

February 2021

Mental Health Monthly

Looking after your Mental Health and Wellbeing while staying at home

Plan your day

We are all adjusting again to a rather strange way of life which can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.



Move more every day

Being active reduces stress, increases energy levels and can make us more alert and help us sleep better.

Try a relaxation technique

Relaxing and focusing on the present can help improve your child's mental health and lighten negative feelings. Why not try some yoga with your child during the day.

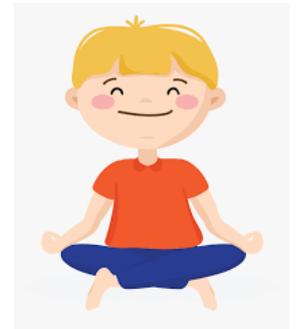
Below are the yoga links:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=0ImHIWzP49M>

Connect with others

Staying at home can feel lonely. Find creative ways to keep in touch with family and friends, e.g. sharing a cup of tea, playing a game together, grandparents reading a story to their grandchildren via Zoom or simply phone or send a supportive text.



Improve your sleep

Feelings of uncertainty and changes to daily life may mean your child, you and members of your family are having more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day and try and get some natural sunlight by opening curtains, etc. This helps regulate your body and can help you sleep better. Also, wind down before bed by avoiding tablets, phones and computers an hour before bedtime.

Take time to reflect (celebrating resilience)

Make time each day for your child and the rest of your family to reflect on what went well. It is important to recognise your successes and the things you are grateful for, no matter how small. You can ask your child to start a diary where they write two or three things, they have been proud about or are grateful for that day. Mindful techniques can also help you focus on the present rather than dwelling on negative thoughts. Below are two mindful breathing exercises that you can do with your child:

Five Finger Breathing - <https://www.youtube.com/watch?v=DSgOW879jjA>

Rainbow Breathing - <https://www.youtube.com/watch?v=O29e4rRMv4>

Talking to your child

Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. Here are some conversation starters to make talking easier and help you and your child.

Follow this link for activity ideas:

<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/>

Questions to ask your child in lockdown

YOUNGMINDS



Action for Happiness Calendar

This month's theme is **Friendly February**. We need our friendships more than ever this year! Let's focus on doing our best to be a good friend to all. An act of kindness and connection ripples out and impacts on so many more people than we realise, and it also boosts our own happy hormones! In times of stress, people can react more quickly than they would normally, so let's show compassion and kindness and try to keep calm! Have a go at completing each task every day throughout February!



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or well-being, then please let school know. There will be things that we can do to help and support you.

Miss Snelgrove