

Healthy Lives Families Update - wellbeing workshops, storytelling series, worry management webinar and moments of reflection!

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PLEASE FORWARD TO YOUR TEACHING STAFF and PARENT CONTACTS

The Healthy Lives Team Families update contains helpful information and activities for your whole school community

This is the FAMILIES newsletter from The Healthy Lives Team. Each Friday we share relevant information, activities and resources to support your ongoing health and wellbeing.

The HEALTHY LIVES TEAM supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.

We now have a [Healthy Lives Team webpage](#) where you can find out more about the team and access Healthy Schools resources and all our archived newsletters.

The infographic is a 2x3 grid of circular icons on a teal background. Each icon represents a workshop topic. The top row includes: 1. A head with tangled black lines representing anxiety. 2. A person's head with a grey cloud raining on it representing low mood. 3. A profile of a head with a pink brain and a red heart inside representing child wellbeing. The bottom row includes: 4. A collection of social media icons (YouTube, Facebook, Twitter, Instagram, Snapchat) representing social media. 5. A person in bed with a blue and white checkered blanket representing sleep. 6. A person sitting in a meditative pose with a heart rate line and various symbols around them representing self-care.

MANAGING YOUR ANXIETY

- What is anxiety?
- What keeps anxiety going?
- Strategies for managing anxiety

MANAGING YOUR LOW MOOD

- What is low mood?
- What keeps low mood going?
- Strategies for managing low mood

SUPPORTING YOUR CHILD'S WELLBEING

- What is mental health?
- How can we understand our children's behaviour?
- Strategies for supporting children's mental health

SOCIAL MEDIA & WELLBEING

- What is social media?
- What are the positive and negative effects of social media?
- Guidelines on staying safe online

SLEEP & WELLBEING

- Why do we need sleep?
- How does it link to wellbeing?
- How can I get a better night's sleep?

SELF-CARE

- Why is self-care important?
- What are the barriers to self-care?
- How can I improve and maintain my wellbeing using self-care?

Wellbeing workshops

The Tower Hamlets Education Wellbeing Service are delivering free wellbeing workshops for parents and young people aged 13-18. Information around dates, time and signing up can be found using the links below. All workshops are run via Eventbrite and clicking on the date that you wish to attend will take you to the relevant Eventbrite page. Once individuals have registered, there will be a zoom link provided on the event page.

Workshops include:

For young people aged 13 – 18:

Managing your anxiety

Managing your low mood

Social media and wellbeing

[24th May 2021 >](#)

[17th May 2021 >](#)

[10th May 2021 >](#)

[5th July 2021 >](#)

[28th June 2021 >](#)

[12th July 2021 >](#)

Sleep and wellbeing

Self-care

[26th April 2021 >](#)

[7th June 2021 >](#)

[14th June 2021 >](#)

For parents of adolescents:

Supporting your child's wellbeing

[21st June 2021 >](#)



Worry Management for Parents webinar

Tower Hamlets Talking Therapies is running a 'Worry Management for Parents' webinar session on **Wednesday 28th April at 11am**. This webinar will aim to increase parents

understanding of anxiety and worry, as well as identify the key worries parents may have from a their perspective but also more generally. The webinar will look at a Cognitive Behavioural Therapy (CBT) technique called Worry Management which will allow you to regain control of your worries and reduce the impact worries may have on your day to day life.

This webinar is open to parents who **live in Tower Hamlets or have a GP in the borough only**. Sign up using the following link. You will be emailed the link to join the session a day prior to the session.

[Sign up here >](#)



Moments of crisis, reflection and relaxation

Too many notifications? Feel like there's never enough time to gather your thoughts? It's time to hit pause. Here is a short meditation you can try anytime, to help you find a moment for reflection in your day. If you also feel overwhelmed sometimes you can try playing the moment of crisis meditation to help you through, or perhaps if you just need a little chill try a moment of relaxation. Find a little space to care for your mind, wherever you are, and whenever you like.

[Moment of crisis >](#)

Moment of reflection >

Moment of relaxation >



Sankofa Storytelling

A year ago Global Learning London shared their Sankofa Storytelling series for young people and families. These included the story of Goha, A Tale of Two Villages, A Rainbow in the Sky and more. Each story ended with key questions to help frame discussions with young people. You can still watch all the stories in the series by clicking on the link below.

Watch here >

And remember...



"It is during our darkest moments that we must focus to see the light."

Aristotle



The Healthy Lives Team

The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at school, work, or at home.

Please feel free to share this email.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible.

If you're in a school, please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



Subscribing to this newsletter

Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

If you or anyone you know would like to sign up to this newsletter, please use the following link.

[Subscribe to the Healthy Lives Families newsletter >](#)

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

Useful links

- [Latest government advice](#)
- [NHS coronavirus advice](#)
- [NHS 111 online coronavirus service](#)
- [Tower Hamlets coronavirus advice and support](#)

Did you know that Tower Hamlets offers other email newsletters to keep you up to date on a variety of topics?

[See the list and sign up!](#)

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