



January Newsletter

I'm looking forward to seeing many of you at the Parent Workshop this coming Tuesday, 9-10am in the Library, but while the workshop looks mostly at the needs of your child, this month's newsletter is all about **you**. January, famously, is not a popular month! With days being so short, cold and dark, any one of us can find ourselves feeling tired, down or struggling. And yet demands on you as a parent, and perhaps at work, rarely ease during this time! It's really important to look after yourself.



For those of you who love January, that is wonderful! Enjoy!
For those who find it challenging, perhaps you could make for yourself, a:

January Survival Guide

Think of your 5 senses: sight, smell, sound, taste and touch. Find ways to nurture these senses and bring them into your regular routine. We often need comfort during this month; what brings you comfort?

Smell – are there certain scents that make you feel happy? You could light candles (if safe at home to do so), wear perfume that you love, use incense or essential oils. Lavender is renowned for both its calming effects and for boosting a feeling of wellbeing

Sight – think about your lighting at home, you could use lamps and candles to create a warm, comforting atmosphere. Are there photos or pictures that you love to look at? Make sure they're on display to give you something visual to enjoy. Also, daylight! Can you schedule in some daily time outside to soak up whatever daylight our skies can offer?

Sound – you could make a playlist of songs that uplift you when you need it; or bring comfort and relaxation. If you find it hard to switch off at the end of the day, some find it helpful to play a certain song, a sound, or even ring a bell or singing bowl. It signifies that the day is done, and with a little practise, can effectively help your mind know that you are finished for today.

Taste – Food can play a huge part in the ways we nurture ourselves. Aside from (or, working alongside) any healthy eating goals you may have, everyone deserves to nourish themselves with food! Are there healthy snacks you can keep on hand to help keep your blood sugars at a healthy level? We need all the vitamins and minerals we can get during the winter! And may I add, if you treat yourself to unhealthy foods, can you give yourself permission to really enjoy it?

Touch – What sensory textures do you enjoy? Are there fabrics you love to touch that you can wear, or have in your home? Blankets and scarves are a quick way to get comforting textures close to you. What textures do you find comforting?

Leading on from the senses are two more elements to consider:

Movement – Can you incorporate some movement, however small, into your day? For some this could be yoga, a fitness class, cycling for example, for others, a walk around the block at lunch. Moving your body has a huge impact on wellbeing.

Connection – How much social interaction do you need this month? Planning a coffee with a friend, a phone call with a loved one, and/or allowing time to be by yourself when needed, all can help build our connection with each other and ourselves.

As always, I'm here for you. If you would like to meet with me for a confidential and non-judgemental chat about you, your child or any other worries, I'm available on Tuesdays 9-10am. To book an appointment, call/text **07730416019** or email **roxy@schoolscounsellingpartnership.co.uk**