

Wellness Week

WELCOME TO DAY 4

Resilience

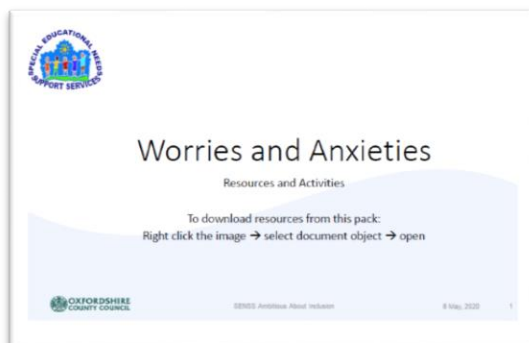
Today our Wellness focus is on resilience. Resilience is about our capacity to overcome difficulties or cope during tough times. Lockdown and the stresses and strains this has placed on families is a perfect example of when we need to use strategies to build our own resilience.

[Worries and anxieties](#)

It's perfectly normal to worry about things and feel anxious. These feelings only become a problem if they start to affect your ability to live your life the way you want to. The document below provides a range of strategies and anxieties suitable for both children and adults to help support worries and anxieties.



WorriesandAnxieties.pdf



MINDFUL MAGIC

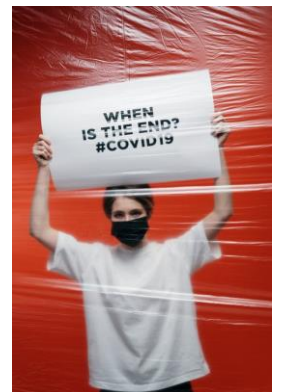
Mindful Magic provides easy, fun and mindful tools that teach children and parents, how to effectively focus, breathe and simply be. It doesn't matter if your child is a cheeky, noisy wriggler or a quiet, non-talking teenager. Through the classes, you learn to have a deeper acceptance, calm and clarity for life.

Mini Mindful Moments sessions are being run online for free, just 20 minutes (online) to introduce children and their parents to Mindful Magic. Simply make contact via Facebook:

@MindfulMagicgraveshamanddartford

COVID ANXIETY

The Anna Freud The National Centre for Children and Families has produced a comprehensive toolkit to support families during the Covid period. The kit has a range of resources including support for sleep issues, loneliness and managing online safety. You can access the toolkit through clicking on the icon below:



coronavirus-dealing-with-effects-toolkit