

MENTAL HEALTH NEWSLETTER

SPRING

'My Voice Matters

This year's mental health week was in February and the theme was 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. We want all children and young people to be able to say – and believe – "My Voice Matters."

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This edition of our mental health newsletter is all about self care.

9-15th March is Sleep Awareness Week

17-23rd March is Nutrition and Hydration Week and Neurodiversity Week

Article 12 : You have the right to an opinion and for it to be listened to and taken seriously



Useful Web Links

- Taking care of parent mental health - <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>
- Talking to a young person about their mental health - <https://www.mind.org.uk/for-young-people/information-for-parents/talking-about-mental-health/>
- Self-care for parents - <https://www.annafreud.org/resources/family-wellbeing/self-care-for-parents-and-carers/>



How can self-care help me?

Self-care can be a real game-changer for your mental health and wellbeing. Even if you feel like you don't have time for it or think it won't work, it's important to do the little things that help. Here are some ways that self-care can help:



Restore balance

Taking breaks and connecting with yourself can help bring balance back into your life and make you feel more like you again.



Boost your mental health

Making self-care a part of your life can help put you in a good headspace, making tough times easier to handle.



Lower the pressure

Prioritising you and your needs, even when things are hectic, can stop you from burning out and get more control in your life.

PLAY THE GAME: WALL OF EXPRESSION.

Write your worries on a piece of paper scrunch it up and throw your worries away.

Or play online -

<https://www.childline.org.uk/toolbox/games/wall-of-expression/>

THE POWER OF POSITIVITY

Sometimes we remember the negatives more than the positives. At home you could create a hope box or notebook to remind yourself of all the amazing things about you, for any time you are feeling low.

To start with, think of ten things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box.

These could be statements like 'I am healthy', 'I am kind', 'I am a great sister'. You can decorate the box or notebook and keep adding to it as you learn new positive things about yourself and you can ask friends and family to tell you their favourite quality about you to write down.

Mindful March

Have a go at being mindful this March!



Support with specific parent/child relationships.

"The way we talk to our children becomes their inner voice."

-Peggy O'Mara

childline

Call: 0800 1111
email / online chat

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mindful March 2025	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				



ACTION FOR HAPPINESS

Happier · Kinder · Together