

Summer 1 2021

Wellbeing Newsletter



Welcome to the very first of our wellbeing newsletter. Hopefully the newsletter will provide ideas, information and suggestions about how to look after our mental health and wellbeing.

You may wish to look at the power-point 'What is Wellbeing?' for further information.

Thinking about Mental Health



Mental health can be thought of as a scale that can move up or down, a bit like a thermometer. We can move along the scale at any time, between being healthy or unwell. There are things we can do to help us stay healthy; there are things that can be put in place if someone is not feeling so good, is struggling or is unwell.

Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have small feelings every day; these can sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience big feelings; these feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

Expressing our feelings and emotions

I feel ...
I wish

Connect

Talking about how we feel can make a big difference to our wellbeing. It helps us to recognise when we might need help with our feelings. Expressing feelings can help stop strong, negative or intense feelings from taking over our thoughts and impacting on responses and behaviours. Discussing feelings and emotions can help children to work through anger or anxiety. Sometimes our children don't have the vocabulary to express their emotions and feelings so need to be taught how to do this or they may need to be encouraged to share their feelings. The website below has ideas and activities you may wish to try.

<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/emotional-health-activities/feelings-activities>

Children can express their feelings by:

- Writing— diaries, blogs, poems, stories
- Art work—drawing, painting
- Acting, dancing, singing
- Talking to others



Be Active

Being active reduces stress, increases energy levels and can make us more alert plus it can also help us sleep better .

Keep Learning

Remind children of their strengths and provide opportunities to achieve small goals.. Achieving these will provide an opportunity to feel good about themselves.

Take Notice

Slowing down and taking notice of the things around us can help us to relax and manage stress and worries. It is about noticing and appreciating the things around you and thinking about the present. Mindfulness can help us do this. Even young children can begin to learn 'mindful techniques'.

Mindfulness is a good habit to have. Learning how to look after your mental health from childhood can make it easier to cope with worries and difficult times. The techniques can be used at any time when you and / or your child need to calm difficult feelings.

If you practise using it when you feel calm, it can make it easier to use the skills when you feel anxious and upset. If you have not tried mindfulness before you could give it a go with your child. It is a good family activity. The chocolate activity below is a good way to start.

<https://www.justonenorfolk.nhs.uk/media/3582/chocolate-mindfulness.pdf>

Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too., therefore is positive for our own wellbeing.

Give

Giving also connects us to others, creating stronger communities and relationships. It's not all about money - we can also give our time, ideas and energy. These are often the most appreciated part of giving and provide the most satisfaction.

As a family, listen to the 'The Kindness Book' by Todd Parr: www.youtube.com/watch?v=SFzmydggwgc&feature=youtu.be Create a poster together called 'In our family, kindness is...' and display it proudly in your house.



Helpful links for you or your child.

https://hubble-live-assets.s3.amazonaws.com/lancashire-mind/redactor2_assets/files/968/Schools_newsletter_April_2021_-_Stress.pdf

https://www.actionforhappiness.org/media/655423/50_ways_download_-_start_your_day_the_mindful_way.pdf

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>



Five Ways to Wellbeing

Connect

Be Active

Take Notice

Keep Learning

Give