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CHALLENGE YOUR THOUGHTS


JOURNAL YOUR WORRIES


WORK ON YOUR PROBLEM SOLVING SKILLS


TAKE A DEEP BREATHE AND COUNT BACKWARDS


PRACTICE SOME DEEP BREATHING


UNDERSTAND WHEN YOU START CATASTROPHIZING


PRACTICE SOME SELF CARE


TAKE A BREAK FROM TECHNOLOGY


ACCEPT THAT YOU HAVE ANXIETY


TALK TO SOMEONE ABOUT YOUR ANXIETY


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COUNT TO TEN SLOWLY


COME UP WITH AN ALTERNATIVE THOUGHT


BUILD A MENTAL HEALTH SUPPORT NETWORK


TRY TO KEEP THINGS IN PERSPECTIVE


FOCUS ON THINGS YOU CAN CONTROL


TAKE A BREAK


EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES


MAKE SURE YOU ARE EATING A BALANCED DIET


TRY SINGING


LEARN SOME PROGRESSIVE MUSCLE RELAXATION


SET ASIDE SOME TIME TO WORRY


PRACTICE SOME MINDFULNESS


TRY ENGAGING IN RATIO BREATHING


LISTEN TO RELAXING MUSIC


IDENTIFY THINKING ERRORS


ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN


REDUCE YOUR STRESS LEVELS


MANAGE YOUR TIME EFFECTIVELY


PRACTICE IMAGERY TO REDUCE AROUSAL


DON'T BE AFRAID TO ASK FOR HELP


LOOK AFTER YOURSELF


DISTRACT YOURSELF


SLOW DOWN WHAT YOU ARE DOING


TEST OUT THE VALIDITY OF YOUR THOUGHTS


VISUALISE A SAFE PLACE


RECOGNISE THE SIGNS OF YOUR ANXIETY


CALL A FRIEND


MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

STOP

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to reinforce attachment through to creative therapeutic activities The ideas in this book will help create an environment of acceptance safety and respect and enable you and your child to build a stronger more connected relationship Helping Children Learn Mathematics Robert Reys, Mary Lindquist, Diana V. Lambdin, Nancy L. Smith, 2014-11-03 The 11th Edition of Helping Children Learn Mathematics is designed to help those who are or will be teachers of mathematics in elementary schools help children develop understanding and proficiency with mathematics so they can solve problems This text is built around three main themes helping children make sense of mathematics incorporating practical experiences and using research to guide teaching It also integrates connections and implications from the Common Core Standards Mathematics

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