

# Seasons for Growth

A guide to self-care and wellbeing during times of uncertainty.



**In times of uncertainty, it is natural to feel overwhelmed by the changes to our daily lives. In times like these, we may focus on the aspects of our lives where we have little control and it can be helpful to instead focus on those things we 'can' control.**

**During this time, it is critical to prioritise physical health and safety, and to take steps to care for our own emotional wellbeing.**

## Steps for self-care

**There are things you can do to support yourself, your friends and your family:**

- \* **Listen** – to your needs and your own advice
- \* **Offer kindness** – for yourself and others
- \* **Stay connected** – with others by phone and online
- \* **Keep informed** – just enough information from reliable sources
- \* **Maintain a healthy routine** – diet, activity and sleep
- \* **Control what you can** – focus on the things that you can control versus the things you can't
- \* **Reflect on past success** – recall a stressful time and reflect on the things that helped
- \* **Learn a new skill** and make plans for the future
- \* **Help others** – if and when you can
- \* **Seek support** – It's okay to ask for help and advice
- \* **Build hope** – focus on 3 things you are grateful for.

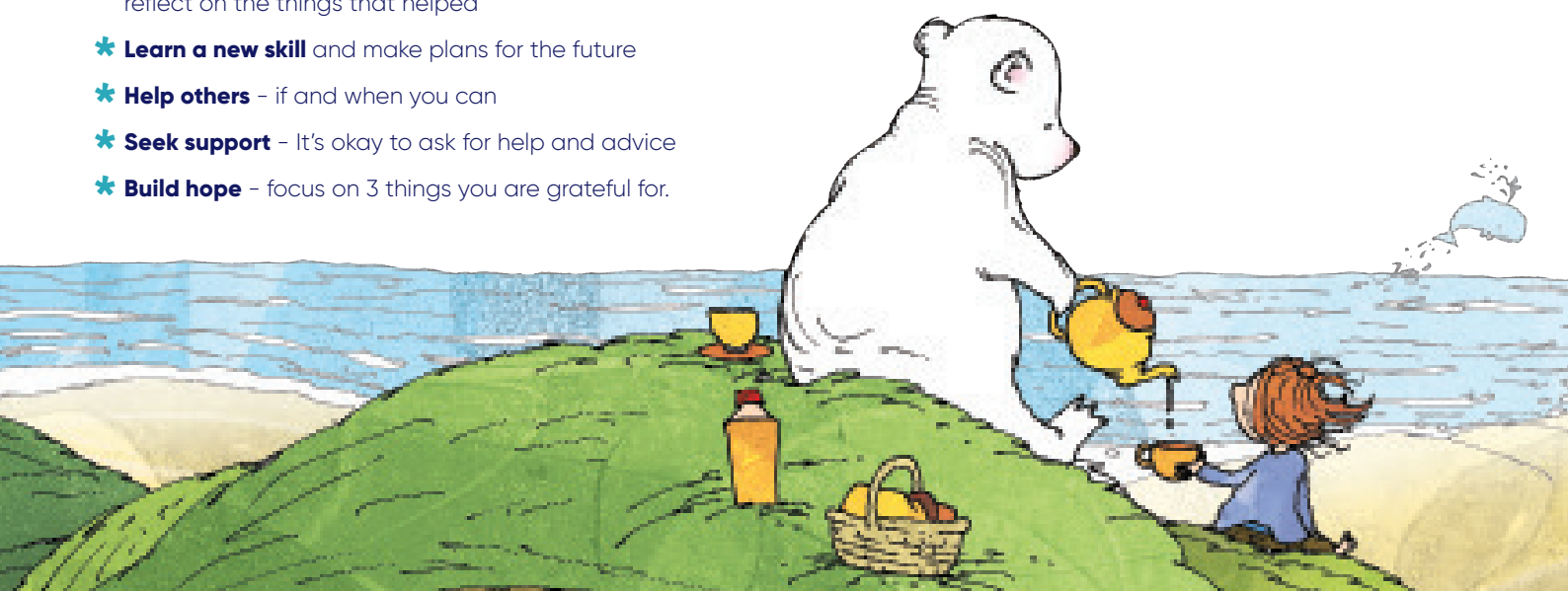
*"The only thing in life that is permanent is change. Change is the one constant in life"*

(Fallin, 2013)



**You can't pour from an empty cup.**

Look after yourself so you are better able to help the children and young people in your care.



# Ideas to help the children and young people in times of uncertainty ...

**In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.**

## How may children and young people respond?



- \* Worried, clingy and uncooperative
- \* Sad and angry one minute, okay the next
- \* Frightening thoughts and nightmares
- \* Regression to earlier behaviours
- \* Stomach aches and headaches

## Adolescents may react in similar, but different ways:

- \* Mood changes
- \* Tired and distracted
- \* Retreating from social networks
- \* Sleep problems and headaches

**Helpful hint** – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.



## Help your child or young person

- \* **Offer** your attention, patience and love
- \* **Calmly listen** to your child's story and encourage your child to ask questions
- \* **Acknowledge and affirm** your child's feelings and help your child to identify helpful ways to manage the feelings
- \* **Encourage** your child to ask for help from trusted adults
- \* **Involve** your child in decisions that affect them
- \* **Respond** to your child's questions with clear and factual age appropriate information
- \* **Model positive ways** to cope and prioritise quality time together

## Other ways to help

- \* **Maintain daily routines** as much as possible
- \* **Stay social** – create ways to connect with special people and loved ones
- \* **Get active** – go for a walk, listen to music, sing, play with a pet
- \* **Be curious** – learn a new skill or research an interesting topic together
- \* **Help others** – encourages social connections and an "I Can" attitude
- \* **Plan** fun activities to look forward to.

## Get in touch

Seasons for Growth

1300 379 569

[seasons@mackillop.org.au](mailto:seasons@mackillop.org.au)