



# Skills for Recovery

 **Renfrewshire**  
 **Attainment**  
 **Challenge**

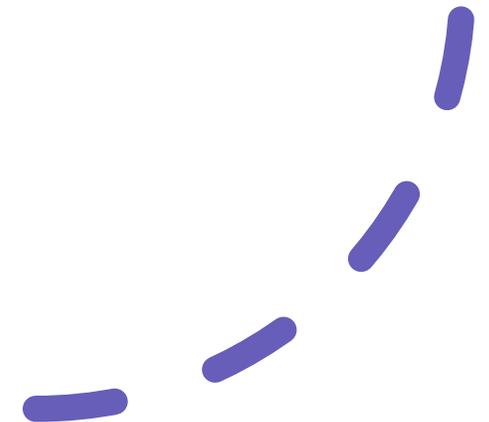
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Literacy, Numeracy, Health & Wellbeing



# Week 3

Doing things that make us feel better straight away -  
*Regulating*



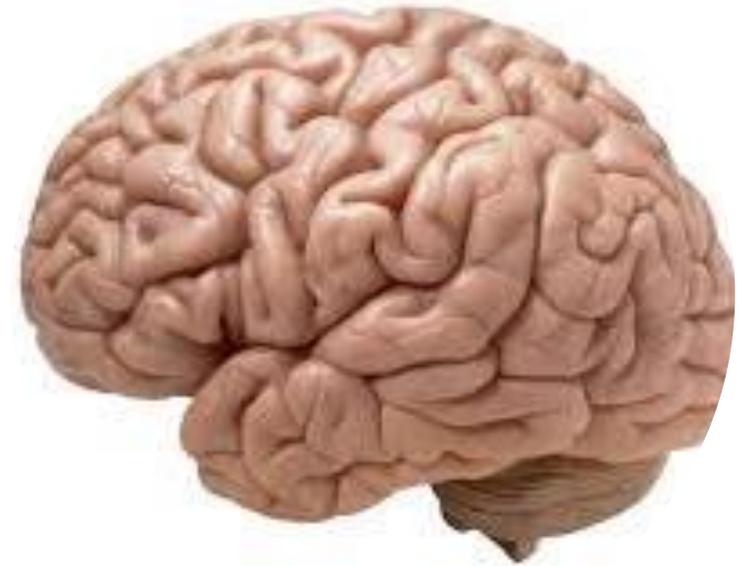
# What you need to know

- Adults understand it can be difficult being a young person
- Things will get better, seem a bit brighter and you are going to be okay. You might not think it just now but you will be able to change things and be okay.
- Understand that when you 'flip your lid', regulating strategies can help you think straight again. By doing something different we can change how we feel.

# Task 1

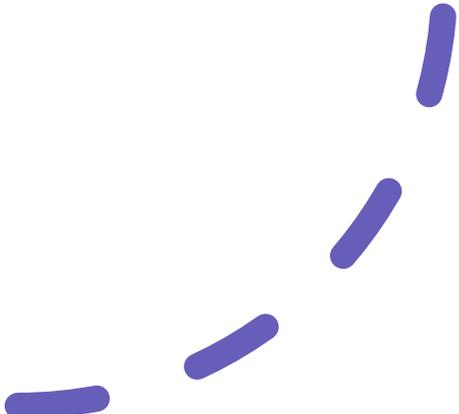
This clip will help you understand what happens to the brain when things aren't good for us.

<https://www.youtube.com/watch?v=FTnCMxEnnv8&vl=en>





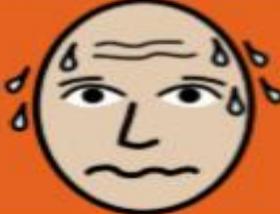
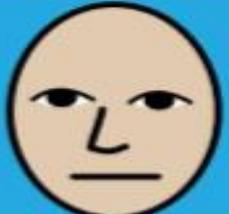
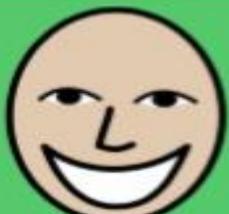
# What you need to know

- Regulating strategies can be used at any time, in any place.
  - It's helpful to try regulating strategies to find what works best for you. We'll be giving you more examples today of techniques to try.
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Try to notice how your body feels when you are anxious and what kind of activities help you to feel calmer. It may help to think of how you are feeling on a scale of 1-5.

5	Feeling very distressed strategies... Go straight to my safe space	Find a calm space Quiet time by myself to settle Let out frustrations Move to number 4
4	Feeling stressed strategies... Take time away from the learning Time in calm space	Extended movement break Chat with friend or adult Engage in an alternative motivating activity Mindfulness tasks
3	Feeling unsettled strategies... A short pause from learning at desk Talk with an adult	Movement break Mindfulness tasks Positive self talk Eat or drink snack Fidget/calm objects
2	Feeling mainly settled but not 100%	Some adults support to help me with my learning
1	Feeling settled  I can engage with my learning	no support required

This is how  
you might look  
and feel....

5		I can't take this any more  I can...
4		I am stressed out  I can...
3		I am a little worried or unsettled  I can...
2		I am feeling ok  I can...
1		I am feeling happy  I can...

Think about trying your own scale of how you feel from 1 to 5.

It is important for us to know how our feeling escalate and can get out of control.

5		
4		
3		
2		
1		



## What you need to do

Try short regulation breaks throughout the day (1-2 minutes can be enough!) for example...

- breathing exercises (hopefully we're getting better at these!)
  - mindfulness
  - movement
  - checking in with a trusted person
- 

# Task 2

Here's some for you to try!

- Bubble breath (Calm)  
<https://www.youtube.com/watch?v=uxayUBd6T7M>
- Muscle tensing and releasing  
<https://www.youtube.com/watch?v=FbhUxg9eHDE&feature=youtu.be>
- Mindfulness  
<https://www.youtube.com/watch?v=ykDPtWdxOxs>
- 'The sushi train' (Russ Harris)  
<https://www.youtube.com/watch?v=tzUoXJVI0wo>



## What you need to do

Make a self soothe/calm box filled with things which make you feel more relaxed. Young Minds have a 'how to' guide here -

<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>

This self care strategies bank can give you lots more ideas of things to try -

<https://www.annafreud.org/on-my-mind/self-care/>

# Task 3 - BreathPod

[https://www.instagram.com/tv/CAN2n3sApyz/?utm\\_source=ig\\_web\\_button\\_share\\_sheet](https://www.instagram.com/tv/CAN2n3sApyz/?utm_source=ig_web_button_share_sheet)

If in doubt, breathe it out! If you feel you are getting better at breathing, you can skip to using bubble breath from the earlier slide.

<https://www.youtube.com/watch?v=uxayUBd6T7M>

