

## Advice and Resources

### *Make peace with uncertainty*

This situation is one of extreme uncertainty. We don't know what will happen, how long it will last or what things will be like when it's over. One thing we do know, however, is that worrying about it won't change the outcome. Learning how to tolerate the uncertainty is a huge part of building healthy coping skills for ourselves, which we then want to model for our children. Practicing mindfulness helps bring us back to the present.

The following may be helpful:

[www.childmind.org](http://www.childmind.org)

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

<https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19>

<https://www.childnet.com/blog/keeping-children-happy-and-safe-online-during-covid-19>

### *Useful Apps*

**Blueice** – for managing emotions

**Catchit** – Learn to manage negative thoughts and look at problems differently

**Chillpanda** – Breathing techniques to help you relax

**Cove** – Create Music to reflect emotions

**eQuoo** – emotional fitness game

**Feeling Good: Positive Mindset** – Uses audio tracks to help relax your body and mind

**Thrive** – Use games to track your mood and teach yourself methods to take control of stress

**Calm** – Meditate, sleep, relax

**Headspace** – Meditation, sleep, healthy mind

**Aura** – Personalised meditation