



Us Plus Mental Health and Wellbeing Bulletin 12

Hello everyone,

Today's bulletin has some practical strategies from youngminds.org to help you reflect on and cope with the huge range of emotions we are all experiencing at this time. I hope you find them useful.

Mrs Taylor

The first image is a poster that can be used by families to help when 'emotions explode'.

When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Very Angry
Stay calm. Stay safe, walk away if possible and make sure you don't engage with your child until you are both calm.

Frustrated
Reflect what you can see in your child, 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel.'

Calm
Use this time to explore your concerns and ask questions like 'what happened there? How did you feel?' If there has been lots of conflict reassure them and remind them you still love and care about them.

The next activity focuses on developing your resilience:

Using the template below, think about all the things you may be worried about at the moment. Write these next to the image that says "choppy waters / weather".

Then think about what helps you feel supported and safe, this may be family, school, a pet. Write these next to the image that says "Anchor".

Then list the people who help and support you - your 'Crew on deck'.

In the image labelled "Sail", what are the self-care strategies that help you to have good mental health, this might include exercise, drawing, music or gaming.

Activity: Resilience Boat **Secondary school**

Weather: What are the things happening right now that affect how you feel?

Choppy waters: How do they make you feel?

Oars: What are your strengths?

Anchor: What helps you feel safe and supported?

Crew on deck: Who are the people important to you?

Sails: What helps us to have good mental health?

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 ktaylor@penrice.org.uk

