

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN



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WORRY TIME



- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT



- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING



- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS



- Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING



- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



15 TIPS TO REDUCE YOUR CHILD'S STRESS AND ANXIETY

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Talk

Speak to your child about their anxiety and worries



Relaxation

Help to teach your child relaxation techniques including deep breathing



Solutions

Explore solutions with your child to overcome stress or worry



Recognise

Help your child to recognise the signs of anxiety



Sleep

Make sure that your child is having plenty of sleep



Challenge

Help your child to challenge their unhelpful thoughts



Exercise

Exercise is a great tool to help reduce anxiety and instill confidence in a child



Role Model

Be a positive role model and be aware to how you react to stressful situations



Solutions

Explore solutions with your child to overcome stress or worry



Help them

When your child is experiencing anxiety help them through it



Problem solve

Help your child to problem solve effectively



Imagery

Imagery is a fantastic tool which can help to reduce arousal and anxiety



Environment

Create a positive environment where you praise, support and encourage your child



Listen

Take time to listen to what your child has to say



Get help

Don't be worried to ask a professional for help



HOW TO SUPPORT YOUR CHILD WITH SCHOOL ANXIETY

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1 Listen to what your child has to say. Be patient and understanding with them



2 Talk to the school. Don't be afraid to express your concerns to teachers



3 Get some extra support. Speak to your GP or local mental health charity



4 Help them to challenge negative thoughts in a thought diary



5 If your child is worried help them to problem solve and come up with rational solutions



6 Let your child know that you are there to support them. Show them love and affection



7 Make sure your child is looking after their physical wellbeing (Sleep, exercise, food)



8 Work through some relaxation skills with your child. Why not try some deep breathing together?



9 Encourage your child to think realistically about a situation



10 Encourage healthy and helpful thinking



11 Encourage autonomy and independence. Develop their resilience



12 Allow your child to make mistakes and to be creative. Help them to learn from mistakes



13 Try and limit the amount of reassurance that you are giving your child