



MENTAL HEALTH AND WELLBEING NEWSLETTER

Number 5 – Summer 1

Dear All,

Welcome to the fifth Mental Health and Wellbeing Newsletter. We hope that you have been finding these newsletters a helpful source of information. If you have any suggestions of further content that may be of use, please do get in touch.



A MINDFUL MOMENT



Happy Hum

A simple activity to help your child find their 'calm'

- 1) Support your child to sit mindfully with their spine straight and their body relaxed.
- 2) Ask them to close their eyes and close their lips and hum a few notes until they find one they like.
- 3) Ask them to breathe in deeply, then breathe out and hum their note.
- 4) Breathe in, breathe out and hummmm!
- 5) Ask your child to press their hands on their chest and notice the vibration of their humming. What do they feel in their hand and body?
- 6) Breathe in, breathe out and hummmm! Let the humming send calm into their bodies

Parent Coffee Morning - Anxiety Workshop

On Friday 24th May from 9-10am, Mrs. Andrews will be running another parent coffee morning. This half-term the focus will be on anxiety in children. It will be an opportunity to find out more about what is normal and what is problematic anxiety, how you can support your child and where you can go to access professional support and advice. It will also provide the chance to talk to other parents, who may be going through similar difficulties with their children and share ideas and strategies.

If you would like to attend, can you please complete the Google Form, to allow us to plan for numbers.

<https://forms.gle/7AsPn6HudqRkYMa49>



Helpful signposting...

Services available to people living in our area. If you need support in accessing these services, please get in touch.

With YOUTH: Free online parent group for those supporting a young person with poor mental health. withyouth.org

NESSie: Free support for parents including moderated Facebook pages, phone line, workshops, advice and peer support. nessieined.com

Family Lives: Online support and advice for parents of children at all ages, courses, workshops, helpline, chatline and forums. familylives.org.uk

Families First: Overarching team supporting early help and interventions for families in Hertfordshire. hertfordshire.gov.uk/microsites/families-first/families-first.aspx

Hertfordshire Directory: Directory of services and help available for adults and families across Hertfordshire, split into categories. directory.hertfordshire.gov.uk



ACTION FOR HAPPINESS

Meaningful May.
Please see the next page for this month's 'Action for Happiness' calendar. Be sure to take some time to yourself. When life feels difficult, staying active really helps. These simple daily actions can help us boost our energy, lift our mood and build our resilience.

Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Do something kind for someone you really care about

2 Focus on what you can do rather than what you can't do

3 Take a step towards an important goal, however small

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together