



Family Mental Health Tips and Hints:

- Organise a structure for your day, this order will help you and your family to settle into healthy routine. *In school we use visual timetables that help some students understand daily routine.*
- Don't try to do too much! The temptation to get on with all of those household chores you have been putting off will be great but allow 'downtime' in your routine.
- Have some 'screen free' time in each day. There is a lot of evidence to show that excessive screen time is detrimental to good mental health
- Try to exercise each day. Exercise releases the drug serotonin which is beneficial to good mental health.
- Try to eat at least one meal per day together at a table if possible. Give yourselves chance to be together and communicate about anything other than the news!
- Try some mindfulness practices at home with you family. There are many apps (Headspace is a good one) and online guided meditations. These might seem odd at first but many of our older students are used to it and may even help you with it!
- Get messy! Playing with dough, mud, paint, sand or anything tactile can have a really relaxing result.
- If you are lucky enough to have a pet at home, spend time with them. Focusing on the welfare of our pets is a good way to channel anxiety about any uncertainty in our own lives.
- Try our 'Branching Out Award' activities. These are designed to bring families together to do simple activities.

