

## **THURSDAY 23<sup>RD</sup> APRIL 2020 SESSION 13**

### **STAYING CONNECTED AND CURIOUS DURING THE COVID-19 PANDEMIC**

#### **Knowledge and understanding of attachment and trauma**

##### ***Addressing the Body***

On Day 7, we focused on addressing the body in order to support regulation, and we considered the sense of interoception. We also looked at interoception in Easter Supplement 5. I'd like to extend that theme today and open with a quotation from the work of John Bowlby (the 'father' of modern attachment theory): *'... all the cuddling and playing, the intimacies of suckling by which a child learns the comfort of his mother's body, the rituals of washing and dressing by which through her pride and tenderness towards his little limbs he learns the values of his own...'* Bowlby powerfully communicates that it is only by having his/her body honoured, treasured, respected, valued, tenderly touched, kept clean and fed, that the child comes to love and honour her /his own body. Bowlby went on to say *'It is as if maternal [parental] care were as necessary for the proper development of personality as vitamin D for the proper development of bones.'*

Not all children have had their bodies loved and respected. Some have had their bodily needs neglected, and some have experienced physical and/or sexual abuse. When a child has been frequently exposed to physical and sensory discomfort (recall the Case Studies from Day 6), s/he needs to relearn the value and function of the body by developing new, pleasurable memories in relation to physical and sensory experiences.

Not only children who have been neglected need pleasurable physical experiences. At this time, all of us, children and adults the world over are experiencing trauma. Positive physical experiences will support our mental as well as our physical wellbeing, so today, we're going to make and use some child-friendly face masks, using natural ingredients. NB These are not 'for girls'; they are for everyone!

Remember that the therapy lies in the process, not just the product, so the choosing of equipment and ingredients, the making of the mask, the use of the mask and the follow up activities, should be carried out in a relaxed and leisurely manner.

I was really disappointed to only be able to find images of girls making and using face masks online. Please share your photographs with me, and on social media (as appropriate), of both boys and girls making and using the recipes below.

NB Be mindful of allergies.

## Face Masks Fun

Thank you to Scratch Nail and Beauty Salon, Stourbridge, <https://www.scratchnailstudio.com/> and in particular, to Jennie Ingram (AKA Jennie Beauty!) for the inspiration behind these ideas.

- Get your equipment and ingredients ready before you start.
- Wash your hands.
- Always wash your face or use a face-wipe before applying the mask.
- It might be fun and soothing to use your Calm Box while you are relaxing with your face mask on.

### Banana based recipes

#### Ingredients

- ½ small banana (you can eat the other ½ or use one between two)
- Optional add-ins:
  - 1 teaspoon honey and 1 teaspoon lemon juice
  - OR** ½ teaspoon each of bicarbonate of soda and turmeric
  - OR** tablespoon of oats and 1 teaspoon honey

#### Instructions

Mash your banana and mix it well with your chosen optional ingredients, if using. Using your fingers, spread evenly spread the face mask all over your face, avoiding your eyes and lips, then relax for 5 to 15 minutes while it soothes and feeds your skin and mood. Rinse with lukewarm water and pat dry.

### Avocado based recipes

#### Ingredients

- 1/2 ripe avocado
- Optional add-ins:
  - 1 tablespoon yogurt
  - OR** 1 teaspoon honey
  - OR** 1 teaspoon lemon juice

#### Instructions

Mash the flesh of a very ripe avocado. Get as many lumps out as possible when mashing but don't worry too much, it doesn't need to be perfectly smooth. Mix in your yogurt, honey or lemon juice if using and stir until combined. Using your fingers, spread evenly spread the face mask all over your face, avoiding your eyes and lips, then relax for 5 to 15 minutes while it soothes and feeds your skin and mood. Rinse with lukewarm water and pat dry.

## Yogurt based recipes

### Ingredients

- 4 tablespoons natural yogurt
- Optional add-ins:
  - ½ cucumber, very finely chopped or blended
  - **OR** 4 mashed strawberries and 1 teaspoon honey
  - **OR** 1 tablespoon of oats and 1 teaspoon honey

### Instructions

Put your yogurt in a small bowl. Mix in your chosen optional ingredients if using and stir until combined. Using your fingers, spread the face mask all over your face, avoiding your eyes and lips, then relax for 5 to 15 minutes while it soothes and feeds your skin and mood. Rinse with lukewarm water and pat dry.

## Follow up activities for children (and adults)

Thinking about the experience afterwards and recalling how it felt will scaffold, extend, reinforce and embed the positive feelings.

- Think of some words to describe how your skin felt before, during and after the natural ingredients face mask.
- Make a poster about your facemask experience.
- Make recipe cards for the facemasks, using images and photographs.
- Research why the ingredients are good for the skin.
- Research some other DIY skin care products using edible ingredients.
- Make a display of the ingredients used.
- Make a scrap book with photographs of making and using the face masks.
- Another popular natural (but not edible) base ingredient for face masks is mud, or more accurately, clay. Find out about DIY clay masks and what their benefits are to the skin. Could you make a mud mask?

Don't forget your other self-care today, particularly your exercise. Have a good day, keep safe and healthy and ring or email me to chat if that would help. **Jenny x**