



# GOSDEN HOUSE SCHOOL

## Wellbeing Guide for Parents & Carers

February 2021

### Videos

- [Stress relief 'tapping' exercise](#)
- [Finger Breathing / Finger Breathing 2](#)
- [Colour Breathing](#)
- [The Butterfly Hug](#)
- [Relaxation Exercises](#)
- [Mindfulness for Busy People](#)
- [5 minute Mindful Breathing](#)



### Self-care Menu

@thefabstory

5 min



take a few deep breaths



stretch your body



listen to your favourite song

15 min



meditate on your purpose



read a chapter of a book



journal out your thoughts

30 min



take a walk outside



get crafty



cook a new recipe

### Support sites

- [Shout](#)
- [Samaritans](#)
- [Mind](#)
- [SANE](#)
- [SupportLine](#)
- [CALM](#)
- [Anxiety UK](#)
- [Get Self Help](#)
- [Action for Children](#)
- [NSPCC](#)
- [Winston's Wish \(bereavement\)](#)

### Guides

- [How to... Sleep Better \(Mental Health Foundation Guide\)](#)
- [5 ways to well-being during isolation \(NHS Devon\)](#)

If you are experiencing a mental health crisis, please seek support from one of these organisations: [Mental health charities and organisations - NHS \(www.nhs.uk\)](#)

### Apps

- [3 Good Things](#)
- [The Gratitude Garden](#)
- [Calm](#)
- [Headspace](#)
- [My Life – Stop Breathe Think](#)
- [Stress & Anxiety Companion](#)



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### Practical tips- for you

- Set achievable goals and celebrate small successes.
- Remember to be kind to yourself, you are potentially juggling work, childcare, and your own worries.
- Consider limiting how much you read about COVID-19 and limiting social media if it is adding to your anxiety.
- Stay connected with others virtually, weekly check-ins with friends and family will keep you grounded.
- Practice self-care as a priority, set aside some time for yourself to engage in something like mindfulness, exercise, relaxation, whatever works for you.
- You cannot pour from an empty cup -whilst time for self-care might seem scarce right now, you will be better placed to help your family.

### Websites

- [Coping practically and emotionally during the Covid-19 outbreak \(Family Lives\)](#)
- [Practical advice: family life and home schooling \(Action For Children\)](#)
- [Mental health advice for parents during coronavirus \(Parent Club\)](#)
- [Working from home tips and ideas \(Parent Club\)](#)
- [Managing parental loneliness \(Action for Children\)](#)
- [Managing parental guilt \(Action for Children\)](#)
- [COVID-19 advice and support for parents and carers \(NSPCC\)](#)
- [Supporting Families During COVID-19 \(Child Mind Institute\)](#)



To be a good parent,  
you need to take  
care of yourself so that  
you can have the  
physical and *emotional*  
energy to take  
care of your family.

✧

MICHELLE OBAMA



If things are getting you down, it's important to recognise this. Talk to someone you trust and see what they think. Many people go on struggling with very difficult situations because they feel they should be able to cope, and don't deserve any help. [Parents survival guide \(youngminds.org.uk\)](https://www.youngminds.org.uk)

### Practical tips- home learning

- Have realistic expectations
- Most children can only manage around 9:30am- 2pm (Child Mind Institute, 2020)
- Use a timetable to reinforce structure and routine
- Try to encourage children to maintain social bonds with peers online
- Plan in movement breaks/daily exercise
- Some days will be harder than others, and this is okay