



You may notice some of the following behaviours:

- trouble sleeping
- angry outbursts
- picky eating
- lack of conversation
- obsessing over future events
- upset stomach
- avoiding school
- hyperfocus on perfectionism
- headaches/migraines

This isn't an exhaustive list

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Ways to help

Listen and resist the urge to butt in.

Box breathing. In breath for 4, hold for 4, out for 4, hold for 4. Draw a box while doing this.

Worry box - write their worries in and spend time going through them together.

Distraction - go and do something else

Hug or a cuddle - sometimes contact helps.

Positive thinking - formulate a plan