

## Looking After Ourselves

*Advice by Louise Michelle Bomber from TouchBase.*

During this extraordinary time, we need to do all we can as individuals and family groups to stay **grounded** and **connected**. If we can do both of these then it will help us to engage in **cognitive** work e.g. as adults - work online and for children – school work. Even if all everyone manages is regulating and relating this is absolutely fine. Here are five top tips for ‘regulate’ (staying grounded, ‘reason’ (staying connected) and ‘relate’.

### Top tips for looking after yourselves:

#### Regulate your body - together as a family you could do:

- ✓ Butterfly breathing
- ✓ Body scans
- ✓ Stretches/Pilates
- ✓ P.E. with Joe Wicks on YouTube (try it - it will make you all smile and giggle!)
- ✓ Personal bests e.g. plank, sit ups, press ups....

#### Regulate your mind - together as a family you could focus on:

- ✓ what will remain the same externally throughout this season, e.g. the sun, the sky, the stars, plants, growing, seasons...
- ✓ what will remain the same in your home throughout this season, e.g. your bed, your books, your pictures, your pets...
- ✓ what will remain the same in your hearts and minds, e.g. your love for each other, special memories...
- ✓ what you will now be able to do as a family, e.g. play games together, sing together, eat together, create things together, create music together...
- ✓ what each of you can still do, e.g. I can smile, laugh, sing, dance, move...

#### Relate - continue to find creative ways to connect with one another:

- ✓ increase ‘felt safety’ by smiling more with your eyes and mouth, having warm, open body language,
- ✓ laugh and sing together.
- ✓ collect pebbles or shells when out exercising. Write names of all those important to you all – friends and family. Put them in a basket and pull one out a day and go around the family saying what you like about that person.
- ✓ Go through the alphabet, one letter a day...tell each other 5 things about you that begin with that letter. *A - I ate an apple every day as a child, I would love to visit the Amazon jungle one day etc.*
- ✓ consider setting up a daily routine for the family. Try and include some special rituals as part of your usual routines, for example on Saturdays you will always play monopoly together.
- ✓ consider building in quality time with each child individually.