

## “We can’t direct the wind, but we can adjust the sails”

Ideas from Dr Bruce Perry for making stress more moderate, predictable and controllable

- Set times for work, play, exercise & new learning.
- Separate your working & relaxation areas. Prioritise your “to do” list & do the worst first.
- Limit comfort eating & have family meals for problem-free conversation.

### STRUCTURE AND PREDICTABILITY

- Spring-cleaning & gardening.
- Daily physical play with your children.
- Standing breaks from the laptop & walking phone calls.
- New routes & targets for walks, runs & bike rides.

### REGULAR PHYSICAL ACTIVITY

- Phone & video check-ins.
- Virtual book clubs, quizzes & dinner parties.
- Donate to charities.
- Support local businesses.
- Call a helpline for advice.

### REACH OUT AND HELP OTHERS

- Schedule “worry time”.
- Have a relaxing routine before bedtime.
- Let in fresh air & adjust the light & temperature.
- Keep to the same times for going to bed & waking up.

### GOOD SLEEP HYGIENE

- Set time limits for checking the news.
- Take turns with colleagues to be on call for important work updates.
- Mute/block unhelpful social media.
- Follow accounts which promote humour, positivity & self-care.

### FINE-TUNE YOUR MEDIA

- Challenge negative thoughts: Evidence for/against? How likely are they to happen?
- Reframe: “I can’t do this right now”; “I’ve coped in the past”.
- Savour the good stuff & be grateful for what you have.

### POSITIVE THINKING