



Us Plus Mental Health and Wellbeing Bulletin 21

Hello everyone,

Today's bulletin is all about beating stress and worries and actively doing things that make you happy. Although much of the information is useful during the current situation it is also going to be useful when we return to school! Stress and worrying can be part of everyday life and it is a great support for positive mental health to have strategies to help deal with life when it gets a little challenging.

Hopefully, the strategies on this week's bulletin may prove helpful. If you are having trouble reading the information on the images please 'zoom' in on them and make the images larger.

Mrs Taylor

10 KEYS TO HAPPIER LIVING

- 1. Giving**: Helping others is a rewarding experience. It can improve your mood and self-esteem.
 - Think about what you can give.
 - Give your skills, time, or energy.
 - Help someone who is struggling.
 - Be kind to yourself and others.
- 2. Relating**: The connections we make with others are important. They can help us feel supported and understood.
 - Spend time with people you care about.
 - Listen to what they have to say.
 - Be a good listener.
 - Be a good friend.
- 3. Awareness**: Taking time to notice what's around you is a great tool to control stress.
 - Pay attention to your senses - what you see, hear, or feel around you.
 - Choose a regular point in the day to reflect.
- 4. Exercising**: Regular exercise can provide a natural mood lift and improve confidence.
 - Find a sport or activity you enjoy.
 - Try to do it regularly.
 - Move your body in any way you can.
- 5. Trying out**: Learning new things is interesting and can help you feel more confident.
 - Try a new hobby or skill.
 - Take on a new role at school or work.
 - Try to learn from your mistakes.
 - Be brave and try something new.
- 6. Resilience**: Resilience is the ability to bounce back from setbacks.
 - Stay positive.
 - Focus on what you can control.
 - Ask for help when you need it.
 - Be kind to yourself.
- 7. Direction**: Having a goal can help you feel more motivated.
 - Set a goal.
 - Break it down into smaller steps.
 - Stay focused on your goal.
 - Celebrate your progress.
- 8. Acceptance**: It's not always possible to get what you want.
 - Accept what you can't change.
 - Focus on what you can control.
 - Let go of things that are bothering you.
- 9. Meaning**: People who have meaning in their lives experience less stress, anxiety, and depression.
 - Find a purpose.
 - Set goals for yourself.
 - Help others.
 - Volunteer for a cause.
- 10. Emotions**: Healthy emotions can help you feel more confident, strong, and more able to handle challenges.
 - Pay attention to your feelings.
 - Don't be afraid to ask for help.
 - Take time to notice when you're grateful for something in the good moments of any situation.
 - Be kind to yourself.

You might want to share this one with your parents/ carers too!

BEATING STRESS AND WORRIES COVID-19 | A GUIDE FOR PARENTS & YOUNG PEOPLE

TIPS FOR YOUNG PEOPLE

- 1. Spend less than 10 MINUTES A DAY** watching or listening to news about the virus.
- 2. ASK A PARENT, TEACHER OR TRUSTED PERSON** if you have **QUESTIONS ABOUT THE VIRUS** and tell them if you are feeling scared or worried.
- 3. STAY CONNECTED** to your friends but try to talk about things other than the virus.
- 4. MAKE A LIST OF ACTIVITIES** that you can do with your family and friends - start a journal or blog, do a puzzle, e-visit the Louvre, train the dog.
- 5. WRITE A LIST AND DRAW** 10 good things in your life and the world.
- 6. FIND A WAY TO RELAX.** Spend 10 minutes breathing slowly and calmly. Imagine that you are in your favourite place for 5 minutes.
- 7. LISTEN TO MUSIC** Choose something that makes you feel good.
- 8. TELL YOURSELF POSITIVE THINGS** THERE ARE GOOD THINGS IN THE WORLD!

TIPS FOR PARENTS

- 1. Avoid listening to the news more than 1-2 TIMES A DAY** and reading out bad news from the Internet/social media.
- 2. Answer your child's questions about the virus BUT STICK TO THE FACTS** and use trusted sources like the WHO.
- 3. Reassure your child and give OPTIMISTIC AND CALM RESPONSES** Focus on what they can do right now.
- 4. GET CREATIVE** Set-up some simple and fun activities for at home or in non-crowded places.
- 5. Help your child make a list of 10 GOOD THINGS** in their life and the world.
- 6. Try to stick to your regular FAMILY ROUTINES** and avoid places that are high risk, or you are directed to.
- 7. CHECK IN WITH FAMILY MEMBERS** but try to talk about other issues and not just bad news and worries about the virus.
- 8. LEAD BY EXAMPLE** Stay calm yourself. Help your child by sharing your own coping skills. Give praise when they are coping and tell them what a great job they are doing.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time.

You can do this by emailing me at

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