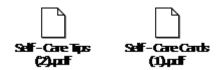17/04/2020

We hope you managed to find a moment for some rest over the Easter weekend and that you were able to enjoy the lovely weather. Please find attached this week's round up of resources.

Self Care

Self care should always be a priority, but especially so during these challenging times. Without our usual routine to guide us, some of our simple acts of self care might have fallen by the wayside. Here are a couple of resources to highlight self care. The first provides tips and the second has some cut outs to choose from each day. Double click each resource to access:

Self – Care Tips (2).pdf   Self – Care Cards (1).pdf

Papyrus

Papyrus is the national charity for prevention of young suicide. During this difficult time, worry and low mood may increase, so you might want to familiarise yourself with this charity and their free resources. In particular we recommend the suicide safety plan, child friendly safety plan, coping strategies and the creation of a hopebox. Visit their website for further information.

Living with Worry During Times of Uncertainty

Psychology Tools have put together a resource about living with worrying during global uncertainty. It includes a mixture of psychoeducation, normalisation and practical exercises to manage worry and maintain wellbeing. Double click on the PDF to access:

Living with Worry and Anxiety.pdf

CBT for Children

Cognitive Behavioural Therapy (CBT) for children can help us to understand more about any difficulties a child is facing and recognising how we think about something affects how we feel about it. This resource gives the opportunity to go through something that they are worried or upset about. Look at their thoughts, feelings and actions. After this, you can support the child in looking at a 'New Thought' - a different way to look at the situation. You might need to try and prepare for this ahead and come up with a few options e.g. 'staying at home is lonely/boring' could change to 'staying at home keeps me safe'. Then complete the feelings and actions, discussing with the child how this has changed the outcome.

CBT for Kids
(Primary).pdf

CBT for Children
Facilitation Guide (Pri