



wellbeing

at home



Introduction

Parent Carer Care Cards

Looking after our wellbeing is so important, especially during difficult times.

Our Care Cards, originally developed by our creative East Renfrewshire Family Wellbeing Team, are a good reminder to pause and take a moment for you. When we are kind to ourselves, ask for support, relax, and distract ourselves from non-essential worries and tasks, we take good care of ourselves - and we encourage our children to do the same!

We have also created some blank cards so you and your family can come up with your own ideas!



Parentline Information Card

Children 1st Parentline can offer emotional support.... We have also put together some excellent resources for parents. You can call us on.... Or start a webchat

What the parents say

Parents and carers told us what has helped them cope during lockdown
Here's what they told us:

"I try and stay in touch with neighbours; friends, colleagues and family. I've also found doing something nice for others, gives me a bit of a glow. I hadn't written a letter for years and I've written three now."

"Be a role model and just say I'm not ok, I just need 30 minutes on my own to recharge like a phone or a tablet!"

Additional Information

Wellbeing Apps and Websites for all kinds of anxieties and stress

What are you doing for your own well-being? So many apps so little time. Here is a selection of some apps which parents have already tried, tested and enjoyed using:

Apps

- What's Up: Simple app to support including wellbeing, games for relaxation, mood diary. Extremely user friendly
<https://www.thewhatsupapp.co.uk/>
- Calm: Live stream meditation and other relaxation techniques. Some areas require in app purchases . However free version still has a range of features and more have been made available since the coronavirus outbreak
<https://www.calm.com/>
Link to blog post with free features: <https://www.calm.com/blog/take-a-deep-breath?>
- Headspace: Guided meditations and mindfulness animations <https://www.headspace.com/headspace-meditation-app>
- Calm Harm: Techniques to use to help pass the urge to self-harm. Breathing techniques and anxiety management.
<https://calmharm.co.uk/>
- Sleepio: Sleep report to support improved sleep and sleep hygiene.
<https://www.sleepio.com>

Websites

- Parentline is an accessible telephone and webchat support open daily.
<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/cat/support-for-families-about-coronavirus>
- Samaritans: <https://www.samaritans.org/scotland/how-we-can-help/support-and-information/if-yourehaving-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirusoutbreak/>
- NHS Every Mind Matters: Comprehensive guide to looking after wellbeing while staying at home, everything from physical activity to relaxation techniques.
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- NHS Home Workouts: Videos for working out at home.
<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>
- Big White Wall: Online community for people who are stressed, anxious or feeling low.24/7 active forum with round-the-clock support.
<https://www.bigwhitewall.com> YouTube video, a quick look inside Big White Wall: <https://www.youtube.com/watch?v=vTPy2syYfwkv>
- Active 10 – free and easy to use walking app that tracks your walking and shows you how you can increase your intensity to benefit your health.
<https://www.nhs.uk/oneyou/active10/home>

- What Advice Would You Give to Someone Lacking Motivation? – Article from Mental Health Foundation with tips to stay motivated.
<https://www.mentalhealth.org.uk/blog/what-advice-would-you-give-someone-lacking-motivation>
- Looking after your mental health while working during the coronavirus outbreak – Article from Mental Health Foundation with advice for working from home
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working>
- How to motivate yourself to change your behaviour – TEDx Cambridge Talk, Tali Sharot reveals three ingredients to doing what's good for yourself.
<https://youtu.be/xp0O2vi8DX4>
- Kindness Video: <https://youtu.be/Qcyc68d6OAK>
What is “Kindness” article: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-research>



Parentline

Online | Helpline | Lifeline

Coping through Coronavirus



We're here for you

Speak to Parentline for:
calm, practical, advice;
emotional support;
space to talk.

children1st.org.uk/parentline

call free 08000 28 22 33



Whatever happens, we're here for you.
7 days a week, 365 days a year.



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children1st.org.uk/parentline

Mon-Fri, 9am to 9pm Sat-Sun, 9am to noon

