

Managing our own Stress and Wellbeing

**Christ Church Primary
Parent/Carer Workshop
Monday 16th November 2020
10.00am-11.00am**

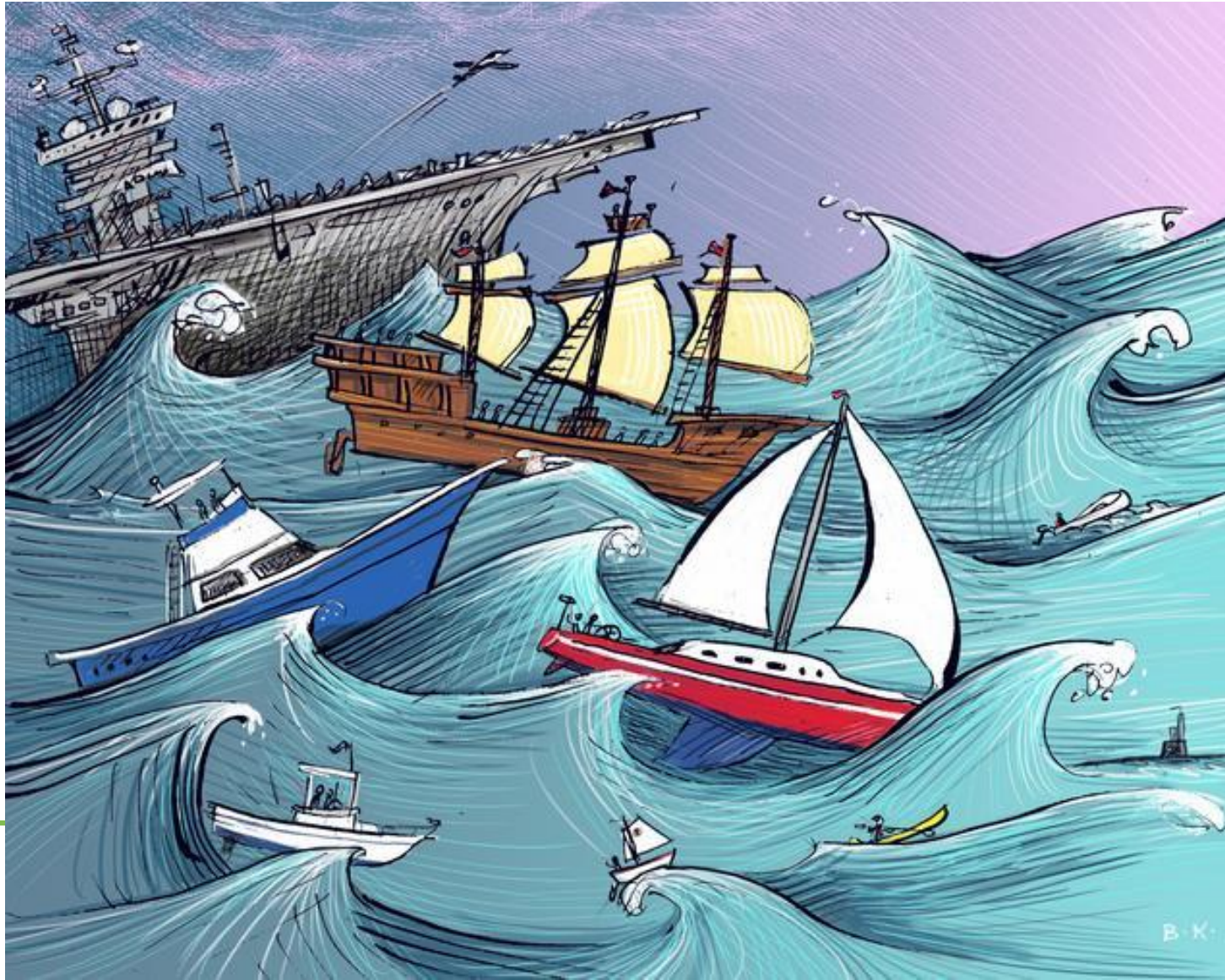
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Mental Health and Wellbeing
Consultants



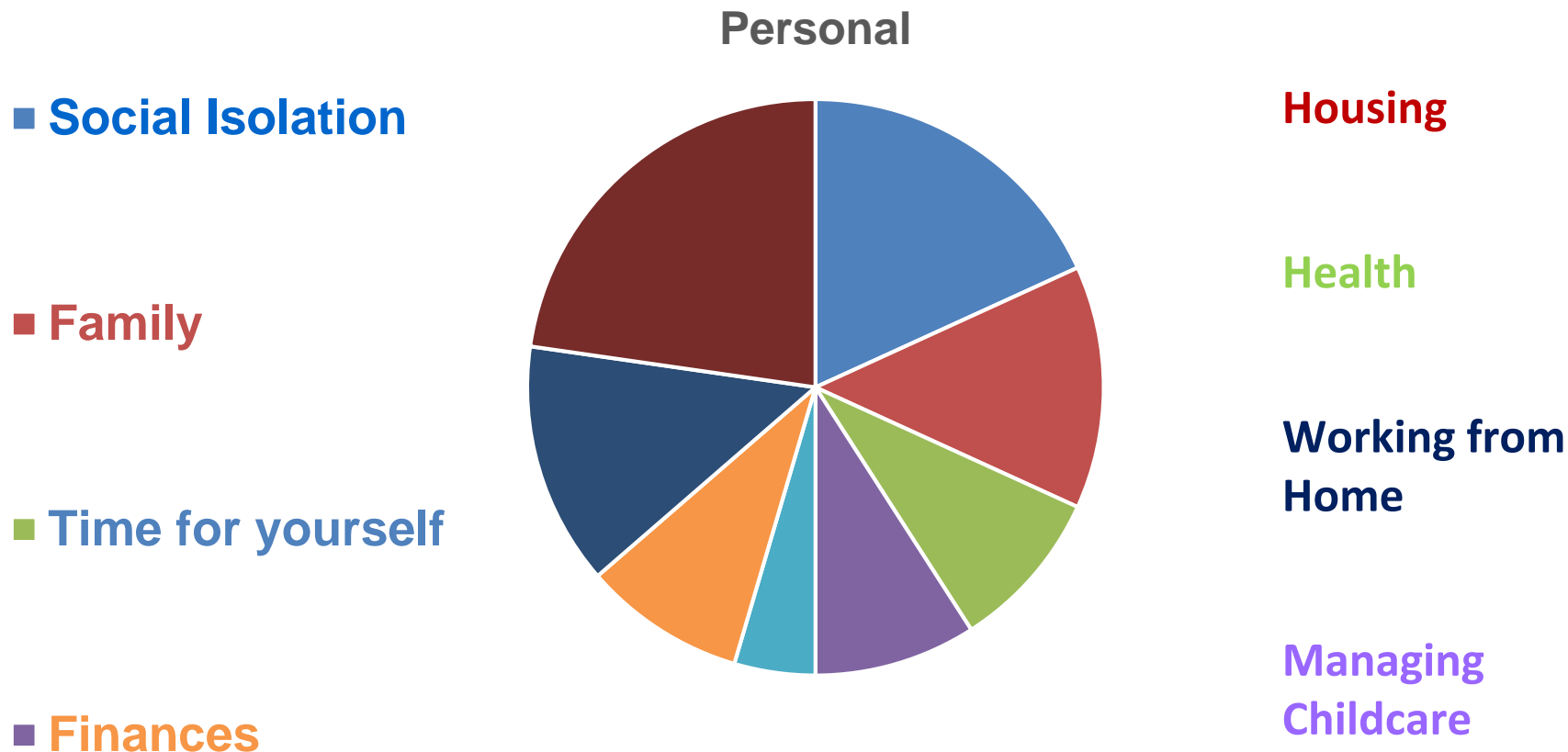
Today we will think about...

- What causes us stress in day-to-day life
- The impact of Covid-19 and lockdown on our mental health
- Strategies to help us manage our stress
- How you can access further support and resources

We are all in the same storm
but not in the same boat



What are the key issues affecting your wellbeing?

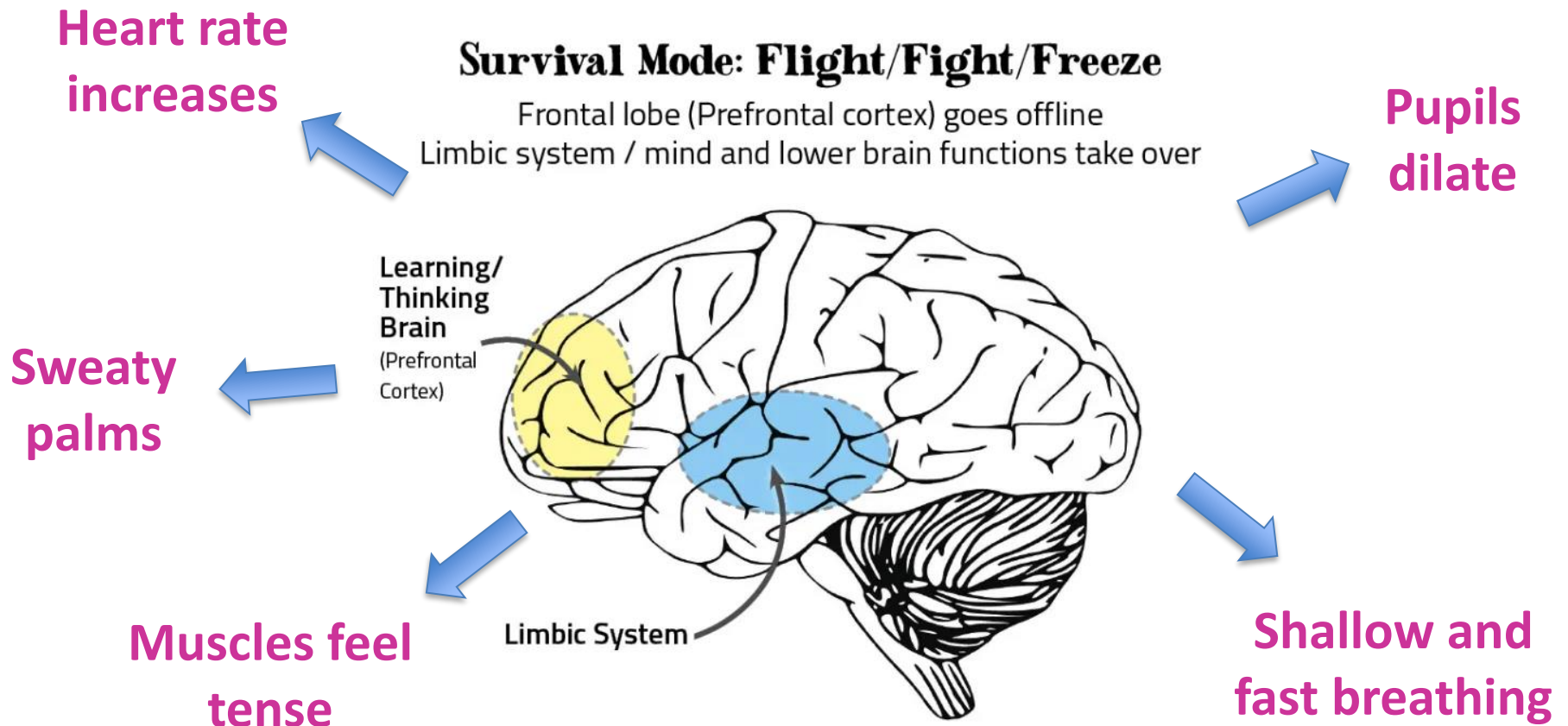


How does stress affect me?



What happens when we are Stressed?

Physical response



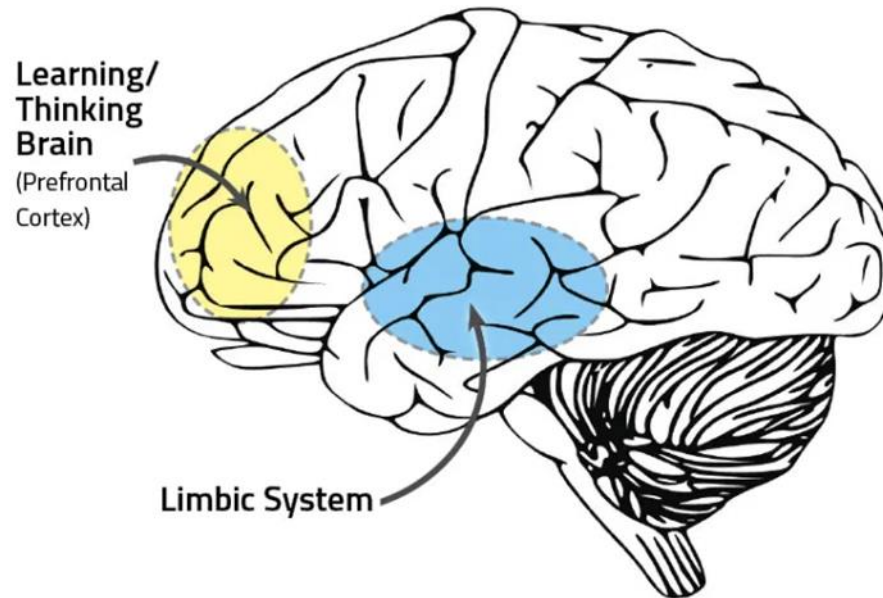
What happens when we are Stressed?

Emotional response



Survival Mode: Flight/Fight/Freeze

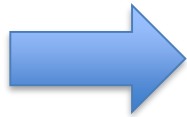
Frontal lobe (Prefrontal cortex) goes offline
Limbic system / mind and lower brain functions take over



Self-Regulation

Self-regulation = ability to calm ourselves down

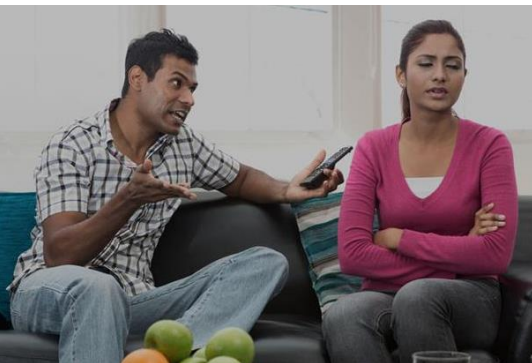
Trigger



**How our
body's react**



**How to
manage the
stress reaction**



Managing our response

Be aware of
your
triggers

Take control
of your
response

Take a step
back to look at
the situation

Is my response
proportionate to
the situation?

Reflect on your
reactions. What
could I have
done differently?

*You can't control other people's behaviour, but you
can control your responses to it.*

Strategies to manage Stress:

1. Prioritise your Wellbeing



Put on
your own
life jacket
first...



Strategies to manage Stress:

2. Practice calming activities

Mindfulness = a mental state achieved by focusing one's awareness on the present moment

Deep breathing = breathe in for 5 and out for 7

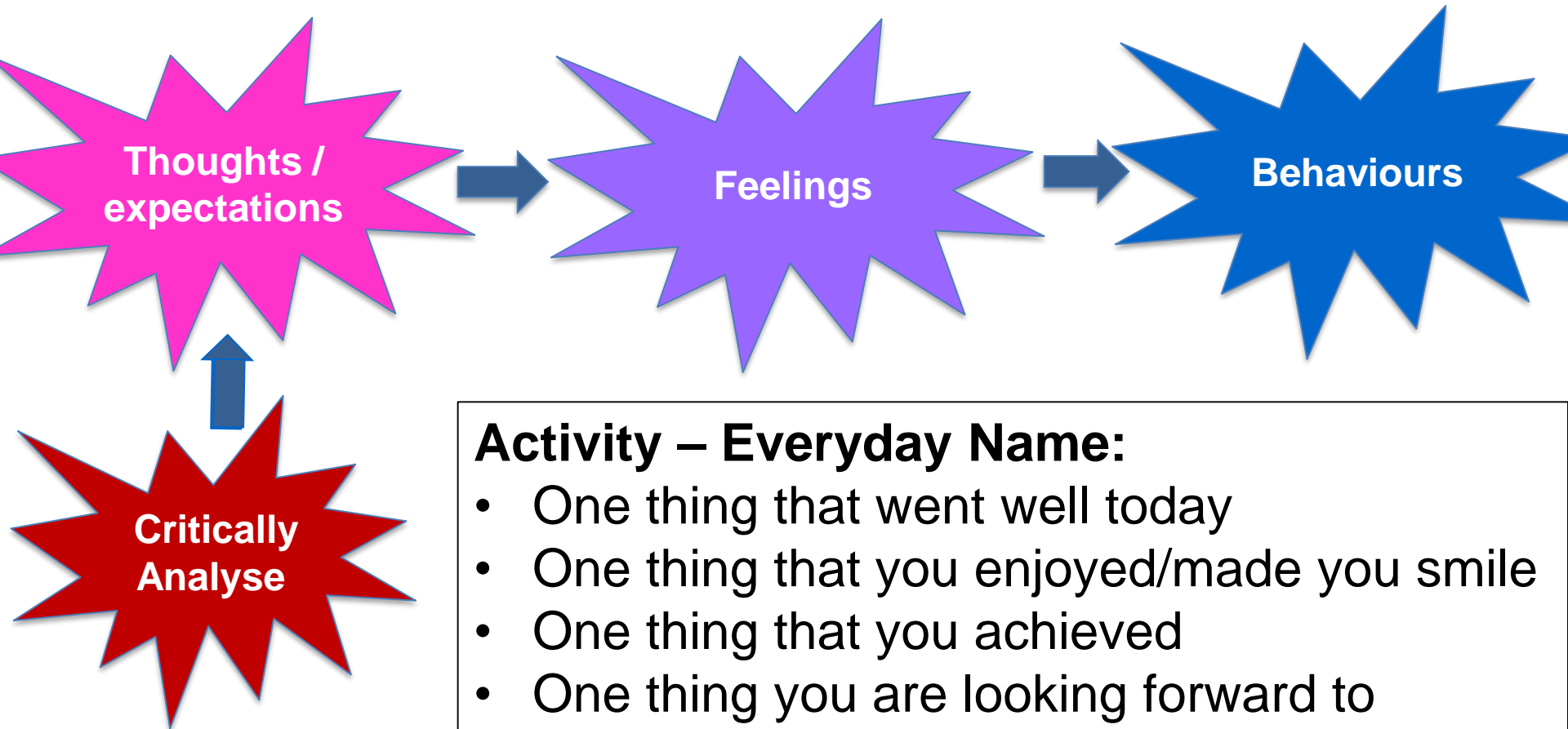
Yoga and stretches

Mindful breathing space:

<https://www.youtube.com/watch?v=rOne1P0TKL8&t=7s>

Strategies to manage Stress:

3. Changing my mindset



Activity – Everyday Name:

- One thing that went well today
- One thing that you enjoyed/made you smile
- One thing that you achieved
- One thing you are looking forward to tomorrow

Strategies to manage Stress:

4. Gaining Perspective



Strategies to manage stress:

5. Being kind to myself

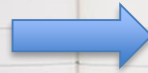
Activity: For every negative statement you say about yourself, you must say 3 positive statements instead

“I’m a terrible parent, I shout all the time!”



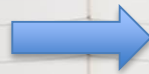
“I spend lots of time playing with my children”

“I’m the only parent that doesn’t have it all together”



“Other parents comment on how polite my child is”

“I’m no good at anything, I’m an idiot”



“I’m really good at making my child feel good!”

BE YOUR OWN CHEERLEADER!!

Summary

- Recognise triggers/how you feel when stressed
- Consider what is within your control to change and accept what you can't
- Practice healthy coping strategies
- Reframe your thinking / gain perspective
- Be kind to yourself / accept your mistakes
- Ask for help - communicate how you're feeling
- It is ok to not feel ok! But we must seek support
- If you are struggling, turn to friends, family, school, GP for support

Where to get Advice and Support

- Teachers / support staff
- Family / Friends
- GP



Information:

- Mental Health Camden (a range of services available)
<https://www.mentalhealthcamden.co.uk/whats-available>
- NHS Mental Health Services
<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>
- Parenting advice and family support – Family Lives
<https://www.familylives.org.uk/advice/>
- MindEd for Families -
<https://www.minded.org.uk/families/index.html#/>

Feedback

- Parent Workshop Feedback