



Have a simple, boring life

In a time where we have so many unknowns and a loss of predictability, offer structure in your family's daily routine, to regulate a 'nervous-nervous system'

- create routines, consistent meal times, predictable times to connect each day

Support your teens to feel and move grief through their body

Conversation starters:

- acknowledge losses due to COVID-19
- what was gained and discovered as a result
- celebrate what could not be lost despite the pandemic

Simple intervention to reduce Anxiety:

- avoidance makes anxiety worse
- by actually facing the 'false fear' in manageable steps, with support, anxiety stops running the show
- Say: "I can see this is really hard for you and I also know you are so capable"

Get moving - outside in nature even better!

- it is important to move your body every day; exercise is magical in moving big feelings through a body
- daily movement is especially important if someone struggles with anxiety, depression or grief

Be compassionate with yourself and others

- we are all trying our best to manage in a challenging time
- approach yourself with love and kindness, like you would do to a good friend
- research shows that crying helps to calm a nervous system by releasing cortisol in our tears!

XX Tasha

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