each worry and make a plan