

Physical wellbeing

- Helps regulate cortisol levels
- Improves mood
- Contributes to healthy sleep (but avoid strenuous exercise directly before bed)
- Movement each day (ideally in nature) - any kind of exercise is great!
- Free exercise: walking, jogging/running, online yoga (Yoga with Adriene), dancing, football, frisbee... anything that gets the body moving!
- Breathing and Yoga are particularly beneficial for managing stress. 4, 5, 6 breathing, box breathing anything with extended outbreath will specifically engage the 'rest and digest' system

Sleep

- Good boundaries around sleep - leave phones and devices outside of the bedroom
- Try to avoid devices emitting blue light for (at the very least) 30 minutes before sleep
- Some people find it useful to keep a notebook to hand where they sleep to help write down worries and anxieties so they are not circling around as they get ready to sleep

Food and nutrition

- Water - hydration really important for all processes
- Fibre - lack of fibre linked to poor gut health and depression (e.g. Wholewheat foods + veggies + homemade popcorn)
- Fruit + Veg - Eat the Rainbow
- Omega 3s for brain health meat, fish, eggs (supplement vegan and vegetarian diets)
- B vitamins for mood (supplement vegan and vegetarian diets)
- Try to keep Ultra Processed Food/Ultra Processed Drinks to 25%

Emotional Wellbeing

- Feeling "listened to" - side by side activities are often more likely to encourage people to talk
- "Co-regulation" = Identify and promote healthy relationships (family, friends, romantic) - isolation and loneliness can contribute to mental ill-health.
- "Co-regulation" = Playing with pets!
- Healthy coping strategies - exercise, journaling/writing down safely and confidentially, expressing anger
- 'Rupture and Repair' - conflict can be healthy as long as people are able to repair the argument
- Help create space for time off line each day

Setting boundaries for children and teenagers

Philippa Perry Psychotherapist

Book **The Book you Wish Your Parents Had Read (And you Children Will be Glad You Did)**

- Use "I" not "you" statements when setting boundaries (e.g. I feel uncomfortable about you staying out so late without an adult, so I need you to be home by 9 when it will be getting dark)
- Be authentic
- Describe your own feelings and your own wants, don't describe another person
- Allow your children to impact and influence you so they know how to accept your impact and influence (e.g. What do you think would be the safest way for you to get home that suits what you want to do with your friends? Would you like us to give you 15 minutes longer and collect you, or you leave at the time agreed but walk back with a friend?)
- "That /this/ _____ doesn't work for me.... Could we try something else?"

To manage stress people can learn to be aware of their nervous system state and use the following to help restore the rest and digest state...

Physical wellbeing - Exercise! Posture - yoga/specific movements and postures. Breathing - lengthened exhale

Sleep - good boundaries around phones/sleep

Food and nutrition - hydration, fibre, nutrients

Emotional Wellbeing - co-regulation with friends/family, pets!

Resources and References

@foodandpsych **Kimberly Wilson Chartered Psychologist**

Books: How to Build a Healthy Brain, Unprocessed

@drchaterjeeuk **Dr Rangan Chatterjee**

Podcast: Feel Better, Live More Books: Happy Mind, Happy Life , 4 Pillars of Health

@DrMarthaPsych **Dr Martha Deiros Collado Clinical Psychologist**

Podcast: Talking Sense Book: How to Be the Grown Up (published September 23)

<https://www.drmarthapsychologist.com/recommended-books>

Resources and References

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Book **The Book you Wish Your Parents Had Read (And you Children Will be Glad You Did)**

@adrianelouise Adriene Mischler **Yoga with Adriene**

Free online yoga lessons on youtube, lots directed specifically at stress management