

November 2021: COPING

1 Write in a journal. Up to 3 positive things every day for this whole month. Say them out loud. We will read it back at the end.	2 Put on your favourite music and dance! Even better do it at night in the garden with no shoes or socks on 😊	3 Sing to your pencil case! (Or a hair brush will do).	4 Take deep long breaths - can you hear yourself breathe? #mindfulness	5 Visualise some artwork - do you have a favourite picture or place? Go there in your mind.	6 Do some colouring? Feel good?	7 Try something new today. What will it be? Remember something you found hard yesterday you may manage today.
8 Sleep for an hour! Or lie with your eyes closed for 10 minutes. Either works.	9 Take a lovely bubble bath.	10 Buy some flowers (or draw some). Give them to someone - or give them to you!	11 Count down from 100 in 3's. Did that calm you? What works well for you?	12 Spend time with or call friends. This may be a video chat at the moment - but that's all good!	13 Do something in the community today? Something for someone else.	14 Go for a run. Or a walk. Enjoy feeling breathless. That fresh air taste good?
15 Read or watch something funny - make yourself giggle. Pass it on! Maybe a funny meme?	16 PAUSE. What shapes can you see in the clouds?	17 Read a book or something you find interesting.	18 Go and build a den.	19 Remind yourself of the names of people who care about you. Pass on a complement.	20 Engage in a small act of kindness. Make someone else smile today.	21 Go to the park, feel the sunshine, wind or rain on your face, and play!
22 Meditate. What does that mean to you? Listening to music? Breathing? Resting? Calm your mind. You are doing just great.	23 Go for a walk outside with someone you care about. Or just have a chat. How are they? How are you?	24 Nature watching: Sit amidst nature. What can you hear? See? Smell? Touch?	25 Let out a long sigh, SMILE, and stretch. Yes. Smashed it.	26 Ask for help if you need it today. Who is there for you? Remember who they are!	27 Fly a kite! Watch it glide and hover. Breathe in the fresh air. Delicious.	28 Spend 30 minutes doing something you enjoy.
29 If you did your journal read back on the positives of November. Or write down three wonderful things about this month. Tell someone!!	30 Look back at this months' calendar. List 3 things you promise you will do more often.					

RESILIENT MOVES CALENDAR:
We share coping moves – fostering interests – calming down & self-soothing – putting on rose tinted glasses – have a laugh – tomorrow is a new day – solving problems – being brave – leaning on others.

Find out more about the resilience framework at www.boingboing.org.uk #RESILIENTMOVES

WE WOULD LOVE TO HEAR ABOUT YOUR COPING MOVES. SHARE THESE WITH US ON TWITTER @RESRUTLAND @RUTELASUPPORT

HUGE THANKYOU to pupils from Catmose Primary and UCC for your ideas and Paula Reeves and Lynette Harte for their endless energy. That is why this one is so **FABULOUS!!!!**.