



WELLBEING

shout
85258 here for
you 24/7

newsletter



wellbeing AND NATURE

Before half-term, the children celebrated Mental Health Awareness day and the theme was nature.

Many of us live fast-paced lives, where we work long days and often don't find the time to truly appreciate the nature around us. Spending time out in green spaces has been shown to have a big benefit for both your mental and physical health.

What are the benefits of nature on mental health?

Evidence shows that it can help with mental health difficulties like anxiety and depression, and has been shown to:

- Improve your mood
- Reduce feelings of stress
- Improve your concentration
- Improve your confidence and self-esteem
- Improve your physical health, and help you to be active

The benefits of being outside in nature are still being understood, but are thought to be related to our senses connecting us to the world around us, as well as providing the opportunity for us to connect with others in an outdoor setting. You don't have to be outside for long to reap the rewards either, with research showing being outside for as little as five minutes can still have great benefits for your wellbeing! Here are some ideas:

- ☼ Join an outdoors sports team, like football or golf, or join an exercise club
- ☼ Grow food with others – you could apply to share an allotment, or look for community gardens or food growing projects in your local area.
- ☼ Arrange a comfortable space to sit, like by a window where you can look outdoors Give back to the environment by recycling or going on a litter picking walk
- ☼ Plant seeds or flowers to help bees
- ☼ Hang a birdfeeder outside your window
- ☼ Go for a walk in a green space, such as a local park, woodland trail, or stroll along a nearby beach.

Anna Freud Support for Parents & Carers: <https://www.annafreud.org/parents-and-carers/>

TALKING Therapies

Havering Talking Therapies is a free self-referral service. They provide a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerning their mental health. Their services are confidential, easy to access and available to people living in the London borough of Havering. You can find out more information here: <https://www.talkingtherapies.nelft.nhs.uk/havering>

To read more about the Impact that **Worry Monsters** are having in schools, [click here](#)



TIPS FOR wellbeing



KEEP ACTIVE BY TAKING A WALK AND GETTING SOME FRESH AIR



DO SOMETHING CREATIVE



GET 8 HOURS OF SLEEP EVERY NIGHT



EAT A HEALTHY BALANCED DIET

SCHEDULE TIME TO DO THINGS YOU LOVE.



TALK TO PEOPLE ABOUT HOW YOU'RE FEELING

HOW CAN THE Wellbeing Team SUPPORT YOU?

- ✓ Signpost you to useful resources
- ✓ Signpost you to external agencies and charities for support
- ✓ Arrange FREE counselling and Cognitive Behavioural Therapy for you
- ✓ Run parent support workshops
- ✓ Run interventions to support your children's wellbeing

CAMHS parent drop-ins

CAMHS are still offering FREE parent drop-in consultations during the current lockdown and now have new slots available.

These sessions are a great opportunity for you to speak to a CAMHS professional about any concerns you may have, regarding your children. These include coping, emotional and sleep concerns. The school nurse can also join these sessions - you can request this when you contact the school to make a booking.

Please contact the school office to book a slot.

OUR SCHOOL WEBSITE

SUPPORT FOR PARENTS

Our school website is filled with information to support you and your child's mental health and wellbeing. Click the links below to explore the different areas.

Support for Parents

Support for Children

The Wellbeing Team

Wellbeing Curriculum

Useful WEBSITES

The Calm Zone

Kooth Counselling

National Family Mediation

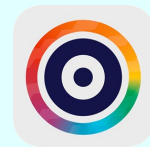
Refuge

The Children's Sleep Charity

Young Minds

My Place

Useful APPS



BBC have created a brand new app called **Own It**. It is aimed at supporting

young people's (Years 5 & 6) mental health & wellbeing. Check it out in the Apple or Android app store.



Calm is a mediation app. They have now added a section for children which contains a library of sleep stories.



Stoic is an app designed to support adult mental health. It is completely free

and has a wide range of tools to support anxiety.

If you have any queries or questions, please contact the School Office.

✉ office@st-ursulas-rc-jun.havering.sch.uk

