



MHST Monthly Round up - July 2022

Hello from your Mental Health Support Team (MHST)

Can you believe you are nearly at the end of another school year!

No doubt lots of you are thinking about the summer holiday ahead and all the fun you can have between now and the start of another school year. Over such a long break it is natural to have times where there are no activities planned and things can start to feel a bit boring. Our brain is saying 'I feel ready, but I don't know what for'. Did you know that actually being bored can be good for us? Working out how to overcome boredom helps our brains develop and improves our ability to solve problems.

So are you ready to have a mentally healthy summer? Below you will find some ideas that might help based on the '5 ways to wellbeing'. These are simple actions you can take to support that 'feel good' feeling over the summer holiday. Have a great break!

Remember, if you are feeling sad or need someone to talk to, you can ask your teachers to get in contact with your Mental Health Support Team.

Holiday activity suggestions:

Learn magic!

<https://www.care.com/c/easy-magic-tricks-for-kids>

Challenge yourself to complete an act of kindness every day.

<https://www.coffeecupsandcrayons.com/100-acts-kindness-kids/>

Take a 30 day fitness challenge

<https://themumeducates.com/30-day-kids-fitness-challenge-active-kids/>

Celebrating our Differences

Sometimes we feel like we don't fit in with other people. Our brains tell us we're just different and it's 'not OK'. Sometimes our brains tell us we're just the same as others and that's 'not OK'. The brain can be like that—telling us things that aren't always helpful. Here's an idea: next time your brain says these things to you reply:

"Thanks for your opinion, brain, but it's impossible to be completely the same or completely different to other people. We're all the same in some ways and different in others...and that's OK".

A reminder of what the MHST can support you with:

Sleep difficulties **Anxiety** **Worry** **Phobias** **Panic** **Low Mood** **OCD** **Single Event Trauma**

Activities

Dodge the Summer Holiday Traps!

1. Avoiding activity:

If we're less physically active we're likely to feel sadder. Try planning something – even something small every day.

2. Being alone:

Too much can lower our mood. Can you plan to have friends over or meet up?

3. Over-Sleeping:

If we sleep too much and lose our routines we can end up feeling low in energy and mood. Why not get up a bit later than school days but still set an alarm?

4. Over-thinking:

You can't control having thoughts but you can stop thoughts controlling you. Try noticing your thoughts and then let them go. Ask yourself: is this thinking helpful?

5. Social Media:

Social media has its positive uses but it can make real life seem worse. Take regular breaks and have some fun in the real world as well!

<https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/>

ChildLine - Call 08001111 9am-Midnight Everyday - Free telephone support for children to discuss any concerns or worries.

Shout - text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.

Kooth - <https://www.kooth.com/> - 24/7 online counselling

The Five Ways to Wellbeing



July Dates

June 27th - July 1st - World Wellbeing Week

June 28th - July 17th - Children's Art Week

July 4th - Thank You Day (NHS)

July 5th - July 17th - National BBQ week

July 7th - World Chocolate Day

July 10th - Don't step on a Bee Day

July 14th - Samaritans awareness

July 17th - World Emoji Day

July 18th - Black Leaders Awareness

July 21st - Ask an Archaeologist Day

July 23rd - July 31st - Love Parks Week

July 30th - International Day of Friendship

All month

- National Picnic Month
- Plastic free July

<https://www.awarenessdays.com/>