



# Us Plus

## Mental Health and Wellbeing Bulletin 2

Hello everyone,

Being back at school can be a very busy time. This week'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.
- Find social groups that help them feel like they belong.
- Encourage journaling and writing.
- Encourage them to focus on the moment.
- Establish a self-care routine.
- Focus on articulating feelings. "I am angry." "I am sad."

BlessingManifesting

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 help with any worries or anxieties. Email us at [tis@penrice.org.uk](mailto:tis@penrice.org.uk)

