

From mountain to sea

Educational Psychology Service

Looking After You



Discussion Tasks

1. This task can be done individually or with a partner:
 - Think of a time where you have had to 'put on your own oxygen mask first'.
 - How did you feel at that point?
 - What helped you to 'put on your own oxygen mask first'?
 - How did you recognise that you needed to 'look after yourself first'?
 - How did you feel afterwards?
 - How will you help yourself to remember this important principle in the future?
2. Think about your own response to Covid-19.
 - In terms of Maslow's Hierarchy of Needs, where would you have placed yourself as being at the start of the lockdown?
 - Where are you now?
 - Has this changed or fluctuated over time?
3. We all know how important good sleep is in helping us manage even everyday ups and downs in normal circumstances. It is even more important in the current Covid-19 situation. The *vagus nerve* is the longest of our 12 cranial nerves, running from the brain through the heart to the gut. It is known for its role in our "rest and digest" system. Good vagal tone supports good sleep and helps your body deal with stress.

Watch the video [here](#) and then try out the exercise to demonstrate how activating the vagus nerve can help you relax and get ready for sleep.
4. Many people have been feeling very stressed as a result of the situation with Covid-19. Living with a heightened level of stress can lead to a greater tendency to react to things that may not normally cause concern.

Watch this video [here](#).

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- Can you think of a time when you have 'flipped your lid' (You could think about someone you know rather than yourself if you prefer)
- How did you manage to calm yourself down?
- Tell your story using Dan Siegel's hand model.

5. Have a look at the different breathing exercises contained in the link below:

<https://www.healthline.com/health/breathing-exercise>

- Pick one of the breathing exercises to try out for the next few minutes.
- Discuss your experience with a partner.
- How did you feel before and after the exercise?
- Try out some of the other exercises over the next week or two.

You may find some suit you better than others.