

The C.A.R.E. Programme has been brought to you by Hampshire CAMHS (Child and Adolescent Mental Health Service)

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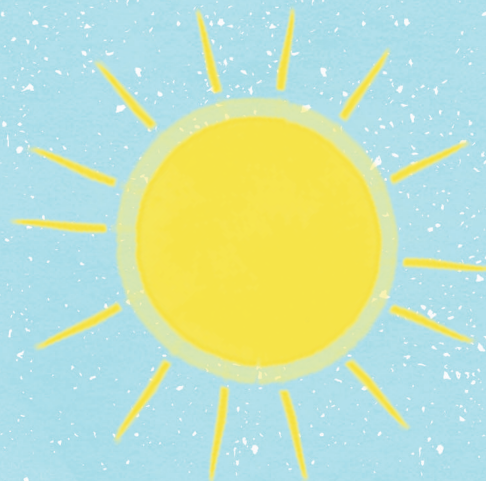
Website: www.hampshirecamhs.nhs.net



Hampshire Child and Adolescent
Mental Health Services

C.A.R.E.

(COPING AND RESILIENCE
EDUCATION) PROGRAMME



SITTING STILL LIKE A FROG ON A LILY PAD

When you are feeling sad, worried or angry it is important to stay calm. You can sit quietly like a frog does. Frogs take notice of what is around them. Have a look around you now and think quietly about what you can see and hear. Frogs live in the here and now; they don't worry or think about things that have happened or things that might happen. See if you can sit still and be in the moment like a frog.



FOR ADDITIONAL INFORMATION AND ADVICE, THE FOLLOWING MAY BE HELPFUL TO ACCESS:

Hampshire CAMHS

www.hampshirecamhs.nhs.uk

Family Lives

Freephone: 0808 800 2222

www.familylives.org.uk

Parent Voice

Tel: 0300 303 8603

www.parentvoice.org.uk



**family
lives**



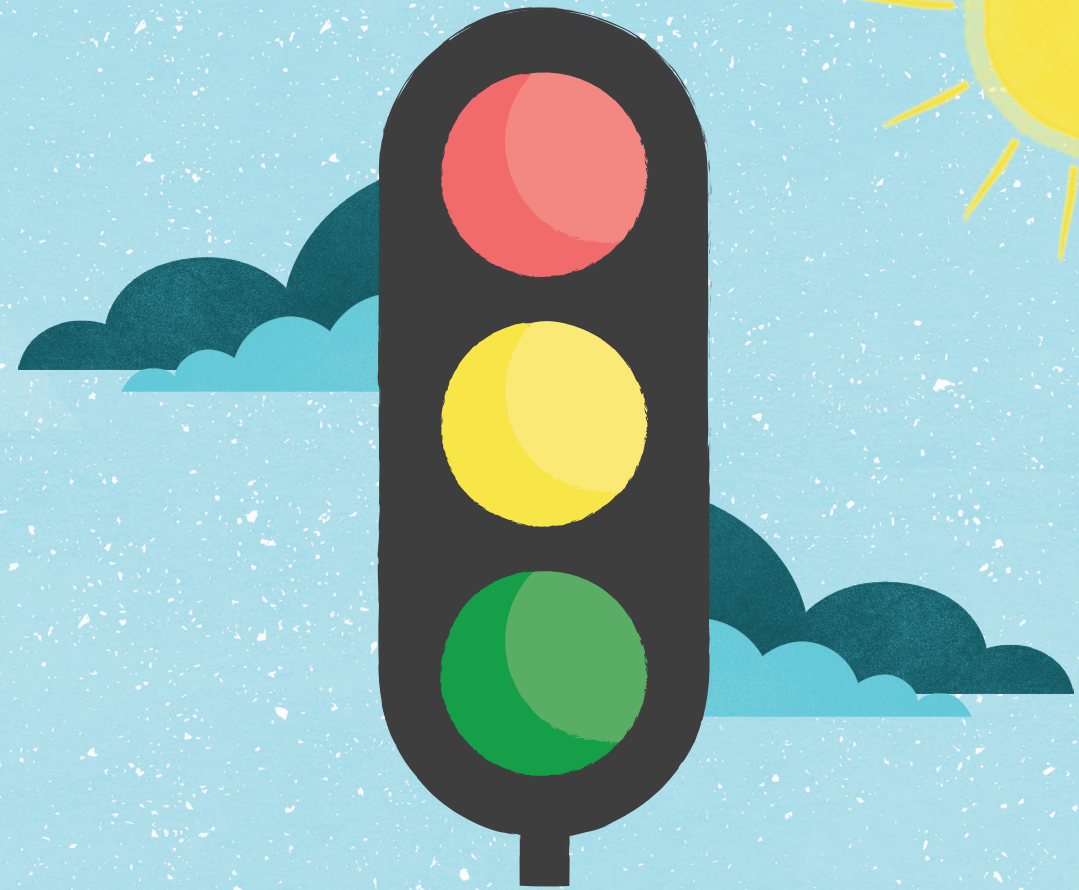
PARENT PAGE: WHAT TO DO WHEN YOUR CHILD NEEDS HELP

1. Speak to your child. It is important to listen to and acknowledge their difficulties.
2. Liaise with your child's school. It is important to check whether the school is also noticing difficulties. If they are not noticing any difficulties, highlight the concerns you have so that they can monitor and offer an appropriate level of support.

Schools can offer various levels of support to children experiencing emotional difficulties including ELSA (Emotional Literacy), general pastoral support and access to the School Nursing Team who can provide individual support and guidance to young people, schools and their families. It is important to discuss with the school what support they recommend and can offer in the first instance.

3. If your child's difficulties persist in spite of accessing help, support and guidance from school, we recommend making an appointment to see your GP. Your GP can do a mental health screen and establish whether your child may be experiencing symptoms or difficulties which might be indicative of a mental health difficulty. Your GP may then be able to make recommendations about other services and agencies that could provide additional advice, guidance and support.
4. If you have serious concerns about your child's emotional wellbeing or their mental health, a referral to your local Child and Adolescent Mental Health Service (CAMHS) may be appropriate. In the first instance, we would advise that you contact your local CAMHS service to discuss whether a referral is appropriate. CAMHS may recommend alternative services which best meet your child's needs. For more information visit our website www.hampshirecamhs.nhs.uk

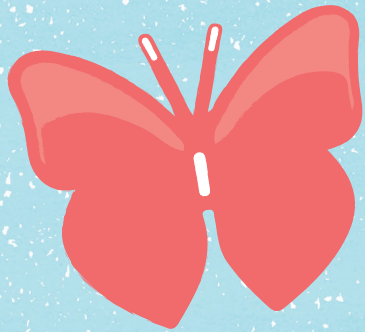
STOP, BREATHE AND GO



When you are feeling really angry it is important to STOP, especially when someone tells you to stop. Take a breath and count to 10. When you feel calm again, you can go.

BUTTERFLY HUGS

When you are feeling sad, worried or angry, find somewhere quiet to sit. Cross your arms across your chest and tap slowly and gently, giving yourself a butterfly hug. Take some deep breaths and notice how your body relaxes. You can do butterfly hugs.



MINDFULNESS

- Mindfulness is a technique used to focus your awareness on the present moment, while acknowledging and accepting your feelings, thoughts, and bodily sensations.
- To be 'mindful' means to pay attention to the moment; to focus on the here and now, and be more aware of how the here and now is affecting the 'whole' you.
- This has real benefits as the present moment is often a lot less stressful than the fears and worries you have about the past or the future.
- Mindfulness practice doesn't try to 'do' anything to you, or force you to believe anything.
- Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgementally - with kindness and curiosity.
- The great thing is that learning mindfulness is simple! It can be practiced by anyone, anytime, anywhere.
- For further information on practicing the principles of mindfulness, see the resources below.

APPS

- Smiling Minds
- Mindfulness Daily
- Headspace
- Stop, Breathe and Think

WEBSITES

- www.mindfulnessforteens.com
- www.smilingmind.com.au

BOOKS

- The Art of Mindfulness for children
- Sitting like a frog

RELAXATION TIPS

- Dim the lights
- Make sure you aren't too hot or too cold
- Put on relaxing music
- Make sure that you aren't hungry or thirsty
- Get rid of distractions
- Wear comfortable clothes
- Try to make sure that you won't be interrupted
- Make sure that you are comfortable for example sitting down or laying on your bed



MUSCLE RELAXATION

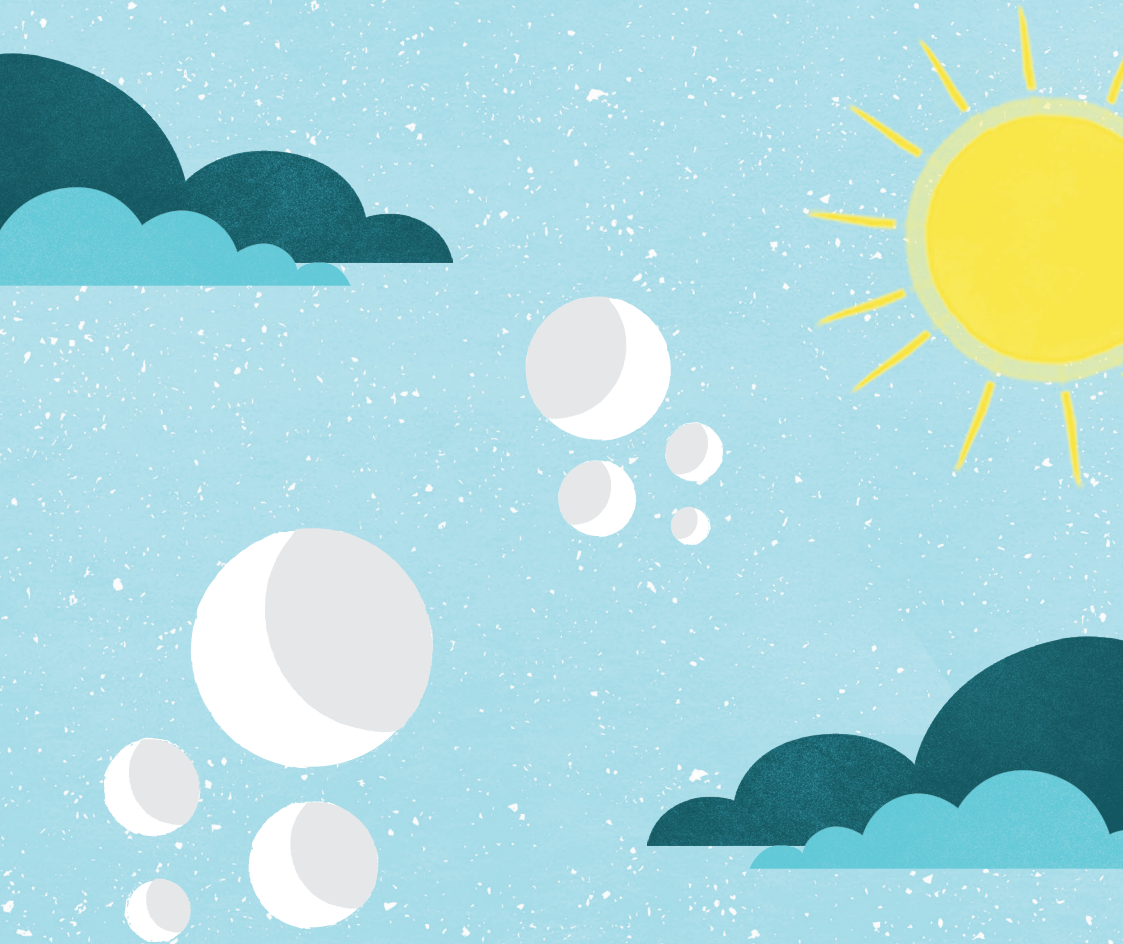
When we are feeling worried, stressed or angry our muscles can tense up. Relaxing our muscles can help us calm down. Work from the bottom of your body to the top.

1. Tense up all the muscles in your feet. Hold it for five seconds then let them relax. Do this three times.
2. Tense up all the muscles in your legs. Hold it for five seconds then let them relax. Do this three times.
3. Tense up all the muscles in your stomach. Hold it for five seconds then let them relax. Do this three times.
4. Tense up all the muscles in your chest. Hold it for five seconds then let them relax. Do this three times.
5. Tense up all the muscles in your arms. Hold it for five seconds then let them relax. Do this three times.
6. Tense up all the muscles in your hands. Hold it for five seconds then let them relax. Do this three times.
7. Tense up all the muscles in your face. Hold it for five seconds then let them relax. Do this three times.



BLOWING DANDELIONS OR BUBBLES

It is important for us to breathe slowly when we want to be calm. To practice, take deep slow breaths, hold your imaginary dandelion and take deep slow breaths as if you were blowing your dandelion or blowing bubbles. Make sure that when you breathe out, it is a long, slow breath.



KEEPING YOUR BODY RELAXED LIKE COOKED SPAGHETTI

When spaghetti is cooked it goes all loose and floppy. When you are feeling angry, sad or worried it is important to keep your body relaxed and calm. Starting at the top of your head and working down your body, make sure all your body is floppy and relaxed like cooked spaghetti. Shake your arms and hands, your legs and feet. If your body is relaxed, you will also feel calm and relaxed.

