

SAFEGUARDING - Anxiety and Stress

Following on from the recent articles, here are some ways that we can help ourselves self-regulate; they are great ideas for us as adults too!

Calm zone

There are lots of way to feel calmer. It's about finding what works for you.

Calm aid kit

Find 4 or more items to hold or feel.

You can choose things like a blanket to wrap around yourself, a smooth stone to hold, something that was given to you by someone important to you, the lyrics of a happy song or a poem that makes you feel positive.

Put them in a bag or a box in your room. When you feel under pressure, worried or upset choose 1 item out of the box to hold while you remember a time that you felt safe and calm. After 2 or 3 minutes replace it and choose another.

You can do this as many times as you like.



Sense drawer

Make a space in a cupboard or drawer for things that will help you when you're feeling anxious or panicked.

Choose things with a noticeable smell, taste, feel, colour or that make a noise.

You could include shampoo or soap to smell, a mint to taste, a fluffy sock to touch, a brightly coloured drawing or wrapping paper to look at or a plastic container with beads or dried pasta in to shake.



Let it go box

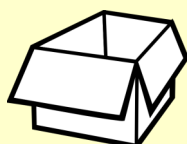
Find a box, something small like a shoe box or a chocolate box.

Write down what's worrying you on a piece of paper and place it in the box.

Tell yourself that you don't need to think about the worry at the moment and you can let it go and leave it in the box for now.

You can do this as many times as you like.

Remember to keep the box somewhere private.



Letter to yourself

Choose a day that you're feeling happy and write a letter to yourself, either on paper or on your phone, to read when things are more difficult or you're struggling to cope.

Remember to include advice about things that have helped you to cope in the past.

Read your letter to remind yourself that you have days when you feel less anxious and your mood improves.



Working together to keep our children safe and happy.

Halina Rooney

Deputy Head of Inclusion/SENCo