

Wellbeing

Keeping going with looking after our selves after all these weeks of change and uncertainty can start to be hard work. The 5 points of the wellbeing star may be a helpful reminder to keep us going.



Activities you might like to try at home



Breathing: Make a pin wheel and colour it in, then take a slow, deep breath in, hold for 2 seconds and then release the breath blowing the pin wheel. Repeat 3 more times. Remember to use pursed lips and control the breath when breathing out.

Relaxation: Ice cream – Imagine you are an ice cream on a hot sunny day. Which flavour are you? Close your eyes and imagine the sun is starting to melt you from the top of your head, down through your neck, your shoulders, your body and arms are next to melt until you get to your toes. How relaxed do you feel now? Take a moment to stay relaxed and then wriggle all your body as you open your eyes.



Feeling Anxious?

Can you draw it? Drawing, painting or doodling about feeling anxious provides an outlet for feelings especially when it is hard to talk about it.

Time to Talk Set aside 10- 15 minutes at a regular time each day to talk about the things that are bothering you or causing anxious feelings. Think about what you need to say and stick to the time limit. Afterwards change the thoughts and go and do something energetic, fun or relaxing.