



Us Plus

Mental Health and Wellbeing Bulletin 15

Hello everyone,

I hope you managed to relax and enjoy your half term - even if the weather may have stopped you getting outside every day! Today's bulletin looks at strategies to relax and look after yourself - both so important to good mental health and wellbeing.

Mrs Taylor



QUICK TIPS ON HOW TO RELAX

- Try active relaxation**
Relaxation doesn't have to mean sitting still - gentle exercise can help you relax too. Take yourself out for a walk and listen to your favourite podcast and get in the zone.
- Focus on your breathing**
The 4-7-8 breathing technique, also known as "relaxing breath," involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.
- Do a tech check**
Technology can be great for helping you feel connected, but if you're using it a lot then it can contribute to making you feel busy and stressed. Try putting down your devices for a few hours and see how you feel after.
- Listen to music**
Music can relax you, connect you to your emotions and distract you from worrying thoughts. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day.
- Take a break**
Just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer.
- Get creative**
Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind.

The tips below are aimed at parents and carers to help support their children and look after their own mental health:

Self-Care & Mental Health

Tips for Kids

- Share your own feelings to encourage self-awareness.
- Recognize toxic stress events.
- Practice self-care for yourself to set the standard.
- Cultivate interests and hobbies.
- Set aside time for low stress or solo activities.
- Encourage journaling and writing.
- Encourage them to focus on the moment.
- BlessingManifesting
- Find social groups that help them feel like they belong.
- Focus on articulating feelings. "I am angry." "I am sad."
- Establish a self-care routine.

Taking time out to relax is vital to good mental health and wellbeing as is looking after yourself. Self-care is not selfish!

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

