

Coping with the Anxieties of Coronavirus with Dr Suzanne Zeedyk



Dear Parents and Carers,

Some of you will be familiar with the work of Dr Suzanne Zeedyk through the Raising Children with Confidence course where we reference her work and use some of her video extracts. She ran a webinar on 24th March 2020 which looked at her work in the context of the current world health pandemic. You may have heard her talk about: Sabre Tooth Tigers and Teddy Bears...

The full recording of the webinar can now be found on her Connected Baby YouTube Channel, on the following link: <https://youtu.be/C7re6GzNDHM> .

Her team have also created 8 short clips, each containing one of Suzanne's 8 tips for calming anxiety, extracted from the full webinar film.

The films can all be found on the Connected Baby YouTube Channel.

Tip 1 – Laugh

Tip 2 – Breathe slowly

Tip 3 – Move back into the present

Tip 4 – Name what you are feeling

Tip 5 – Talk to your brain

Tip 6 – Clothe yourself in love

Tip 7 – Remember to make up

Tip 8 – Seek out gratitude

A link to the Connected Baby You Tube Channel:

<https://www.youtube.com/channel/UCQt4SUMkPyBHZztdOxaBJqA>

Finally, I have a list of written and video resources that you can explore if you would like additional information on the topics Suzanne explored. She believes that having basic knowledge about how anxiety works in the body is in itself calming. This is on a separate document, attached.

I hope that this information is of use and interest to you, please feel free to share it as widely as possible.

Many thanks,

Susan

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