

# Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS APR 2022

## SEP/OCT THIS ISSUE WE FOCUS ON: WORRY

Change and experiencing something new often makes us feel nervous and worried. Nerves and worry are our body's natural response to the unknown. Our body creates this feeling to enable us to deal with what may lie ahead as we're unsure of how things will be.

Since September our children have faced many changes including starting a new class at school, new teachers, changes to routine as well as the changes that come with a new season.

Although worry is a normal emotion, it is often uncomfortable to experience and without the right coping strategies the feelings can be overwhelming. Worry can make us feel physically unwell, sometimes it can be felt as tummy pains, headaches, feeling sick and so many more.

At DOSE we have some new activities to help take back some power and manage worry so we don't miss out on the good things in life.

### CUDDLE A PUMPKIN

Try this breathing exercise with a pumpkin (if you don't have a pumpkin you can use a pillow). Feel your worries melt away as you focus on your breathing.



### CUDDLE A PUMPKIN BREATHING

LIE ON YOUR BACK AND GET COMFORTABLE. PLACE YOUR PUMPKIN ON YOUR TUMMY. WRAP YOUR ARMS AROUND THE PUMPKIN, GIVE IT A CUDDLE AND CLOSE YOUR EYES.

TAKE A SLOW DEEP BREATH IN AND FEEL THE PUMPKIN RISE.

SLOWLY BREATHE OUT MAKING A HALLOWEEN GHOST SOUND (WHOOO) AND FEEL THE PUMPKIN FALL.

DO THIS TEN TIMES

YOU CAN USE A TOY PUMPKIN OR A REAL PUMPKIN (JUST MAKE SURE THE REAL PUMPKIN ISN'T TOO HEAVY)

DOWNLOAD NOW

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## PUMPKIN BOOST YOUR HAPPY HORMONES

Pumpkin is not only high in vitamin A, which keeps our eyes, skin, teeth and bones healthy, but also contains the amino acid that helps your body make serotonin one of our happy hormones.



### SOUP FOR THE SOUL



### INGREDIENTS

- 25G BUTTER
- 1 SMALL ONION, ROUGHLY CHOPPED
- 500G CARROTS, CHOPPED
- 1 MEDIUM POTATO, (ABOUT 140G/5OZ PEELLED WEIGHT), CHOPPED
- 1 MEDIUM SWEET POTATO
- 1.2L CHICKEN OR VEGETABLE STOCK
- 100G MATURE CHEDDAR, GRATED
- 150ML MILK

### METHOD

- ADD THE BUTTER TO A LARGE PAN MELTING IT ON A LOW HEAT.
- CHOP GRATE ONION, CARROTS, SWEET POTATO AND POTATO.
- GRATE THE CHEESE AND LEAVE IN A BOWL.
- ADD THE CARROTS, POTATOES AND ONIONS TO THE PAN AND FRY FOR ABOUT 10 MINS UNTIL THEY HAVE SOFTENED. MAKE SURE YOU STIR THEM SO THEY DON'T BURN.
- CAREFULLY POUR THE STOCK INTO YOUR PAN AND WAIT UNTIL IT STARTS TO BOIL THEN TURN DOWN THE HEAT AND LET IT SIMMER FOR 20 MINUTES. THE VEGETABLES WILL SOFTEN WHILE THEY COOK.
- LEAVE THE SOUP TO COOL FOR 10 MINS, WHEN IT'S COOL USE A BLENDER TO WHIZZ ALL THE VEGETABLES UP UNTIL THEY DISAPPEAR AND THEN ADD YOUR CHEESE. KEEP WHIZZING UNTIL THE SOUP IS REALLY SMOOTH, NOW ADD YOUR MILK.
- GENTLY REHEAT THE SOUP IN A PAN ON A LOW TEMPERATURE.
- WHILST YOUR SOUP IS HEATING MAKE YOUR HALLOWEEN TOAST.
- TOAST YOUR BREAD AND ADD MELTED CHEESE, MARMITE OR BUTTER TO ADD DIFFERENT COLOURS. USE A HALLOWEEN COOKER CUTTER TO CUT OUT YOUR SHAPES.
- NOW YOUR SOUP IS WARM ENOUGH AND YOUR TOAST IS READY .... ENJOY!



## MINDFUL GLITTER JAR

Children find it hard to regulate emotions which impacts their ability to calm down and self-soothe.

mindful glitter jars are a perfect way to calm the mind and help distract from the overwhelm, allowing time for processing.

Perfect for:

- Big emotions
- worries
- anxiety and stress
- self-regulation
- sensory needs
- Mindful moments
- brain breaks

**You will need:** jar (glass jam jar or plastic water bottles are perfect), glitter, orange food colouring, Halloween decorations

## SNOWBALL EFFECT

Make a worry bracelet activity helps a child to see the positive feelings they can evoke to help combat the negative feelings of worry. They then have a physical object they can easily wear under their clothing to remind them throughout the day.



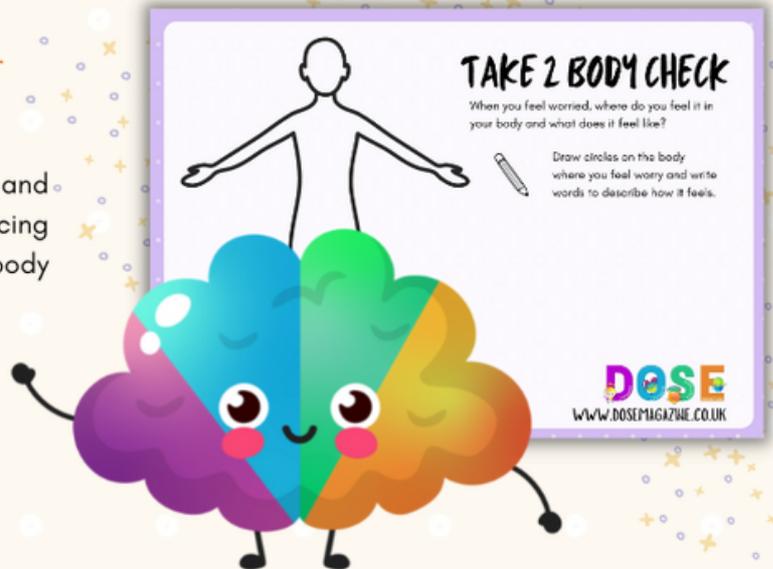
DOWNLOAD NOW

## TAKE 2 BODY CHECK

When we shine the spotlight on our worries and where they sit in the body we can work on reducing them. Being mindful of where worry sits in our body means we can identify worry early.

Download your Body Check guide here;  
[www.dosemagazine.co.uk](http://www.dosemagazine.co.uk)

DOWNLOAD NOW



## RUBY'S WORRY

Ruby loves being Ruby, Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?



## THE MAGIC OF MUSIC



By using uplifting positive music, you can help to create a surge of happy feel-good hormones and engage the whole of the body within the process. This is a great way to help elevate the feelings and sensations of worry.

DOWNLOAD NOW

## THE MAGIC OF MUSIC

Play these happy songs, dance and sing along. Notice how your mood changes and you feel happier.



## MIRROR MANTRAS

I CAN DO  
HARD  
THINGS

DOSE



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