

Parent Wellbeing Newsletter #No3.

#wheatleylanewellbeing

HAPPY NEW YEAR TO EVERYONE.



We are looking forward to another year working together.

Gratitude and Emotions Tracker

This is a lovely activity to do with your child (or as a family). They need to think of 6 common emotions for them and assign a colour to each one of them. The outer part of the mandala is for tracking 2 different emotions each day. Inside the mandala they can think of one thing they have been grateful for that day. Sometimes it is tough to do this when you are perhaps having a sad or anxious day but anything at all, no matter how small can be written down. Children could also draw something they are grateful for if they aren't keen on writing. The inside of the mandala can be used for mindful colouring.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/09/Weekly-gratitude-and-emotions-tracker.pdf>

Top 10 Tips for Winter Wellbeing



Tip 1: Keep to a daily routine – with shorter, colder days, it can feel harder to keep our normal activities going. We usually feel better if we're up and dressed, eating at regular mealtimes and going to bed at the same time.

Tip 2: Stay connected – a friendly natter by phone, online or meeting friends in a way that feels comfortable to us can help us feel connected.

Tip 3: Do things you enjoy – in the bad weather, it is even more important to take time to enjoy ourselves each day. It can also be fun to try something new, get creative or dust off an old hobby.

Tip 4: Get outside for some sunlight and exercise – try to get outside for at least 20 minutes of exercise each day.

Tip 5: Look after your physical health: Keep warm – Public Health England recommends that indoor temperatures should be between 18 and 21° Even though this is tricky with the current heating bills!! Eat well – eat regular, nourishing, hot meals including plenty of vegetables. Stay hydrated – drink 6 to 8 glasses of fluid each day and have regular hot drinks on cold days. Sleep well – if you're struggling to get a good night sleep, check out NHS Get Help Sleeping guide. Keep active – it's important to keep moving. We can walk the stairs or try an online exercise or yoga video.

Tip 6: Make a plan – make a plan for days of celebration that are special to you.

Tip 7: Relax and unwind – Take some time each day to relax. Find what works for you, whether that's watching the bird table, caring for your plants, going for a run, or getting up and moving to your favourite festive tunes.

Tip 8: Drink sensibly – taking a mindful approach to what we're drinking can have huge benefits for our physical and emotional health.

Tip 9: Write it down – keeping a journal can be a great way to explore and organise our thoughts. It can help us plan our day, express gratitude and understand our worries and feelings.

Tip 10: Ask for help – if we're struggling, it's ok to ask for help if we need to, there's always someone to talk to. Ringing or texting a helpline such as SHOUT if we're lonely can help us feel better too.



The community health and wellbeing and support team will be running a session on the 20th of January at 2pm titled 'The anxious child'. There will be coffee and cake and a warm space for everyone to catch up and have a chat.



Well being App – cove

Who is it for? Cove is for anyone who wants to express through music what they might struggle to say with words.

How does it work? Cove is like a mood journal, except instead of using words to express how you feel, you use music. To create music, choose from six different moods – calm, struggling, longing, playful, clouded and gentle. Once you've selected your mood, you can easily add and remove different musical effects.

<https://cove-app.com/>



Calendar dates

Children's mental Health week 6th-10th
February

<https://www.childrensmentalhealthweek.org.uk/>

Time to talk day 2nd February

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

Action for happiness – January calendar

<https://actionforhappiness.org/calendar-monthly/2023-01>



