



# Self care and Wellbeing Support for Parents & Carers



## FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS

### CONNECT

TALK & LISTEN. BE THERE, FEEL CONNECTED

### BE ACTIVE

DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD

### Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE

### TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

### KEEP LEARNING

EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES, SURPRISE YOURSELF

Mental Health Foundation  
mauri ōi, mauri ōi  
www.mentalhealth.org.uk

### Putting yourself first

It is important to take time for yourself to unwind and relax. Begin by trying to give yourself 10 minutes a day where you can take a breather. This could be stepping outside with a cup of tea.

### Getting things done

Asking for help from others can allow you to complete day to day tasks. It is okay to ask for support and by doing so you are not failing. Friends and family are often happy to help.

### Looking after yourself

Taking care of your physical health can have a positive impact on your mental wellbeing, this could be a daily walk in your local area. Sleep is key for wellbeing, you could try one of the apps listed below.

### Staying connected

Try to stay connected with friends and family as this is important for maintaining good mental health. It is important to remember that it is ok to say 'no' to things and prioritise your wellbeing.

### Free time

Time away from social media can allow you to unwind and can improve sleep quality. Finding time to engage in activities you enjoy can improve self esteem and mental wellbeing.

### Supporting your child with transition and mental wellbeing

[Transition To Secondary: 5 Tips For Parents \(teachertoolkit.co.uk\)](https://www.teachertoolkit.co.uk)

[Find Your Feet: Transition Tips for Parents \(youngminds.org.uk\)](https://www.youngminds.org.uk)

[How Can We Help Kids with Transitions? | Child Mind Institute](https://www.childmindinstitute.org)

[Materials to help support your child's emotional well-being following COVID-19 pandemic - for parents and carers | Staffordshire Connects](https://www.staffordshireconnects.org)

[Helping Your Child with Anxiety \(youngminds.org.uk\)](https://www.youngminds.org.uk)

[Anxiety : Mentally Healthy Schools](https://www.mentallyhealthyschools.org)

Useful Links

Tips taken from: [Self-Care for Parents and Carers | Why consider self care? | Anna Freud Centre](https://www.annafreudcentre.org)

**Rails to Trails: walks from Railway Stations in Staffordshire.** Discover walks that take you through villages, urban landscape and Potteries heritage, across rivers and along canals.

**Potteries Ceramics Trail:** Enjoy the complete ceramics experience. Discover the history and heritage of the Potteries, take a factory tour and throw a pot.

**Trentham Estate:** Famous gardens, shopping village and Monkey Forest.

**Stafford's Famous heritage sites:** Ancient High House, Izaak Walton Cottage and Stafford Castle

**Shugborough Estate: National Trust:** Stately home, gardens, park and farm.

**Stafford County Showground:** Visit the County Show and other events

**Lower Drayton Farm, Penkridge:** An exciting new indoor and outdoor family farm adventure.

**Cannock Chase:** Cycle trails, walking trails, Go Ape, Forest Segway, Orienteering, dog trails, picnic areas and café.

**Kinver Edge and Rock Houses:** National Trust -High sandstone ridge and hillfort overlooking dramatic red sandstone rock houses



# DISCOVER STAFFORDSHIRE



Click on the links  
on the interactive  
map

**Peak Wildlife Park: Walk with the Animals!** Located in the Staffordshire Peak District on the edge of the National Park.

**Churnet Valley Railway:** A nostalgic steam train ride through Staffordshire's hidden valley and Moorlands.

**Alton Towers:** Staffordshire's world famous Theme Park & Spa Hotel.

**National Forest & Burton- Adventure Farm** Llama treks, plus much more!

**Lichfield Cathedral:** England's only medieval English cathedral with three spires

**Tamworth Castle:** From its origins back in Anglo Saxon Times through to Victorian times, Tamworth Castle boasts a wealth of history.

**Snowdome:** The ultimate snow, ice and leisure experience

**Drayton Manor Park:** A variety of exciting attractions with roller coasters, zoo and Thomas Land.



[Enjoy Staffordshire Official Tourist Information For Staffordshire](#)

[20 Best Things To Do In Staffordshire Near Me | Attractions in Staffordshire | Day Out with The Kids](#)

[The 33 best things to do with your kids in Staffordshire | Encourage](#)

[Home - National Garden Scheme \(ngs.org.uk\)](#) Visit a Staffordshire garden open to the public.

