



# *Managing Stress*

Before you can support another person to calm, gauge your own level of calmness/stress

What level of stress do you mark yourself at on the following scale:-

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Peaceful	Worried	Anxious	Stressed	Distressed
Restful	Stimulated	Energized	Over-burdened	Burnt-out
Relaxed	Aroused	Curious	Stressed	Distressed
Chilled-out	Inquisitive	Interested	Preoccupied	Obsessed
Calm	Engaged	Motivated	Strained	Disturbed
Tranquil	Keen	Confident	Bothered	Exasperated

Circle the words above that best describe what you are experiencing and how you are feeling.  
Above the column of words, you will find the level on the scale relating to those words.

Identify the causes/triggers of feelings that are scaled above level 5

For example –

-I feel stressed when I don't know how long my children will be off school for because I don't have the time and space to be getting on with other important jobs.

-I feel distressed when I am not able to freely travel because I need to be able to visit my mum in hospital, as she is alone otherwise.

Write down as many sentences as you need using the structure 'I feel-----when-----because----'

Write down all the things that help you to feel peaceful and are possible for you to do at this time:

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Make a choice to give yourself some time to do one of your 'peaceful' list each day.

I will do \_\_\_\_\_ today, at \_\_\_\_\_ O'Clock for \_\_\_\_\_ minutes.

Let everyone around you know your plan, so they know not to disturb you.

### Examples of calming activities:-

Read a book (online if the library is closed); Watch a film; Focus on deep breathing (in through the nose, hold for 4 seconds, out through the mouth), so that you can feel the oxygen going around your body; Listen to some music; Cook your favourite food; Drawing/Colouring/Painting; Sing; Sit and relax; Think of good and funny memories; Share your memories with those around; Phone a friend; Drink some water/tea/juice; Engage in your faith practices such as prayer; Follow an online meditation; Do some exercise; Talk any problem through with a friend

### When you are looking after yourself and your own stress levels then you can support others

You can take anyone in your care through the above stages to support them with their own stress levels. Take measures to reduce external stressors where possible, such as:

- inform yourself about any 'Distance Online Learning Services' schools are providing students with access to;
- help prepare the pupils with what they need to be able to access and follow the online learning;
- support pupils emotionally to adapt to the changes of learning environment that they are experiencing – reassure them that although the situation is uncertain right now, lots of people are working very hard to try to return things back to normal and this won't be forever. Encourage pupils to take everyday at a time;
- give pupils a set amount of time each day to be in contact with their friends online or to get at least one or two phone numbers of friends to keep in touch with;
- play calming music at home (e.g. <https://www.youtube.com> – relaxing music for children in classroom ([youtube.com/watch?v=gOnBPPD31dw](https://www.youtube.com/watch?v=gOnBPPD31dw)) – relax music for stress relief, study music, sleep music, meditation music/mindful kids ([youtube.com/watch?v=qFZKK7K52uQ](https://www.youtube.com/watch?v=qFZKK7K52uQ)))
- keep up to date with government guidelines on managing covid-19 and access to other available resources:

[www.gov.uk/government/publications/covid-19-stay-at-home-guidance](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance)

[www.who.int](http://www.who.int)

[www.bbc.co.uk/teach](http://www.bbc.co.uk/teach) free primary and secondary resources

[www.popsugar.co.uk/parenting/coronavirus](http://www.popsugar.co.uk/parenting/coronavirus) 31 free educational websites

**SEaTSS**

Dear 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!**