

## No 3: How to stay emotionally healthy and help support your child emotional wellbeing



Don't underestimate the value of...

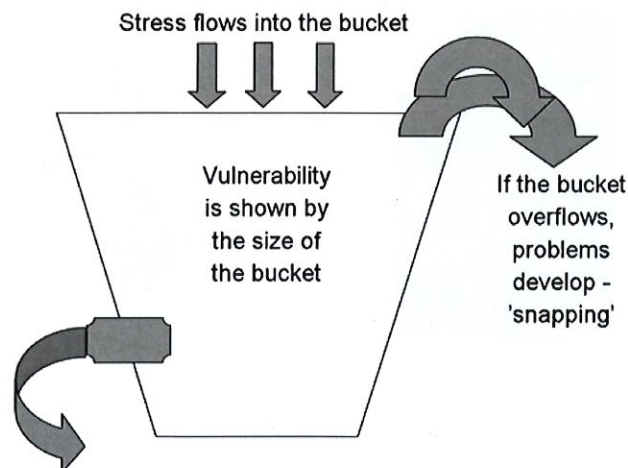
Connect...	Be active...	Take notice...	Keep learning...	Give...
Belonging Love Relationships Family Friends Connected to the environment	Physical wellness Exercise Healthy eating Good sleep hygiene	Mindfulness Interrupting autopilot Being outside	Goals and personal achievement Rewards, having fun and relaxation	Nurturing, pets, plants, gardening Helping others Giving to charity

You are key in supporting your child emotional health and wellbeing, but parenting is not an easy job.

1. Try to recognise when you are getting anxious – it is normal to feel anxious at times -The Five ways to wellbeing apply to parents and carers as well as children.
2. The Stress Bucket may be helpful to you in thinking about your own emotional wellbeing:

### The Stress Bucket

Source: Brabban & Turkington 2002)



Good coping = tap working lets the stress out

Bad coping = tap not working so water fills bucket and overflows

# How to stay emotionally healthy and help support your child emotional wellbeing, contd

3. If you need further support in relation to your emotional wellbeing, The Wellbeing Service [www.hpft.nhs.uk/wellbeing-service](http://www.hpft.nhs.uk/wellbeing-service) offers self referral for emotional wellbeing support in relation to low mood and anxiety, including one-to-one support and online support. You can self refer online.
4. The best approach is to help your child manage the anxiety rather than to avoid situations, as this will teach life skills and build resilience. Small steps bring success, taking very small steps in managing difficult situations gradually is very helpful in reducing anxiety.
5. **The Four Ps: Praise, Praise, Praise and Patience**  
Praise for trying even if the result is not immediate. You could say “It’s ok to have setbacks, we all do, tomorrow is a fresh start”.

## Suggested reading:

