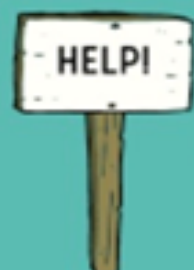


8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1

Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



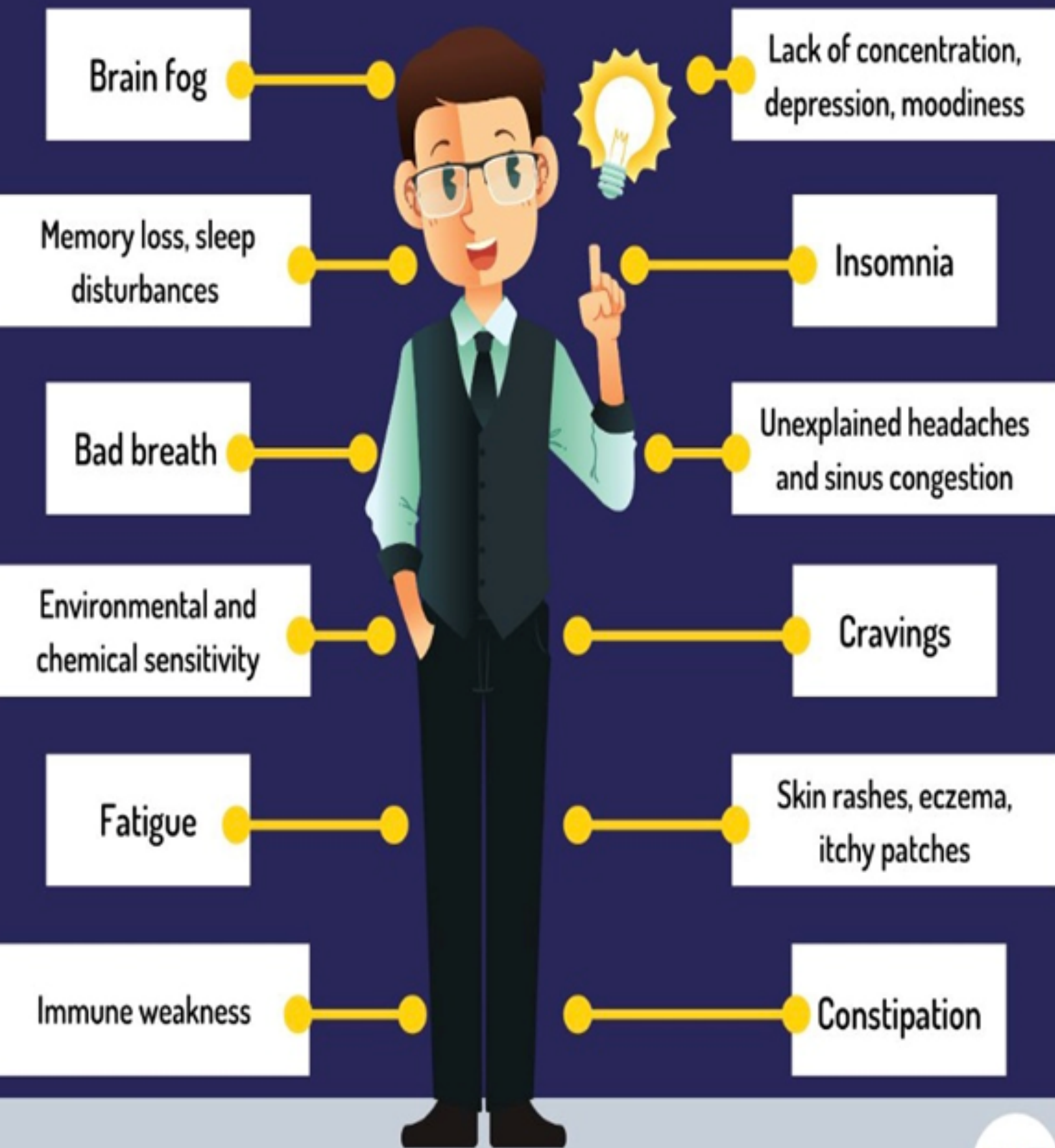
4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



SIGNS YOU NEED A DETOX



HOW TO STOP TAKING THINGS SO PERSONALLY

Realise that other people's rudeness is not about you. When someone is rude, it's likely to be a reflection of their own issues.

Ask yourself what else the comment or behaviour might mean. For example, if someone doesn't smile or say hello, they might be shy.

Take comments or criticism in a constructive way. Ask yourself if there's any truth to it, and you can learn.

Take a different perspective and ask yourself how an unbiased outsider would see the situation.

Take into consideration that you can't please everyone in the world.

Know that you're not defined by your mistakes or criticisms, you're only human

Acknowledge that your self-worth depends on you. It does not depend on what others say about you.



6 QUALITIES OF A GREAT LEADER IN AN AGE OF DISRUPTION

1

Empowerment

Leaders closer to the work can make quicker and more informed decisions based on data research, best practices and proximity to others.

2

Transparency

Transparency builds strong relationships, creates authenticity, engenders trust, and drives higher levels of performance all round

3

Problem Solving

Problem-solving should be a continuous activity. Constantly challenge the status quo. Don't approach problems linearly, but rather more expansively to realise a greater impact.

4

Communication

Effective communication and effective leadership are closely intertwined. Leaders need to be skilled communicators in communities, groups, and on a global scale.

5

Adaptability

An adaptable leader must deal with unpredictable and changing situations with dexterity and confidence, using strong interpersonal and cross cultural skills. A high degree of empathy is needed amongst many groups.

6

Continuous Learning

Leaders must continuously acquire new knowledge, seek out best practices, sharpen skills, and gain fresh perspectives frequently. Positive learning willingly sparks motivation and engagement from others.



6 WAYS SINGING CAN IMPROVE YOUR MENTAL HEALTH



Singing makes you happier

Studies have shown that singing increases the levels of 'happy hormones' oxytocin and serotonin in the body.



Singing boosts confidence

Singing is a way to get out of your comfort zone and learn a new skill, which can help boost self-esteem and self-confidence.



Singing reduces stress

Singing decreases the level of stress hormone cortisol, which helps to reduce feelings of worry and sadness.

Singing gives you a physical workout

Singing can give your lungs a workout, you might not realise that it works your heart and muscles too.

Singing makes your brain healthier

Music can help to slow down cognitive function decline as you age, as well as helping improve your memory.



Singing forms bonds

Singing together has a variety of physical and emotional benefits. People's heartbeats synchronise when singing together, which can create a feeling of calm.



HEALTHY VENTING



VS

EMOTIONAL DUMPING



Does not blame others

-

Sticks to one topic

-

Does not self-victimise

-

Works on a solution together

-

Open to constructive feedback

Does not repeat the same issue
over and over

-

Does not take up unnecessary time

-

Listens and acknowledges
other's perspective

Blames others

-

Overwhelms with multiple topics

-

Plays the victim

-

Not open to finding a solution

Defensive to constructive feedback

-

Repeats the same issue over and
over with no concern

-

Inconsiderate of time

-

Does not respect or listen to
others perspective