New! Let's Control the Controlable

As a parent in lockdown in Ireland right now, there is lots that is out of our control.

We can't do much about the schools and crèches being closed, we can't take short breaks to the countryside or city to unwind, and we can't meet our friends in the usual way for a catch up.

That's one way of looking at things. What if you were to think about the things you can do? Or, in fact, to support a new way of thinking about how to feel about the things we can't do?

We may not be able to change the situation but we can change how we feel about it. This month, take the time to focus on your <u>thoughts</u>, feelings and energy. Build yourself up. Self- love is important.

Read the guide below, or download and print the PDF

https://www.barnardos.ie/media/10739/parents-lets-control-the-controllable.pdf
(Tip: print in black and white to save on your ink).

Activity
1. **Write out your worries.** Then spend some time brainstorming things that could help for each worry.

2. **Remember to focus on the things you CAN control** e.g. I can't meet my friend for a coffee in our favourite coffee shop, but I can go on a socially distant walk with them and grab a takeaway coffee, or have a 30 minute phone call with them once a week.

3. Make sure you have **set a routine and structure** for your day and week, especially if your family are isolating. Meal plan for the week, ensure everyone is getting up at the same time each day, try to include some free time/play that doesn't involve school/homework together, bake or cook together once a week, plan for fun activities/daily exercise. Repeat!

4. **Create a 'to-do' list** of things you would like to do in order to make time for yourself in your week, e.g. have a bath, put a face mask on, read your book, or watch your favourite TV show.

5. Continue to **connect virtually** with others whom you care about.

6. **Move your body** - whether that be a 30minute walk, an at-home exercise programme, Yoga, Muscle relaxation, Deep breathing - whatever you enjoy doing.