

# Sybil Elgar School | Our Transdisciplinary Team

## Newsletter

### How to manage anxiety due to changes in routine

The summer holidays can be a big change for our CYP in their daily routine and this would reflect in their level of anxiety.

As detail below, you can find some suggestion to reduce the level of anxiety.

#### Sleep patterns

- Try to stick to normal wake and sleep times every day.
- Try to avoid to naps during the day (maximum 20 minutes).
- Turn off screens one hour before bedtime if you can.
- Create a calm bedroom environment.



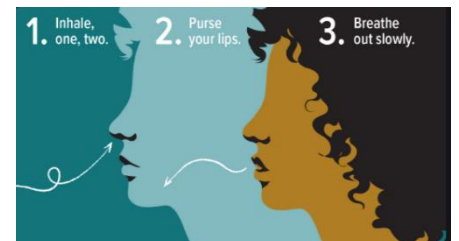
#### Physical exercises

- Go to the park for a walk or be engaged in outdoor activities (football, basketball, etc).
- Try to do meditation or Yoga once a week.
- Do some stretching exercises whenever possible.



#### Tension release and breathing exercises

- Do tension-release exercises 3 times per day.
- Breathing exercises 3 times per day.



#### Website:

<https://www.autism.org.uk/services/nas-schools/sybil-elgar>



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