



## MENTAL HEALTH AND WELLBEING NEWSLETTER Number 6 – Summer 2

Dear All,

Welcome to the final Mental Health and Wellbeing Newsletter of this academic year. We are really proud to share that, this month, Miss Sohal has completed her Level 4 Diploma in Therapeutic Counselling and is now officially a qualified counselor, specializing in person-centered approaches – Congratulations Miss Sohal! We hope to continue sending these newsletters out next year and would be grateful for any suggestions of further content that may be of use.

### A MINDFUL MOMENT

*Whether it is taking a few deep breaths to help regulate when a child's experiencing some big emotions, taking some time to wind down before bed time, to help feel ready for school or just to build some mindful rhythms into your routine, breathing intentionally can really help.*

#### **This is rainbow breathing.**

Make sure you have space around you to stretch your arms out **wide and high**.

Imagine that you are painting a huge rainbow in the sky – your fingers are the paintbrushes!

Start by stretching your arms out wide to each side of your body. Take a deep, slow breath in, and as you do, raise and curve your arms to make an arch shape – just like a rainbow. Breathe out slowly, and lower your arms.

#### **That's our red layer of our rainbow painted!**

Repeat this breathing exercise as many times as is helpful and engaging for your child. You could do seven repetitions, one for every colour of the rainbow. You could simplify it with just their favourite three colours.

### NHS Talking Therapies - Managing difficult emotions and building resilience webinar

Supporting a child or young person as a parent carer can be a very positive and rewarding experience, but it can also bring with it challenges that impact your own mental health. Carers may experience emotional difficulties such as: low mood, anxiety, worry and a feeling of being overwhelmed. These thoughts and feelings often pass with time. However, some people notice that they continue. It can be hard to talk about how you are feeling and ask for help, but you do not have to struggle alone; there is support available.

This webinar looks at the complex and sometimes-painful emotions, which can accompany the caring role. The webinar provides several tools for building emotional resilience and includes a relaxing experiential exercise.

<https://events.hertfordshire.gov.uk/local-offer/nhs-talking-therapies-care-for-parent-carers-webinar-copy>



### The Happy News

Does it seem like every time you turn on the news or pick up a newspaper, everything you see is negative? For some of us this can have a negative impact on wellbeing.

Why not take a look at the 'Happy Newspaper'. Suggested by Miss Howley, the Happy Newspaper celebrates all that is good in the world and is a platform to share positive news and wonderful people. The newspaper is a 32-page publication organised chronologically, with news articles arranged month by month. Not only is the paper packed with only positive stories from across the globe, it also has an entire section dedicated to our Everyday Heroes. <https://thehappynewspaper.com/?v=79cba1185463>





## Hub of Hope...

The Hub of Hope is the UK's leading mental health support database. It is provided by the national mental health charity 'Chasing the Stigma', and brings local, national, peer, community, charity, private and NHS mental health services together, in one place for the first time.

The service and support lists on the Hub of Hope are not only for when things become unbearable, but also for those times you might be starting to struggle or need extra help, as you start to emerge from a particularly difficult time.

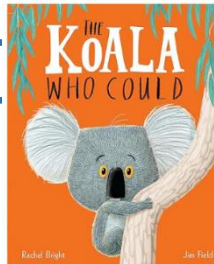
The website is very easy to navigate, to find what you need and has additional information around different types of mental health need.

<https://hubofhope.co.uk/>

## ACTION FOR HAPPINESS

Joyful June.

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.



### Miss Robson's Recommended Reads

As we approach the end of the school year, some books that might help support your child with transitions.

- The Koala Who Could, by Rachel Bright "a funny tale for anyone who finds change a little bit worrisome"
- The Lion Inside, by Rachel Bright "a story about confidence, self esteem and a shy little mouse who sets out to find his roar"

### Podcast

Check out 'Alberts Bookshelf' a podcast where you can listen to audio versions of our favourite books, including The Koala Who Could and The Lion Inside. Just type 'Albert's Bookshelf' into your preferred search engine.

### Baldock Library

Our local library is not only a great place to borrow books about mental health and wellbeing, but they also put on a wide range of free activities that can boost wellbeing. Check out their Facebook page for more information:

[https://www.facebook.com/baldocklibrary/?locale=en\\_GB](https://www.facebook.com/baldocklibrary/?locale=en_GB)

### The Power of Playdough

Did you know the benefits of Playdough on a young person's emotional wellbeing and how it can support with emotional regulation? The act of pounding, squishing and moulding can be incredibly satisfying and can help children manage feelings of anger and anxiety. It can even help build a child's self-esteem. Children can mould, shape and create without the fear of making mistakes. There are no right or wrong ways to explore and create with playdough.

This great playdough recipe is simple to make, will only take a few minutes and will keep for a long time.

For one playdough ball, mix together:

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- 1 tbsp vegetable oil
- food colouring (optional)

You can store your playdough in a plastic sandwich bag in the fridge to keep it fresh.

Take a look at this article to find out more

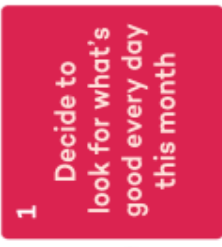
<https://www.bbc.co.uk/tiny-happy-people/articles/z4tdd6f>



# Joyful June 2024



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together