

## **NCTSN Trauma Stress Network**

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

## **Pay Attention to How You Are Feeling – avoid being overloaded by Coronavirus news**

### **Breathing tips ....**

Take the time to notice your feelings and pause and reflect before responding to sources of stress and frustration/anger

1. Place one hand on your belly and one on your chest.
2. Take a deep breath into your belly and feel your hand rise.
3. Exhale slowly and gently through your lips, like you are blowing on hot soup.
4. Repeat two to four times.
5. Respond to the situation once you've calmed yourself.

### **Destressing tips**

- Take breaks from watching, reading, or listening to news stories, including social media.
- Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals, exercise regularly
- Take long hot baths
- Get plenty of sleep
- Have regular fresh air, do some outdoor activities eg, read a book in the garden, go for a walk if possible (and safe)
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

### **SEaTSS**

Dear Redbridge parents,

If your child is at home and you need advice or information, SEaTSS staff are still available to support you via remote access.

You can email us with your request at [seatss@redbridge.gov.uk](mailto:seatss@redbridge.gov.uk)

A member of our team will be in contact with you either via email or telephone. Telephone lines will be open between 9.00am and 12.00 noon.

Our teams phone number is: **SEATSS SEMH - Jo Ambler Stuart/ Linda Severs 07741 903 479**

**In the meantime, please Stay healthy and safe!**