



Managing Feelings and Emotions

The current situation has changed our family lives and routines and this lockdown period is bringing new emotions and feelings to all of us. This experience will be different for everyone. Some of us are having to do our best juggling acts at the moment, missing friends and family that we love or craving routine and normality and feeling a bit lonely.

At the moment there is so much information and headline news and the thought of change coming again that our feelings and emotions go into overdrive!

The biggest message out at the moment is that all these feelings are ok and that with the changes we have made to our everyday lives, it would be very strange not to be feeling low, anxious and upset to name but a few emotions and feelings. Focusing on our health and well-being is important and even more so in these times of uncertainty.

We just wanted to share some of the top tips that we have been sent and link some of the websites we have been sent as well. They may be of interest or help to you and with this week being Mental Health and Awareness week it is a good time to stop and think.



<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>



<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>



<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



A link to some interesting reading from the Nexus SEND support team.

<https://www.nexuschool.org.uk/945/send-support-covid-19>



Now more than ever we need to focus on this and how we are following the 'Take 5 steps to wellbeing' You might have to connect in a different way, to still be active might again need to be different from your usual but all these actions are important to maintain healthy levels of well-being.

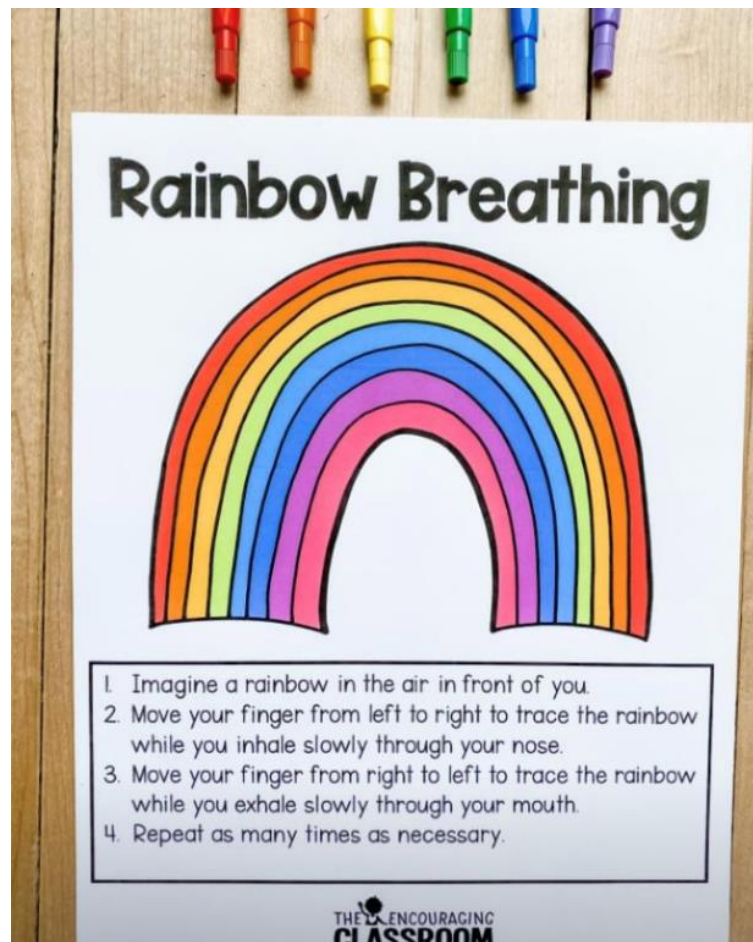
“ Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit. ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either. ♡
mellow doodles ”

*The Focus for Mental Health Awareness week is
'kindness'*

Being kind to ourselves and each other.



Here are some ideas to do as a family to promote heathy well being



1. Imagine a rainbow in the air in front of you.
2. Move your finger from left to right to trace the rainbow while you inhale slowly through your nose.
3. Move your finger from right to left to trace the rainbow while you exhale slowly through your mouth.
4. Repeat as many times as necessary.



mindfulness for young children

<p>Spiderman Senses During a walk or in your back garden, get your child to sit down and look around them. Ask them the following questions:</p> <ol style="list-style-type: none"> 1) What can you see? 2) What can you smell? 3) What can you hear? 4) What can you feel? 	<p>Jar of Happiness Get an empty jar. Each day ask your child what the best part of their day was, write it down and place it in the jar.</p> <p>At the end of the week take out all the pieces of paper and talk about your favourite parts of the week.</p>	<p>Bug Hunt A bug hunt is a great way of getting children outside. Talk about what you think you might find. Online there are lots of bug hunt checklist that you could use alongside this.</p> <p>As you look for bugs, talk about your senses. 'This bug is slimy' or 'The soil is cold'.</p>
<p>Check the Weather A good way to get children to talk about their emotions is by comparing them to the weather. Do a daily weather report together.</p> <p>If you are feeling good, you might say you are feeling very sunny.</p> <p>If you feel sad, you might say that it is raining.</p>	<p>Talk Through The Day One way of helping children become reflective is to encourage them to talk through their day. This is perfect for just before bedtime and gives children time to think about what they did during the day and how they feel about it.</p> <p>If you child struggles, then show them by talking through your own day.</p>	<p>Colour Together This is not only a chance to spend time together, but also can be used as a mindfulness activity. Spend time colouring alongside your child and talk about your pictures. You will be amazed at how much conversation this can create, plus your child will love doing something creative together.</p>

Making a family time capsule is a good idea...



<https://www.twinkl.co.uk/resource/coronavirus-time-capsule-resource-pack-t-tp-2549605>

ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe</p>				<p>1 Take a minute to remember what really matters to you and why</p>	<p>2 Do something meaningful for someone you really care about</p>	<p>3 Reconnect with nature today, even if you're stuck indoors</p>
<p>4 Focus on what you can do rather than what you can't do</p>	<p>5 Send friends a photo of a time you all enjoyed together</p>	<p>6 Take a step towards one of your life goals, however small</p>	<p>7 Let someone you love know how much they mean to you</p>	<p>8 Set yourself a kindness mission. Give your time to help others</p>	<p>9 Look out for positive news and reasons to be cheerful today</p>	<p>10 Tell someone about why your favourite music means a lot to you</p>
<p>11 What are your most important values? Use them today</p>	<p>12 Be grateful for the little things, even in difficult times</p>	<p>13 Today do something to care for the natural world</p>	<p>14 Show your gratitude to people who are helping to make things better</p>	<p>15 Find out about the values and traditions of another culture</p>	<p>16 Look around you and notice five things you find meaningful</p>	<p>17 Take a positive action to help in your local community</p>
<p>18 Hand-write a note to someone you love and send them a photo of it</p>	<p>19 Find a way to craft what you are doing to give it more meaning</p>	<p>20 Reflect on what makes you feel really valued and appreciated</p>	<p>21 Share photos of 3 things you find meaningful or memorable</p>	<p>22 Ask a loved one or colleague what matters most to them and why</p>	<p>23 Share an inspiring quote with others to give them a boost</p>	<p>24 Do something special today and revisit it in your memory tonight</p>
<p>25 Give your time to help a project or charity you care about</p>	<p>26 Recall three things you've done that you are really proud of</p>	<p>27 Today link your decisions and choices to your purpose in life</p>	<p>28 Tell someone about an event in your life that was really meaningful</p>	<p>29 Think about how your actions make a difference for others</p>	<p>30 Find three good reasons to be hopeful about the future</p>	<p>31 Look up at the sky. Remember we are all part of something bigger</p>

ACTION FOR HAPPINESS

www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Maybe you could join in with some of the Meaningful May activities.....



MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsicly linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news

@thepsychologymum

Mental Health Awareness Week

18-24 May

Self-care in lock-down bingo

What positive ways have you been looking after yourself?

Staying in touch with loved ones	Getting sunlight, fresh air and nature when possible
Finding ways to relax and be creative	Limiting news intake if it makes me anxious
Opening up about how I feel	Keeping a routine

#SpeakYourMind

More self-care ideas at
mind.org.uk/coronavirus

Please remember that even though we are not all together as one family in the building - we are all here for each other and only an email or phone call away!