

EPAS NEWSLETTER

Part 7 of 7

07.05.20

EDUCATIONAL PSYCHOLOGY AND ADVISORY SPECIALISTS (EPAS)

Maintaining wellbeing over time

Over the last 6 pages we've shared information about how you can nurture yours and your child's wellbeing as routines, work and school life gradually return to 'normal'.

Returning to 'normal' may bring with it a range of positive emotions and experiences such as the joy of seeing family and friends again, feeling 'freer' to be able to go beyond your own home. However, similar to the pandemic itself, returning

to normal may also bring with it feelings of loss, perhaps in terms of the time available to spend with your children, possible challenges and stresses of returning to work, and anxiety, perhaps about keeping healthy over time. These feelings are all OK and normal to feel as we adjust to the restrictions reducing.

The effects of the pandemic and re-establishing and adjusting to life after the restrictions

will take time. It is important to be kind to yourself and one another and remember our acronym to help you take some S.P.A.C.E.



Continuing to take S.P.A.C.E

The physical and emotional effects of the pandemic will continue to be present in our lives for some time. However, the familiarity of every day life as it returns to normal

may provide less space for us to notice the lingering emotional effects of the pandemic.

Remembering to take time to nurture and reflect

on yours and your family's emotional wellbeing will enable you to adjust to the new 'normal' in a safe and healthy way. Below is a summary of the areas to focus on to help you.

S.P.A.C.E

- **Self-Care** - looking after your own emotional and physical wellbeing
- **Play** - having fun together
- **Appreciate** - reflecting on the people, things and moments in your life which you are grateful for
- **Connect** - re-connecting with friends and family and taking time to connect to yourself
- **Exploring Emotions** - noticing the different emotions you and your family experience over time and using that to understand each other's feelings