

# lightbulb moments

the SHINE MHST newsletter |

Issue number 7 | February 2023

Welcome to the sixth SHINE MHST Newsletter which aims to keep you updated on significant developments in the SHINE Fylde Coast MHST.

The Newsletter provides updates about ongoing work in education settings as well as facilitating regular communication between young people, parents, carers and teaching staff.

This month we celebrate our first year as SHINE MHST, it has been one whole year since we started accepting referrals to our service, on the 6th February 2022. A huge thankyou to all of the education settings that have hosted our EMHPS and Mental Health Practitioners.

We are continuing to build on the whole school approach and have worked over the last year supporting children and staff to flourish and succeed. Whole school approaches to wellbeing are sustainable and positively impact the whole school community and many aspects of school life, such as behaviour, relationships, attendance and attainment.

We look forward to the next 12 months as we continue to offer a coordinated and evidence-informed approach to mental health and wellbeing in education settings. We hope this will continue to lead to improved pupil and student emotional health and well being, which can help readiness to learn.

## January Update



We have made a great start to the new year in January we have been busy supporting the whole school approach in all of our education settings.

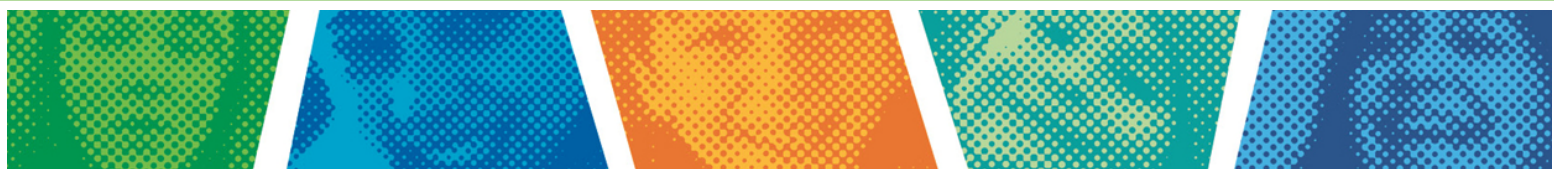
In some education settings we have commenced anxiety group sessions, regular exam stress workshops and CPD sessions have also been offered to staff.

The team has attended parents' evenings and year 11 careers events and winter well being sessions.

Coffee and chat mornings continue to be hosted in schools for parents and carers to attend.

We have also been preparing to attend settings for children's mental health week.

A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. Please get in touch if you would like us to support a future school event, assembly workshop or group.



# Is February the Month of (Self) Care ??



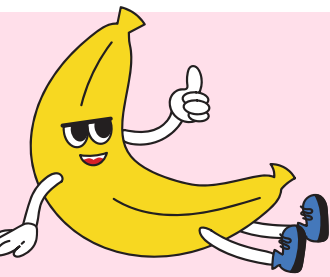
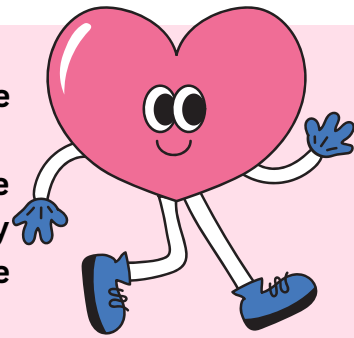
Self-care isn't just about finding ways to relax. It's about taking care of yourself mentally, physically, emotionally, socially, and spiritually. In order to care for your health and well-being it is important to find a balance that allows you to address each of these areas. Sometimes you might need more self-care in one specific area in order to restore balance or find relief from a stressor in your life.

## TOP TIPS self care tips

**Make time to do something you love**

Bringing more joy into your life will not only improve the quality of your life but may increase your lifespan too.

A study by Professor Andrew Steptoe (professor at University College London) showed that older people were up to 35% less likely to die if they reported feeling happy, excited and content on a typical day. This was true even when they took into account any other health problems.



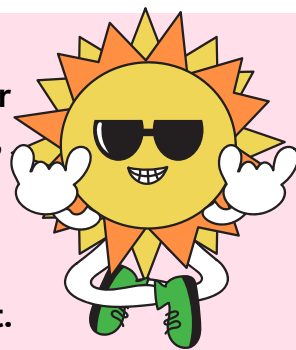
**Eat well and regularly**

Your eating habits can be a major factor in how well you feel and how much you can enjoy your life. There's no need to follow a specific diet plan unless you have specific allergies, just a healthy balanced diet that will give you the energy you need to live your life to the fullest.

**Mindfulness**

If you don't already have a mindfulness practice, it's a great way to support your mental and physical health with benefits ranging from increased concentration, reduced stress and improved mood.

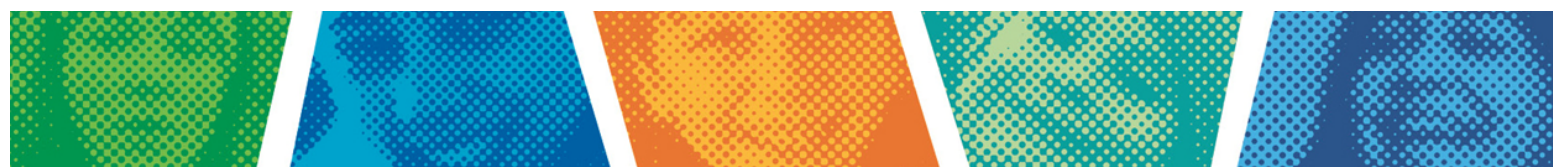
An easy way to start is to notice what you can see, hear, smell, taste and feel in this moment. If your mind starts to wander, don't worry. Just keep gently guiding your awareness back (again and again if needed) to the present moment.



**Nature is good for your body and brain**

Research that shows even 20 minutes a day in nature can make a big difference to our health and well-being.

Nature is good for your body and brain · lowered anxiety · decreased stress · improved focus · better sleep · improved mood.





Support and Help **IN** Education  
Fylde Coast Mental Health Support Team

# LGBT+ History Month

LGBT+ History Month is for everyone; whether you work in education, a museum, library or art gallery, a business, a service, are a member of a network/social group or an individual.

We at SHINE MHST aim to create a safe environment where all LGBTQ + young people can receive timely support for their mental health and well being .

LGBT+ History Month is therefore twofold:

To give young people the knowledge to understand and embrace the rich diversity of the world they live in, and for some, the words to describe their own experiences.

To make visible the LGBT+ people who have been successful in a myriad of different professions.

This year's theme "Behind the Lens" gives us a wonderful opportunity to recognise and celebrate the lives and professional accomplishments of lesbian, gay, bisexual and trans people, many of whom work outside of the limelight in the fields of photography, film making, TV, music and fashion.



- The LGBTQ+ community are significantly more likely to experience mental health problems due to stigma and discrimination that exists in the world today.
- Development of depression and anxiety is 1.5 times more likely if you are LGBTQ+ compared to the rest of the population.
- 4.2% of 17-24 year olds identify as lesbian, gay , or bisexual - the most of any age group.
- 55% of trans people in Britain have been at some point diagnosed with depression .

**Claiming our past – Celebrating our present – Creating our future**

## Get in touch

Your school's Senior Mental Health Lead will have details of your Trainee EMHP and Mental Health Practitioner.

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

 0800 121 7762 (Option 4)

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Did you know you can follow us on social media ?



@shine\_mhst



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