

# Go to

## Strategies for Difficult Times

### Aim to be gentle with yourself

- \*\*\*\* Nurture...think comfort, nourishment and rest.
- \*\*\*\* Energise...consider exercise, nature and fresh air.
- \*\*\*\* Support....find someone to listen and try to seek sources of useful information.

### Wasteful Worrying

Worry is understandable but try instead to use these precious thoughts, energies and emotions positively. If you are worrying, consider...  
Is this helping me?  
Is this helping anyone else?  
Will it change the past?  
Will it change the future?  
What could I do instead?



### Create a physical pressure valve....

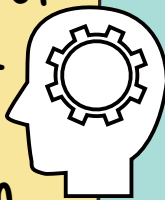
Aim to use any adrenalin and frustrated energy in your body to do something really positive like walking, cleaning, singing.....

### Create a mental pressure valve....

Connect with all your senses and be aware of your surroundings. or Visualise how it would feel to be safe in your favourite place.

### Try to reframe Forgiveness as a gift for yourself

- \*\*\* Allow yourself to take charge of your own feelings and emotional future.
- \*\*\* Choose to free yourself from feelings of hurt, anger and frustration.
- \*\*\* You are not doing the wrongdoer a favour, you are denying them control over you.



### C I A

- C can I **control** this?
- I can I **influence** this?
- A do I have to **accept** this and if so, how do I adjust my thinking?

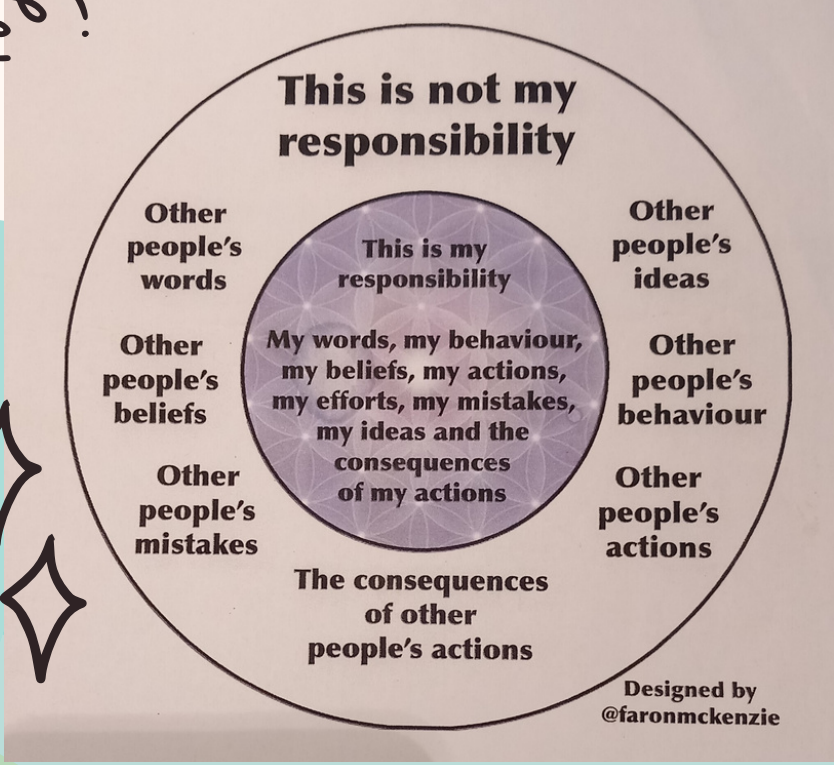


(The Critically Reflective Practitioner  
S&N Thompson)

We are in your corner here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm

# Go to Strategies for Difficult Times

Try to keep good connections with friends.  
Try to continue making positive plans.  
What could still be making you feel better?

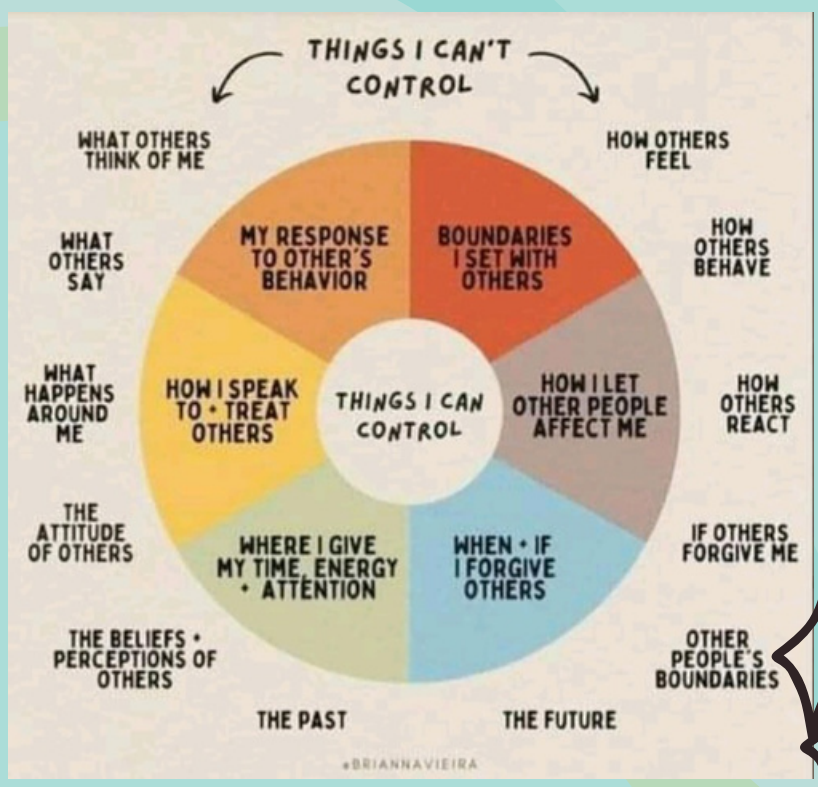


### Getting Through

- \*\*Do the do-able even if it is something small.
- \*\*Plan if possible but be prepared to be flexible.
- \*\* Try to stick to familiar routines.

Try to find 10 minutes a day just for you.

It's the thought that counts...  
You are in control of your own thoughts which means you are also in charge of your feelings.  
No one can control these unless you hand over your control.



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