

Self-Soothing Strategies

1. Use Conscious Breathing. As soon as stress hits, immediately take a few deep, slow breaths. Breathing helps you expel tension so it doesn't lodge in your body. Use 478 strategy – breathe in fully to the count of 4 in your head – hold for a count of 7 – breathe out fully to the count of 8.
2. Engage in Positive self-talk. Tell yourself, "This is a transient situation. I will find the best way to handle this. Everything will be okay." Do not let negative, fear-based voices get in the way of consoling yourself with kindness.
3. Develop a witness state. You are larger than fear. You are larger than anxiety. When you notice yourself feeling stressed or overwhelmed, tell yourself: "I am not this emotion. I can centre myself. I can detach from my state of overwhelm and witness the feelings I'm experiencing. Realizing you are larger than the feeling, will relax you and offer you perspective. Ground yourself by using 5-4-3-2-1. Look around you and identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste or feel (like the floor beneath your feet or chair you're sat on)
4. You are not responsible for the karma of others. Keep reminding yourself that everyone deserves the dignity of walking their own path. This will help you avoid feeling inappropriately responsible for what others are going through.
5. Visualize. Picture white light coming through the crown of your head and darkness flowing out the bottom of your feet. This reduces stress by keeping the energy flowing out of your body.
6. Place your hand over your heart. Just as mothers console their babies by patting their chest, you can put your hand over your heart to calm yourself. The heart is in the mid-chest, the centre for unconditional love. When you touch it, love will be activated and start to send blissful biochemicals called endorphins throughout your body.
7. Practice self-compassion. Your thoughts make a difference. Be kind to yourself whenever possible — avoid beating yourself up. Remember to show yourself compassion when you're stressed or emotionally distraught. Replacing negative thoughts with positive ones enhances your well-being.



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

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!