

# 6 Ways to help manage anxiety and stress

When times feel difficult or challenging, we can easily feel overwhelmed with life and the expectations we hold of ourselves.

Currently, we are experiencing lots of change to our daily routines and this can feel stressful at times. Here are some things you can do each day to help manage your feelings, from Camden Learning

## 7/11 Breathing

During times of worry, breathing can become fast and shallow. Try deliberately breathing slow and deeper like this:

- Breathe in through your nose
- Hold the breath there for 7 seconds
- Breathe out through your mouth for 11 seconds
- You can practice building up to this, by first breathing in for 5 seconds and out for 9 seconds



## Keep Active

- Try and do one form of exercise every day – this could be running, jogging, yoga, dancing or playing a sport.
- When we get moving, we release hormones, which help us to feel good and more energised.



## Use Creative Arts

When we carry out creative activities, we can often feel the therapeutic benefits and doing these things can help us to feel calm and more relaxed:

- Drawing
- Colouring or painting
- Clay modelling
- Playing an instrument
- Listening to music



## Gratitude Writing

- At the end of each day, take some time to write down or share with your family or friends, things that happened that you appreciated or felt grateful for.

For example:

- 3 things that made me smile today are...
- 3 things that I am thankful today are...
- 3 people in my life I appreciate are...



## Practice Mindfulness

- Take some time out for yourself to notice your thoughts, feelings and physical sensations as they happen.
- The goal isn't to clear your mind or stop thinking but to be aware of your thoughts and feelings, rather than getting lost in them.



## Plan Worry Time

- Set aside some time each day to think about your worries
- Even 10 minutes each evening to write them down or go over them in your head can help stop you feeling overwhelmed
- You might find it helpful to write down your worries and then throw them away afterwards
- You could also talk to someone about them and think about possible solutions to your worries
- Try to avoid worrying about things that are outside of your control



**For further information or support:**



The place for young people to find activities, support and opportunities



# Supporting Children's Wellbeing

## A short guide for Parents and Carers

Over the past year, we have had to adapt and adjust our lifestyles and routines in response to the coronavirus and lockdown.

Now, as children and families return to school, they may be experiencing a range of emotions. Here are some tips to help support your family's wellbeing and the return to school.

### Managing Different Emotions

Acknowledge anxiety and other feelings by saying things like:

- "I can understand why you feel worried"
- "I noticed you didn't play with your friend, is anything on your mind?"
- "Thank you for sharing that with me, you are being really brave."



Create a safe space to talk by:

- Spending quality time with your child so they have your full attention
- Using eye contact to show you're listening
- Doing an activity with your child to make it easier for them to talk



Encouraging creative coping activities:



### Keeping a Healthy Lifestyle for all the family



Reminding children to have healthy habits:

- Regular meals that include fruit and vegetables
- Daily exercise
- At least 8 hours of sleep each night
- Limit screen time, especially in the evenings and encourage more play and reading time

### Helping Children Build Resilience

Praise the effort your child has made, rather than the final outcome:

- "I can see you worked really hard on that drawing"
- "You spent a lot of time on building that tower, I'm proud of you!"

Encourage your child to keep trying and learning from their mistakes:

- "You don't know how to do this YET, but keep going and you will."
- "Its OK to make mistakes, that's how you learn"



Support for Parents:

- <https://www.mentallyhealthyschools.org.uk/resources/?Audience=ParentsAndCarers>
- <https://youngminds.org.uk/find-help/for-parents/>
- <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

# Free virtual sessions for the whole family

1



Fun, free and easy ways to keep primary school pupils healthy, happy and interested in cooking.

For children  
5-11 years



2

Follow along online with your family at a time that's convenient for you.



3



Camden residents will receive a supermarket voucher to cover the cost of ingredients.

Then send in a picture of the food you've made and complete a short online survey to receive a £5 Love2Shop voucher.

4



or



Contact:  
[healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk) or call  
020 79746736  
to get your link to the education and cook along sessions and request a food shopping voucher

# Starting Solids Virtual Sessions

## Dates and Times:

### October 2021

4th (Monday)	2-3:30pm
7th (Thursday)	11-12:30pm
15th (Friday)	10:30am -12pm
20th (Wednesday)	10-11:30am
26th (Tuesday)	1-2:30pm

### November 2021

1st (Monday)	2-3:30pm
4th (Thursday)	11am-12:30pm
12th (Friday)	10:30am -12pm
17th (Wednesday)	10-11:30am
23rd (Tuesday)	1-2:30pm

### December 2021

2nd (Thursday)	11am-12:30pm
6th (Monday)	2-3:30pm
10th (Friday)	10:30am -12pm
15th (Wednesday)	10-11:30am
21st (Tuesday)	1-2:30pm

The Department of Health recommends babies start on solid foods when they are around six months old. This free session supports parents of babies who have not yet started solid foods.

- Do you have a baby who is ready to start solids?
- Would you like to know more about when and how to start solids?
- Would you like to explore more about the types of food to start with and which foods to avoid?

If so, this free 90 minute session is for you! We'll explore all the above and more. There will also be opportunities to ask questions. Please advise us in advance if you would like an interpreter.



[CLICK HERE TO BOOK YOUR PLACE](#)



# Starting Solids Next Steps Virtual Sessions

## Dates and Times:

### October 2021

12th (Tuesday)	10:30am -12pm
18th (Monday)	2 -3:30pm
28th (Thursday)	1-2:30pm

### November 2021

3rd (Wednesday)	11am-12:30pm
9th (Tuesday)	10:30am-12pm
25th (Thursday)	1-2:30pm

### December 2021

14th (Tuesday)	10:30am -12pm
20th (Monday)	2 -3:30pm
30th (Thursday)	1-2:30pm

This free session supports parents of babies who have already started solid food and are under 1 year. Please advise us in advance if you would like an interpreter.

Each 90 minute session covers:

- Moving on to more textured family foods and finger foods.
- Encouraging your baby to drink from a cup
- Overcoming baby feeding challenges
- Opportunity for questions and answers

[CLICK HERE TO BOOK YOUR PLACE](#)



Please contact Camden's Health and Wellbeing Team if you would like any further information:

020 7974 6736

[healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk)

<https://www.camden.gov.uk/health>



Both Starting Solids and Starting Solids Next Steps sessions are taking place virtually with Camden's Health and Wellbeing Team using Microsoft Teams.

Microsoft Teams is free to download on a computer, phone or tablet. Either visit your app store or go to: <https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>  
You can also join via phone, no internet required.