



Look after yourself

Hopton Primary school

Wellbeing Newsletter 1

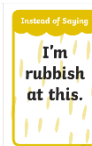


Resilience



Resilience is an important quality for children to have for life.

Resilience is the ability to cope when things go wrong. Bouncing back after difficult times. Dealing with challenges and still holding your head up. Giving things a go or trying your best. Being able to cope with what life throws at you and shrug it off. Standing up for yourself.

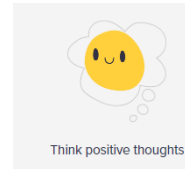


If you need to speak to anyone over concerns about your child's emotional wellbeing, ring school on Tuesdays between 12:30 and 1:00 and ask to speak to Mrs Barrow (Assistant head and pastoral lead).

01924 489736

Top tips:-

- Young people need to feel safe and loved.
- Encourage young people to talk about how they are feeling.
- Give young people the time and space to express their emotions.
- Focus on the young person's key skills and attributes and keep highlighting these to them. For example, are they good at a particular subject, sport, or do they have a special quality?
- Value the young person and offer 'direct praise' by commenting on the actual behaviour rather than just a general comment as it will mean more to the young person.
- Ensure a young person knows they are loved and valued, not just by the immediate family, but their extended family and wider community.
- Give young people choices and options. These could range from simple choices (e.g. what to have for dinner or what to wear) to a more serious choice (e.g. what subjects to choose for their exams) Giving choices allows them to take responsibility and understand that there are consequences and risks to be calculated.
- Avoid comparing siblings, family members or friends and embrace the young person's special, unique qualities, as this will help to make them feel special and more valued.
- Make sure young people have a healthy balance of activity and rest. Too much activity can cause a young person to become exhausted and run down. Too much rest can cause a young person to lose motivation and become even more lethargic.
- Continue to support young people and help guide them to manage decisions and risks well, but allow them to make mistakes that are not too risky. This will help them to learn how to negotiate life and the challenges they will face.



Think positive thoughts



Accept that negative things can happen



Accept that change happens all the time



Learn from mistakes

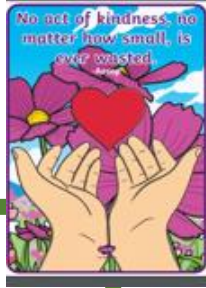
If things today didn't go the way you'd hoped, don't worry! Tomorrow is a new day.



Find things that help you feel calm

I can't control everything, so what is in my control? Can I change something I am doing to make things better?

5 steps to happiness!



1. Connect with other people

Good relationships are important for your mental wellbeing:-

- They can help you to build a sense of belonging and self-worth
- Give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others
- Search and download online community apps on the NHS apps library.

2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:-

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:-

- Boosting self-confidence and raising self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:-

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

5. Pay attention to the present moment

Paying more attention to the present moment can improve your mental wellbeing. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and 'savouring the moment' can help reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations. Take some time to enjoy the moment and the environment around you. Here are a few ideas:-

- Listen to some music
- Try a yoga class
- Meditate with a teacher from YouTube or use an app
- Go for a walk or a swim
- Take a different route to work.

Apps to try to reduce stress on phones and tablets...

Calm

Headspace

Look after yourself – you are as important and deserving of care as everyone else.



Mindfulness and yoga for kids

For lively and fun workouts, try cosmic yoga on YouTube or get Cosmic Kids Yoga: the mindfulness app for children. . Go into space or under the sea. . . .

For a more peaceful time, try Peace Out guided relaxation for kids



Useful telephone numbers

<p>Mental Health</p> <p>Thrivingkirklees.org.uk 0300304 5555 Advice about looking after you, or your family's mental health.</p> <p>youngminds.org.uk Parents help line. 0808 802 5544</p> <p>Samaritans The Samaritans offer emotional support 24 hours a day. Call 116 123 (It's free)</p> <p>Childline Call: 0800 1111</p> <p>Anna Freud centre for children and families</p> <p>Useful website for finding out about mental health issues</p> <p>iapt.admin@swyt.nhs.uk 01484 434625/6 01484 343700 Counselling and therapy from Kirklees improving Access to Psychological Therapies (IAPT) Depression, stress, obsessive compulsive disorder.</p> <p>info@sane.org.uk mental health crisis. 08457678000</p> <p>wiseminds@kirkleescollege.ac.uk 01484 437156 Group therapy to help with depression, anxiety, sleep disorders</p> <p>www.womencentre.org.uk counselling and advice for women on debt, mental or physical health, and domestic violence. 01484 45 0866</p>	<p>Bereavement</p> <p>Kirklees@cruse.org.uk 01484 546318</p> <p>West Yorkshire grief and loss support service Call free helpline:08081963833 8am-8pm, 7 days a week Chat online: griefandlosswyh.co.uk</p> <p>Drug or alcohol abuse</p> <p>FRANK Call 0808 1689111 (24 hours) Frank offers friendly, confidential support and advice to anyone concerned about drugs, including alcohol.</p> <p>Chart Kirklees Open to anyone in Kirklees over 18 who would like to work around their alcohol use. 01484 353335 Referrals.chart@cgl.org.uk</p>
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