



wellbeing

at home



Introduction

Children 1st and Williamwood High recognise the importance of your family's health and wellbeing. Mel Owens is the school - based Children 1st Wellbeing Worker at Williamwood and is part of the Family Wellbeing Service in East Renfrewshire.

Parent Carer Wellbeing Cards

Children 1st have created a set of four wellbeing cards to remind you to look after your own wellbeing - we can only be excellent role models for our children, when we take good care of ourselves. This simple four-step card system reminds us to be kind to ourselves, ask for support, relax and distract ourselves from non-essential worries and tasks.

We have included four blank cards for you to personalise with your own ideas. Why not try printing the wellbeing cards and popping them on your fridge or somewhere noticeable at home or at work.



Parentline Information Card

Our colleagues at Parentline can offer consistent daily emotional support via their webchat and helpline. They have also put together some excellent resources for parents coping with the challenge of current lockdown restrictions.

What the parents say

Parents and carers in East Renfrewshire told us what has helped them cope during lockdown Here's what they told us:

"Don't beat yourself up about missing a Joe Wicks workout or the weekly social distance street bake sale danceathon." (Parent in Barrhead)

"I try and stay in touch with neighbours; friends, colleagues and family even though I am not seeing them physically. I've also found doing something nice for others, gives me a bit of a glow. I hadn't written a letter for years and I've written three now." (Parent, Busby)

"Be a role model and just say I'm not ok, I just need 30 minutes on my own to recharge like a phone or a tablet!" (Parent, Clarkston)

Additional Information

Wellbeing Apps and Websites for all kinds of anxieties and stress

What are you doing for your own well-being? So many apps so little time. Here is a selection of some apps which parents have already tried, tested and enjoyed using:

Apps

- What's Up: Simple app to support including wellbeing, games for relaxation, mood diary. Extremely user friendly
<https://www.thewhatsupapp.co.uk/>
- Calm: Live stream meditation and other relaxation techniques. Some areas require in app purchases . However free version still has a range of features and more have been made available since the coronavirus outbreak
<https://www.calm.com/>
Link to blog post with free features: <https://www.calm.com/blog/take-a-deep-breath?>
- Headspace: Guided meditations and mindfulness animations <https://www.headspace.com/headspace-meditation-app>
- Calm Harm: Techniques to use to help pass the urge to self-harm. Breathing techniques and anxiety management.
<https://calmharm.co.uk/>
- Sleepio: Sleep report to support improved sleep and sleep hygiene.
<https://www.sleepio.com>

Websites

- Parentline is an accessible telephone and webchat support open daily till 9pm.
<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/cat/support-for-families-about-coronavirus>
- Samaritans: <https://www.samaritans.org/scotland/how-we-can-help/support-and-information/if-yourehaving-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirusoutbreak/>
- NHS Every Mind Matters: Comprehensive guide to looking after wellbeing while staying at home, everything from physical activity to relaxation techniques.
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- NHS Home Workouts: Videos for working out at home.
<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>
- Big White Wall: Online community for people who are stressed, anxious or feeling low.24/7 active forum with round-the-clock support.
<https://www.bigwhitewall.com> YouTube video, a quick look inside Big White Wall: <https://www.youtube.com/watch?v=vTPy2syYfwkv>
- Active 10 – free and easy to use walking app that tracks your walking and shows you how you can increase your intensity to benefit your health.
<https://www.nhs.uk/oneyou/active10/home>

- What Advice Would You Give to Someone Lacking Motivation? – Article from Mental Health Foundation with tips to stay motivated.
<https://www.mentalhealth.org.uk/blog/what-advice-would-you-give-someone-lacking-motivation>
- Looking after your mental health while working during the coronavirus outbreak – Article from Mental Health Foundation with advice for working from home
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working>
- How to motivate yourself to change your behaviour – TEDx Cambridge Talk, Tali Sharot reveals three ingredients to doing what’s good for yourself.
<https://youtu.be/xp0O2vi8DX4>
- Kindness Video: <https://youtu.be/Qcyc68d6OAK>
What is “Kindness” article: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-research>

Why not try printing the wellbeing cards and popping them on your fridge or somewhere noticeable at home or at work.

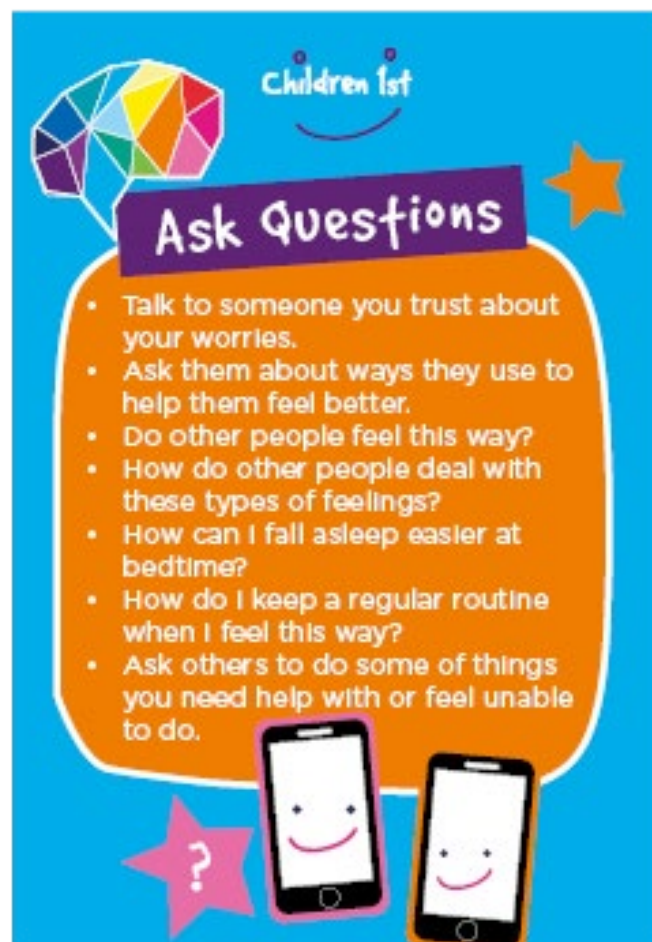


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Kindness

- Feel it, name it, share it. Validate your thoughts and feelings (it's okay to feel anxious and worried sometimes).
- Think about what you can do to manage your worries and anxieties.
- Create daily routines that give you predictability and control.
- Be mindful of your media/tv choices and their impact on.


You are stronger than you think you are



Children 1st

Ask Questions

- Talk to someone you trust about your worries.
- Ask them about ways they use to help them feel better.
- Do other people feel this way?
- How do other people deal with these types of feelings?
- How can I fall asleep easier at bedtime?
- How do I keep a regular routine when I feel this way?
- Ask others to do some of things you need help with or feel unable to do.



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Relax

- Do things that you enjoy to help you feel more secure and connected.
- Be flexible and adjust expectations if needed.
- Practice taking deep belly breaths.
- Practice positive self-talk ("This may be hard, but I can get through it!")
- Practice being grateful (Think of 5 things you are grateful).
- Be physically active. This is important to help us relax (playing catch, stretching, biking, walking).
- Create a comfortable environment for yourself.



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Distract

- Spend time doing or even just talking about things that are important to you such as sports, dancing, or art.
- Go for a walk or bike ride and pay attention to what you see, smell, hear and feel.
- Play a game together.
- Watch movies.
- Listen to your favourite music.
- Read books.
- Colour, draw, do crafts, scrapbook.
- Work on puzzles.



We have included four blank cards for you to personalise with your own ideas.



Children 1st

How will you be kind to yourself?

This card features a blue background with a rainbow on the left side. At the top center is the 'Children 1st' logo, which includes a smiling face. The main text is on a purple banner. Below the banner is a large white rounded rectangle for writing.



Children 1st

What will you ask and who will you ask?

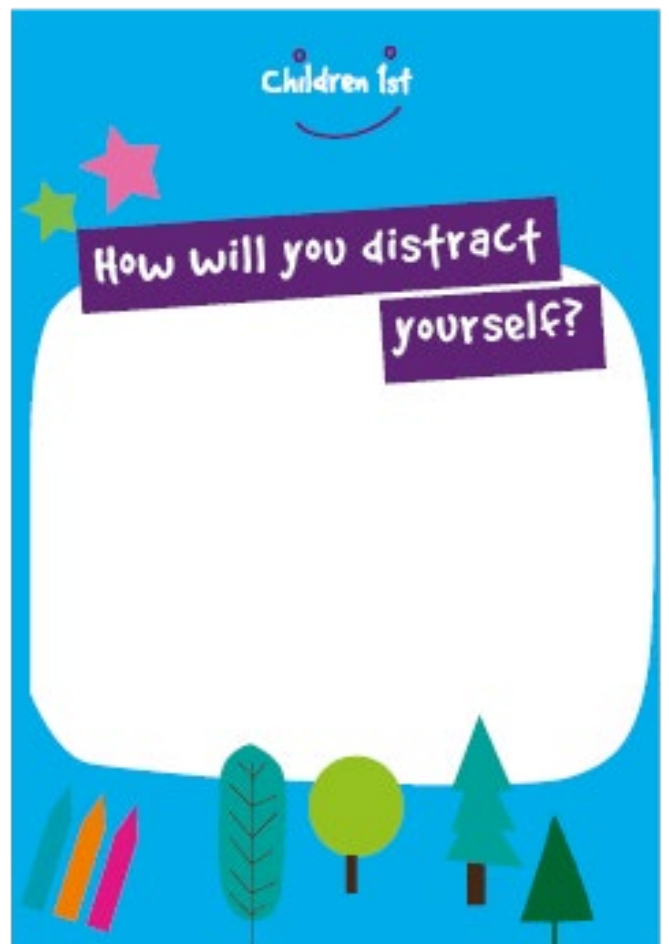
This card features a blue background with a colorful geometric shape and a yellow star at the top. At the bottom are two smartphones with smiling faces and a pink star with a question mark. The 'Children 1st' logo is at the top center. The main text is on a purple banner. Below the banner is a large white rounded rectangle for writing.



Children 1st

What can you do to relax?

This card features a blue background with two red hearts. At the bottom is a pink teacup labeled 'Tea'. The 'Children 1st' logo is at the top center. The main text is on a purple banner. Below the banner is a large white rounded rectangle for writing.



Children 1st

How will you distract yourself?

This card features a blue background with colorful stars and trees at the bottom. The 'Children 1st' logo is at the top center. The main text is on a purple banner. Below the banner is a large white rounded rectangle for writing.



Parentline

Online | Helpline | Lifeline

Coping through Coronavirus



We're here for you

Speak to Parentline for:
calm, practical, advice;
emotional support;
space to talk.

children1st.org.uk/parentline

call free 08000 28 22 33



Whatever happens, we're here for you.
7 days a week, 365 days a year.



We're here
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children1st.org.uk/parentline

Mon-Fri, 9am to 9pm Sat-Sun, 9am to noon

