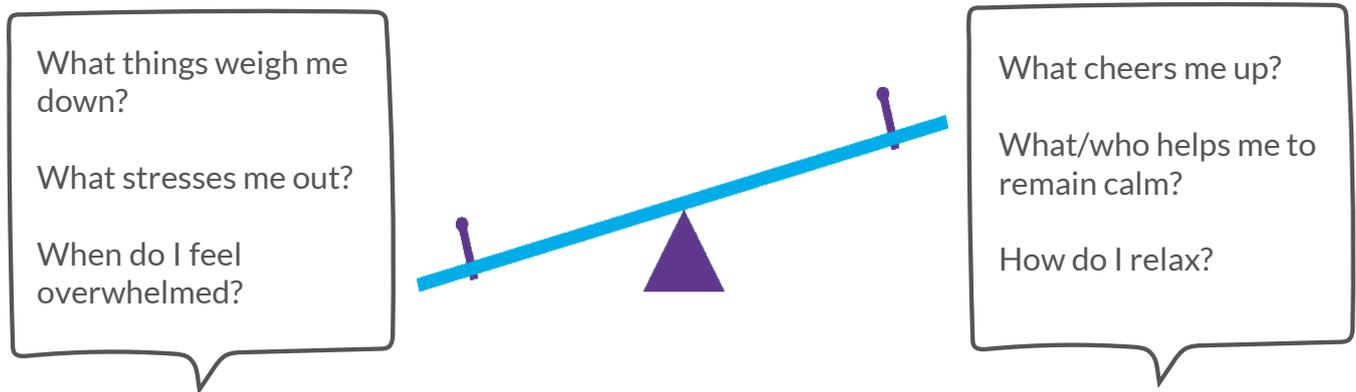


Balancing Act

An activity for staff



When considering your mental health during this difficult time, it can be helpful to identify the elements that play a role in affecting it.



Thinking of this as a balancing act can enable us to identify **times, people and conditions** that may help us to cope and feel more settled when things get tough.

1. Think of those times, people and conditions that have a negative impact on you. Are there factors that you can avoid or control?
2. The next step is to ensure that you can have some of the positive elements to counteract some of the negatives. Write down the factors that help to cheer you up, remain calm and the conditions you need in order to relax.
3. Think about when you prioritise your self-care and how you could do this more.

Finding your balance

An activity for children and young people



This simple exercise is for children of any age and is particularly useful as they transition back into their new school routine. It allows children time to breathe, relax, wobble and giggle!

Instructions:

- Stand with your feet hip width apart.
- When you feel comfortable with your posture, gently close your eyes.
- Begin by feeling where your weight is generally falling – to the front/back/side of your feet?
- Gently rock your weight to each side and front and back, feeling how your body responds and noticing where you are comfortable.
- Carefully move your weight onto one foot and slowly peel the other foot off the floor. If you can, balance there for a few moments. When you are ready to put your foot back down, do so with full awareness and as slowly as you can.
- Repeat onto the other foot.
- Finally, become aware again of where your weight is falling.
- Slowly open your eyes.
- Ask the children what they noticed about their bodies and minds.

