

FIND YOUR CALM PLAN

- F**ocus on what you **can** control to *reduce* your anxiety
- I**dentify **3 positives** at the end of each day and *revisit* them at the start of the next day
- N**eutralise those **negative thoughts** by **reframing** them into more effective ones and remember **a thought is not necessarily true**
- D**evelop a **self-care plan** and stick to it! Write it down and follow it each day and remember **self-care is not selfish** and *you cannot pour from an empty vessel*
- Y**ourself first - Attend to your own needs for calm so that you can share it with your child and remember **you cannot regulate others if you are unregulated**
- O**bserve your breathing and take **deep breaths** when it becomes shallow or **tight** and **Put your hand on your heart and just PAUSE**
- U**nderstand that it is **normal** to feel anxious when we are in uncertain times and try to *remain hopeful* knowing that **this too shall pass**
- R**egulate **regularly** and use Grounding, Best breathing, Mindfulness and exercise to soothe your nervous system – ***practice really does make it better!***
- C**O-regulate with your child and **show them how you do it** – **MIRROR ME** - copy my breathing - *‘Let’s visualise together, lets draw out the worries or dance/jog them out together!’*
- A**cept yourself in the moment and have some **self-compassion** – *you cannot always get it right* and it’s okay to take some **time out to vent**
- L**ook and learn from what happens and the mistakes you and others make and be **solution focused** identifying what **DID** work well or better and problem solving instead of being problem focused
- M**oderate and manage your **self-care plan** and *adapt and be flexible* in the moment knowing that **finding your calm daily** will only benefit you and yours!