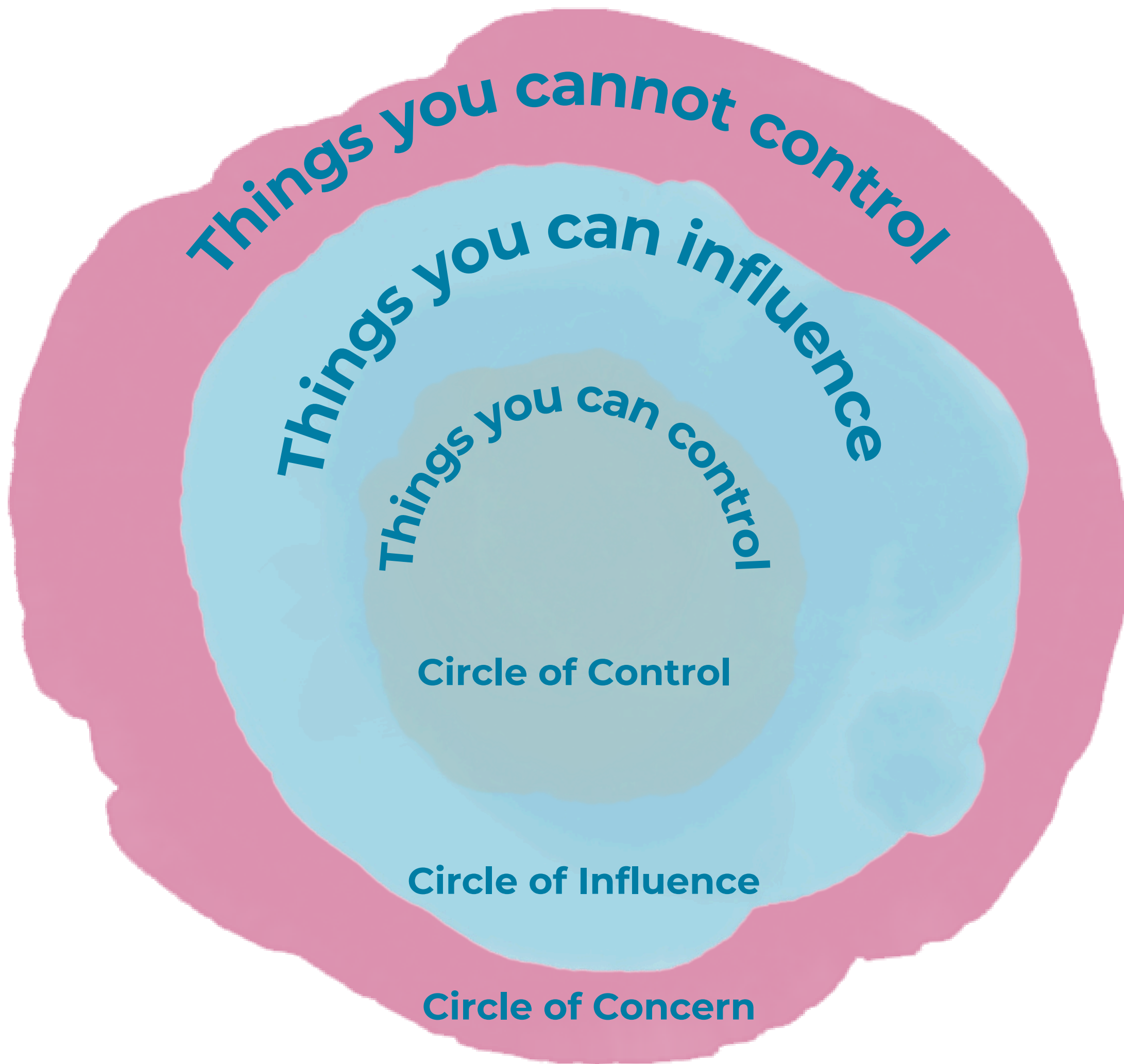
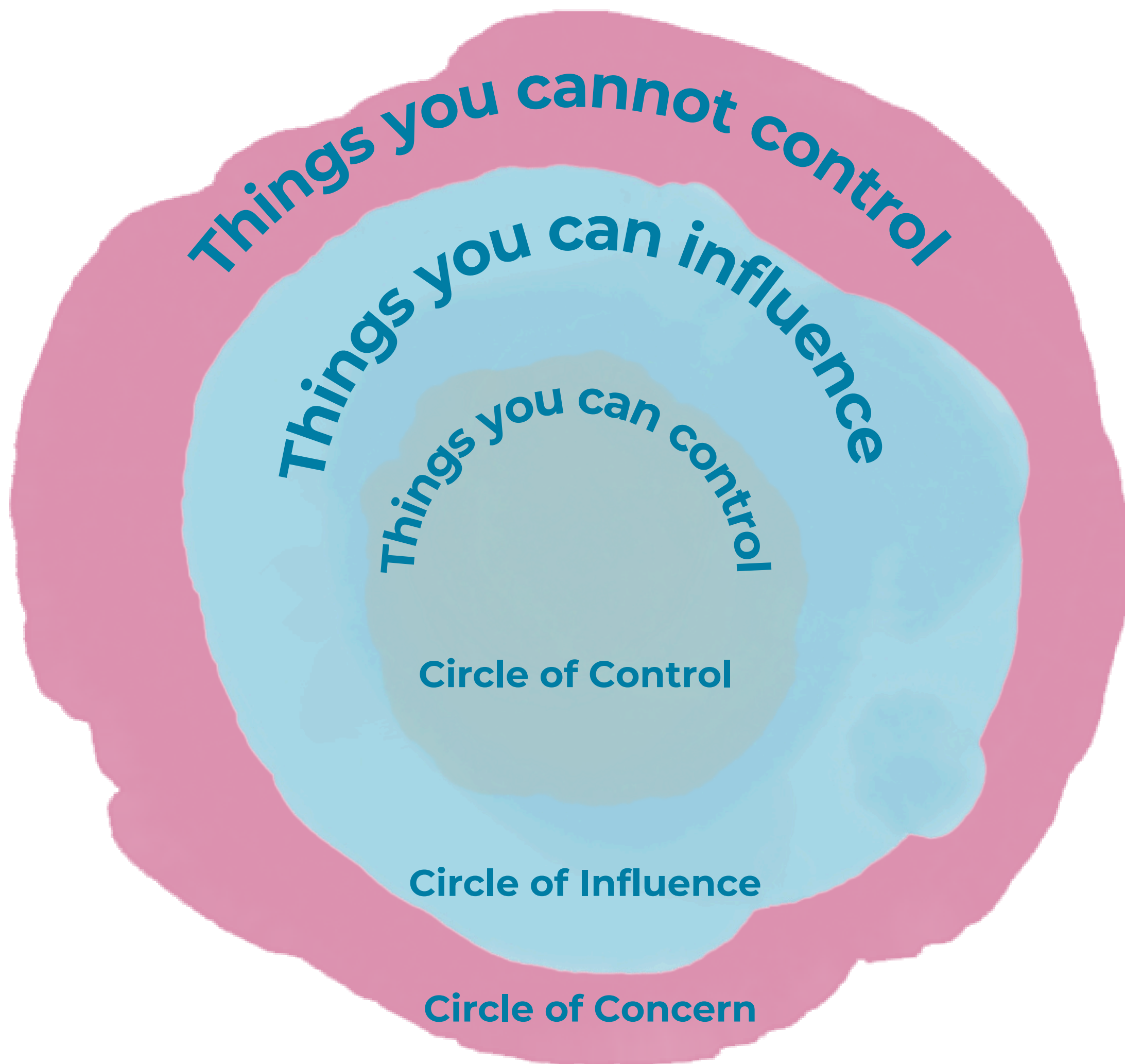


Circle of Control



5 things in my circle of control that I will focus on this week

Circle of Control



Reduce your viewin of negative news

Be intentional in what you are consuming online

List and make time for your favourite uplifting activities

Write and practise phrases to communicate boundaries

Make time for relationships that are uplifting

Create positive traditions after stressful activities

Spend time in nature

Focus on your strengths

Buy yourself flowers or a potted plant

Create an upbeat spotify playlist music

Read a novel or subscribe to a magazine

1-1-1



1 Thing I Am Grateful For



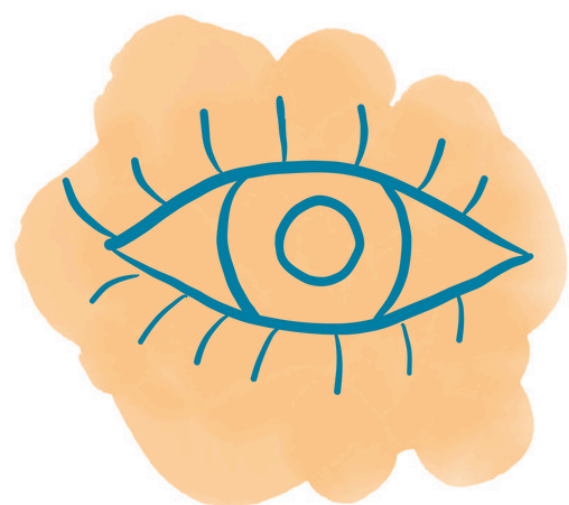
1 Thing I Like About Myself



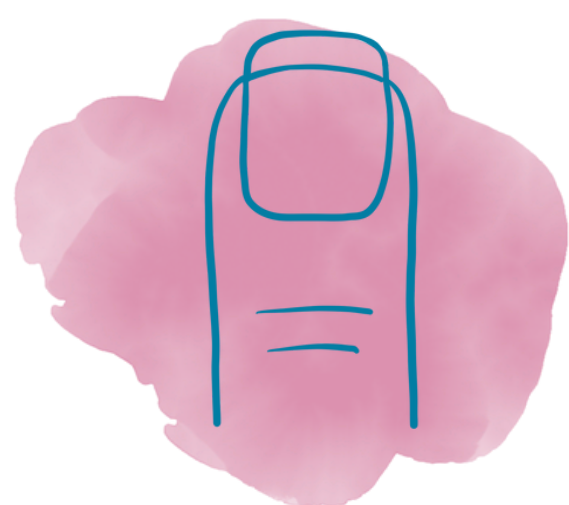
1 Thing I Am Looking Forward To

5-4-3-2-1

Calm Your Body, Calm Your Brain



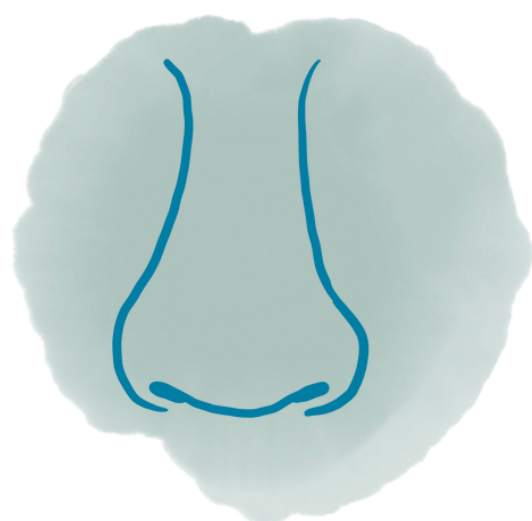
5 things that you can **SEE**



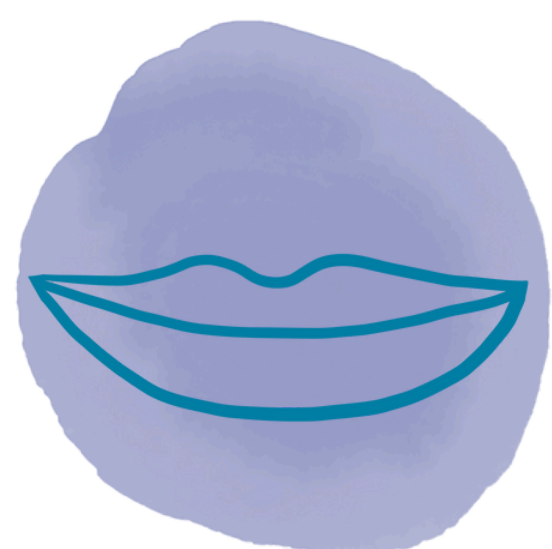
4 things that you can **TOUCH**



3 things that you can **HEAR**



2 things that you can **SMELL**



1 thing that you can **TASTE**

Calming Strategies For Anytime

Breathing Exercises

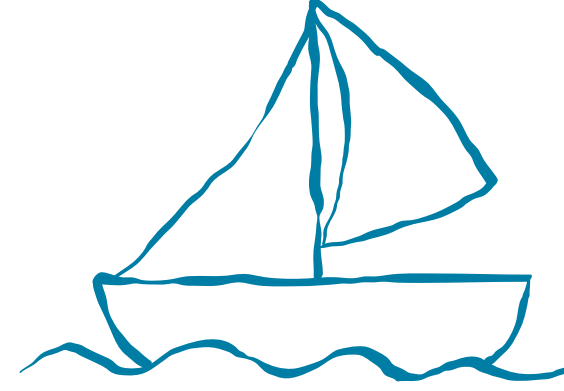
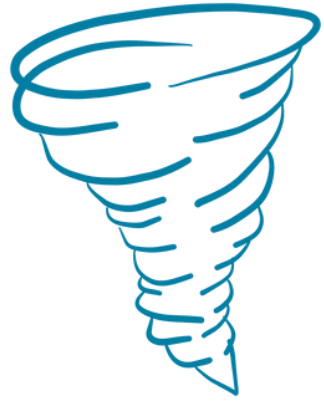
Meditation

Reading

Listening to Music

Go for a walk/ move your body

Co-Regulation

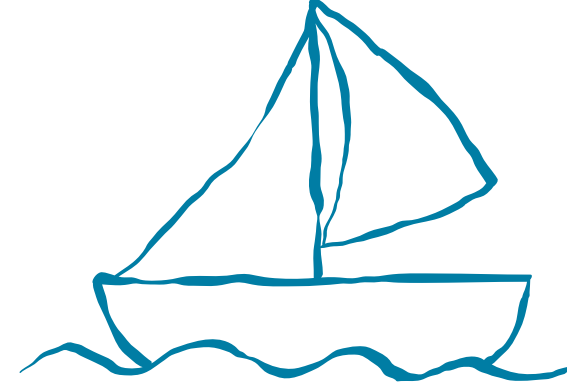
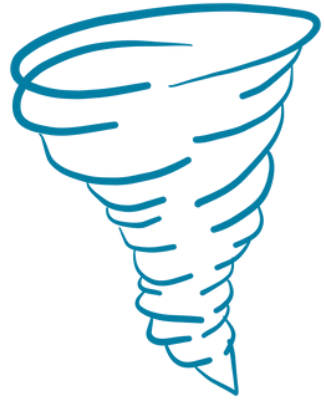


What is ONE thing I can do that ensures I am calm first, when my child/children are struggling with BIG feelings

What TWO things my child finds comfort in when they are struggling with BIG feelings

What THREE things can we do together that help navigate and understand their BIG feelings?

Co-Regulation



Stop multi-tasking for a moment and sit with your child

Lower your volume

Pop on your favourite songs

Play a game

Go for a drive

Take a calming breath

Tickle - it changes the energy

Engage the senses - see , hear, sound, touch and taste

Do something physical, kick a ball, go for a walk

Eat something yummy together

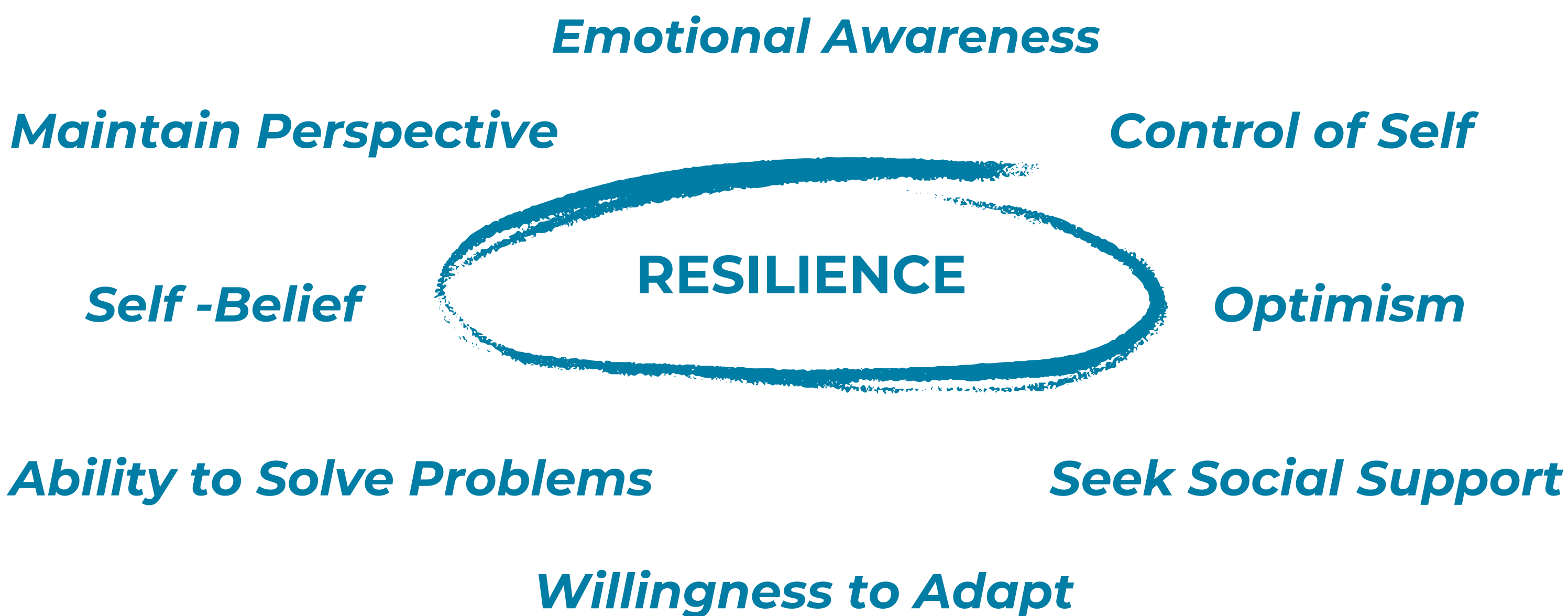
Rock your child

Ask questions, recognise and name feelings

Find a favourite comforting item, toy, blanket etc

Resilience Training

Which parts of my resilience
'muscle' need the most training ?



What can I do to 'build' in this area?

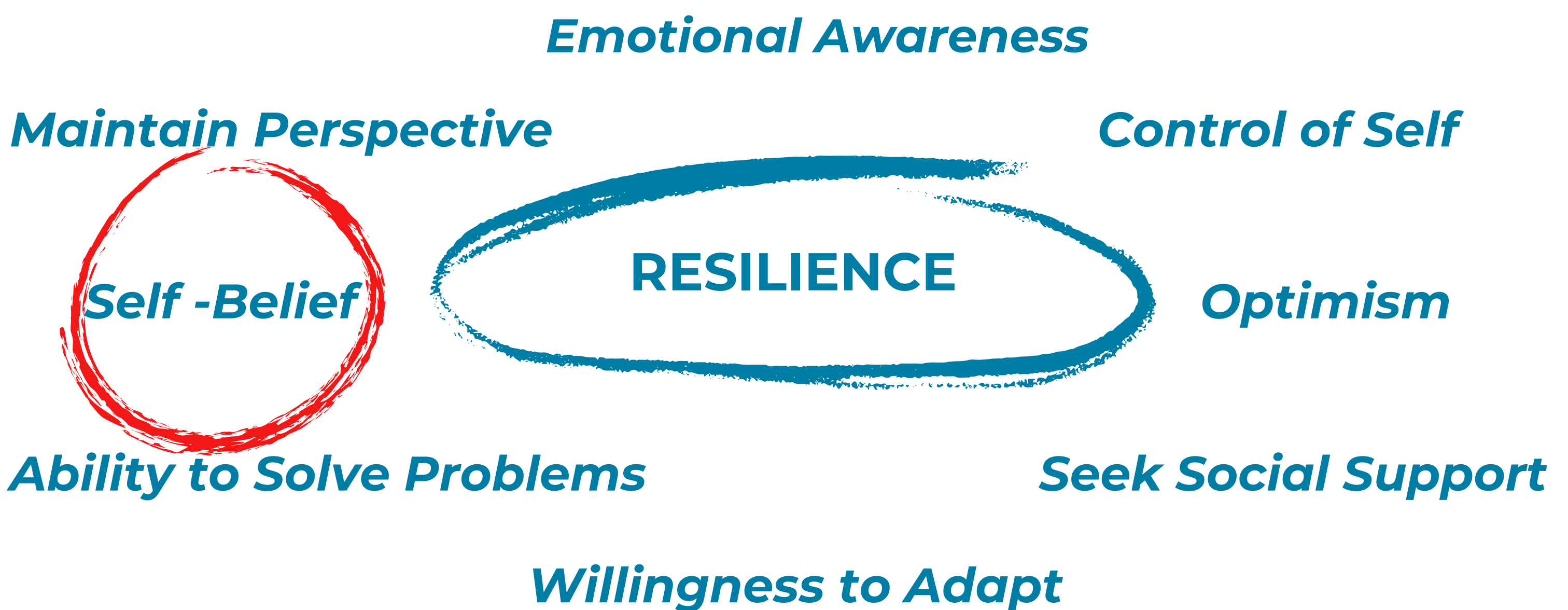
What can I do to 'nourish' this area

What can I do to 'rest & recover' this area

Resilience Training

EXAMPLE

Which parts of my resilience
'muscle' need the most training ?



What can I do to 'build' in this area?

I can make a habit of reviewing what I did well each day

What can I do to 'nourish' this area (ie daily 'vitamin')

I can say affirmations in the mirror or in the car each morning

What can I do to 'rest & recover' this area

I can spend time with others who affirm me