## FIND YOUR CALM PLAN

Focus on what you **can** control to *reduce* your anxiety

dentify **3 positives** at the end of each day and *revisit* them at the start of the next day

Neutralise those **negative thoughts** by **reframing** them into more effective ones and remember **a thought is not necessarily true** 

Develop 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* 

Yourself 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

Observe your breathing and take **deep breaths** when it becomes shallow or **tight** and **Put your hand on your heart and just PAUSE** Understand that it is **normal** to feel anxious when we are in uncertain times and try to *remain hopeful* knowing that **this too shall pass** 

**Regulate regularly** and use Grounding, Best breathing, Mindfulness and exercise to soothe your nervous system – *practice really does make it better!* 

**CO-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!'

Accept 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 Look 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

Moderate 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!