

TAME YOUR WORRY BRAIN

Tame your worry brain Week 6
Adults, tame your own worry brains!!

Dear adults,

This week is our last week of the programme - we have made it to the end!

Thank you so much for taking part and encouraging your children to complete the activities. Thank you also for sharing these with us – we are blown away by your children’s courage, creativity and determination!

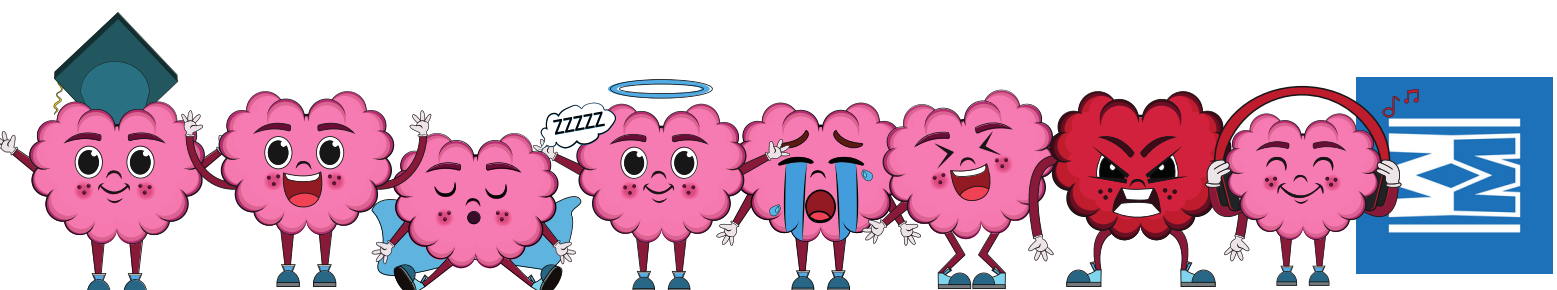
At the end of this programme, all families that have shared at least one activity with us will get another free tool to use with their children. And on top of that, one family will get a chance to speak with Marijana Filipovic-Carter, our Family Engagement and Support Lead, and discuss any issues specific to their child.

If you haven’t shared any of the activities with us yet, don’t worry, there is still time. Deadline for submitting these is 5th of December. You can also contact us with feedback and questions – we always like to hear from you! You can reach us via email (marijana@move-more.org).

As this is the last week of the programme, we are shifting the focus a bit from children and moving it onto us – adults. Children learn by watching – their cameras are always on. They look at us for guidance and often decide how to behave based on our reactions. This can particularly be true for worrying.

This week’s suggestions will hopefully help you become a bit more aware of your own worry brain and the need to tame it first before we can encourage children to do it.

Enjoy and don't forget to let us know how you are getting on!



ADULTS! TAME YOUR WORRY BRAINS!

You won't be surprised to know that children aren't the only ones with worry brains. Adults have worry brains too. Everything that we shared in the past weeks applies to us too. To be able to truly help your children with taming their worry brains, make sure that you work on your own ability to tame your worry brain.

Consider the following:

- You also have a worry brain.
- Your worry brain talks to your children's worry brains. This is the reason why children can often sense our mental state and feed off our emotions.
- The first step is to be mindful of the signals that we are sending to our children. If we appear worried, their worry brains will pick that up and act accordingly.
- Secondly, model the behaviour that you'd like to see. Make sure that your children see and hear you use the tools that we have shared. For example: "Hmmm, I am starting to feel a bit strange. My heart is racing, I have butterflies in my tummy... This feels like it could be my worry brain trying to tell me something. I'll do some pen rolling while I listen to my worry brain and decide if it is telling the truth or not."
- Finally, don't expect children to be able to tame their worry brains independently straight away. They need to co-regulate with your first. This means that they will rely on you for a while to encourage them to do the steps to tame their worry brains.



Trying to battle on (at least) 2 fronts – taming your own and your child’s worry brain – can be exhausting. You need to look after yourself to have enough physical and emotional energy for this.

Self-care is super important here. It is often talked about, but also misunderstood. Self-care is not just about smelly candles, yoga, massage and similar. It is actually about all the little things that we do to look after our mental health. It is about trying to listen to how we feel and truly understanding our own needs. It isn’t about what it looks like, but how it makes you feel.



Here are some suggestions to improve your self-care:

- Allow yourself to take time out when you feel overwhelmed
- Make time to do an activity that you know makes you feel good
- Respect your needs by setting boundaries around your time
- Push yourself to do something that you have always wanted to do
- Give yourself permission to do nothing for a while
- Cook and enjoy a nutritious meal
- “Talk to yourself how you would to someone you love” (Brené Brown)
- Try not to compare yourself to others

Self-care IS EMPOWERMENT

Asking for help is another form of selfcare. We all need to be listened to and supported; it isn’t a sign of weakness; it doesn’t reflect badly on you. It is just a sign that life is presenting some challenges that you need a little bit of help with. And that’s why I am here: to listen and support. Get in touch on

marijana@move-more.org

