

It's okay to be feeling the way you're feeling!

- Acknowledge and validate how you're feeling.
- Pushing your feelings away or feeling bad for feeling bad makes them stronger.
- A good listener acknowledges and validates what they hear from the speaker. Do the same – I like to think of our emotions as messengers and when we listen to them they tend to reduce in intensity, frequency and duration.



Malek Fahd Islamic School Tips for keeping safe and healthy



Suggested activities for the school holiday break:

- Take a virtual fitness class
- Learn a new language
- Start a craft project
- Do puzzles and play board games
- Bake or cook something special
- Read books



Try 4-7-8 Breathing

Breathing can be a powerful tool to manage anxiety and any overwhelming emotions. A simple place to start is with 4-7-8, a five-step breathing exercise that is easy and effective. The exercise can be done anytime, anywhere, and can help relieve stress, lower blood pressure, and induce sleep. Here's how it works:

1. Start by putting the tip of your tongue to the top of your mouth just behind your two front teeth.
2. Breathe in through your nose for four seconds.
3. Hold your breath for a count of seven seconds.
4. Breathe out through your mouth for a count of eight seconds. Try to make a "whooshing" sound as you do this.
5. Start again immediately. Breathe in for a count of four and continue through the cycle 4-5 times before returning to your normal breath for the most benefit.

Some tips to looking after your mental health in home isolation:

- Remind yourself that this is a temporary period of isolation
- Remember that your effort is helping others in the community
- Stay connected with friends and family via email, social media, or phone
- Engage in healthy activities that you enjoy and find relaxing
- Keep regular sleep routines and eat healthy foods
- Try to maintain physical activity
- Avoid news and social media if you find it distressing

