



# MENTAL HEALTH & WELL-BEING NEWSLETTER



Term: Summer 2 | Week 1 | Date: Friday 7th June 2024

At Norbridge Academy we are dedicated to supporting all our children and their families.

We have therefore, compiled a half termly Mental Health & Wellbeing newsletter which aims to give helpful advice and support to our families.

If you have concerns about the emotional well-being or behaviour of a child, please let school know. We have a team of staff who can help;

- Mrs Whittington - SENCO & Dedicated LAC Teacher
- Ms Parkinson - PHSE Co-ordinator
- Mrs Townsend - Family Liaison Officer, Mental Health & ELSA Lead and Licensed Thrive Practitioner



# ANXIETY

## What is Anxiety?

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their life e.g. you may feel worried and anxious about sitting a test, going to a new year group, having an injection, a job interview etc. Below is an explanation for children as to why we become anxious and how it makes our bodies feel.

### 1) Why do we get anxious?

Our bodies have a built-in survival instinct from over 50, 000 years ago, when we might have been living in the wild. Imagine you are walking through the jungle and a tiger jumps out at you. Your life is in danger, so you need to run.

### 2) What happens when we get anxious?

When we see something scary, we tell our brains that something frightening is about to happen. Our brain then gives our body instructions so that it is ready to run fast.



3) These changes are useful when you're in danger. They can save our lives as they help us to react quickly. In the case of a tiger chasing us, it would help us to run away!

#### **4) When do you feel anxious?**

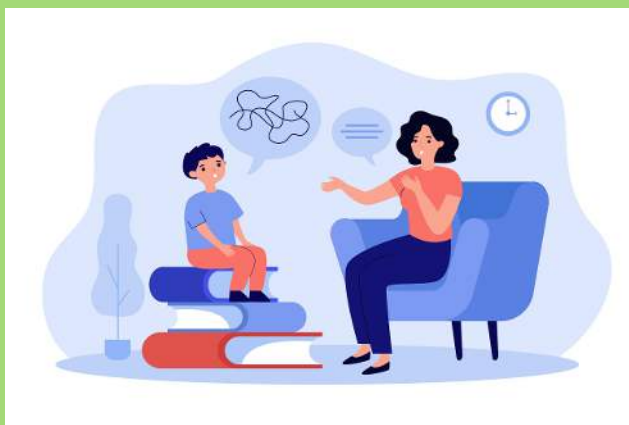
You may be seeing 'tigers' where they don't exist. However, these feelings are very real to you. For example, do you get these anxious feelings at the thought of starting the school day, attending a birthday party, or going to swimming lessons? You might get anxious about the thought of getting lost, leaving your parents/carers for a short while, or going somewhere you've never been before? When you get these feelings, you may want to try and stay away from the place that makes you feel like this, because you believe that something scary will happen.

#### **5) Do you feel anxious at night?**

You may get these feelings at night, and struggle with nightmares or night terrors. Anxiety can leave you lying awake at night, worrying about what you could have done differently that day and what frightening things might happen the next day. You may also worry about the future and possible frightening things that could happen.

#### **6) It is important to let someone know.**

Encourage your child to talk about how they are feeling so that you know how and when to provide support. If you have any worries or concerns about your child's anxiety, then please let school know. There will be things we can do to help.



# STRATEGIES TO HELP

## Improve your sleep

Feelings of uncertainty and anxiety may mean your child, you and members of your family have more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day and try and get some natural sunlight by opening curtains, etc. This helps regulate your body and can help you sleep better. Also, wind down before bed by avoiding tablets, phones and computers an hour before bedtime.

## Try a relaxation technique

Relaxing and focusing on the present can help improve your child's mental health and lighten negative feelings. Why not try some yoga with your child?

Below are the yoga links.

For younger children:

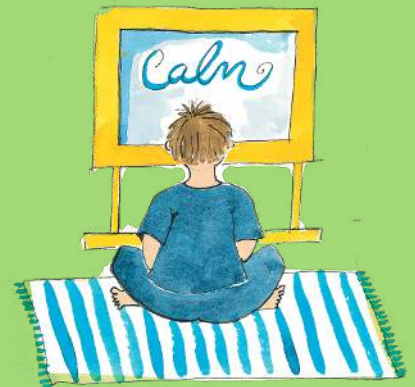
<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=0ImHIWzP49M>

For older children:

<https://www.youtube.com/watch?v=0eJoUIBhLkE>

[https://www.youtube.com/watch?v=sM5MGLMNN\\_E](https://www.youtube.com/watch?v=sM5MGLMNN_E)



## Take time to reflect (celebrating resilience)

Make time each day for your child and the rest of your family to reflect on the positives. What went well? How were obstacles overcome? What has your child achieved that they should be proud of? It is important to recognise your successes and the things you are grateful for, no matter how small. You can ask your child to start a diary where they write two or three things they have been proud about or are grateful for that day. Mindful techniques can also help you focus on the present rather than dwelling on negative thoughts. Below are two mindful breathing exercises that you can do with your child:

Fiver Finger Breathing <https://www.youtube.com/watch?v=DSgOW879jjA>

Rainbow Breathing <https://www.youtube.com/watch?v=O29e4rRMrV4>

## **Move more every day**

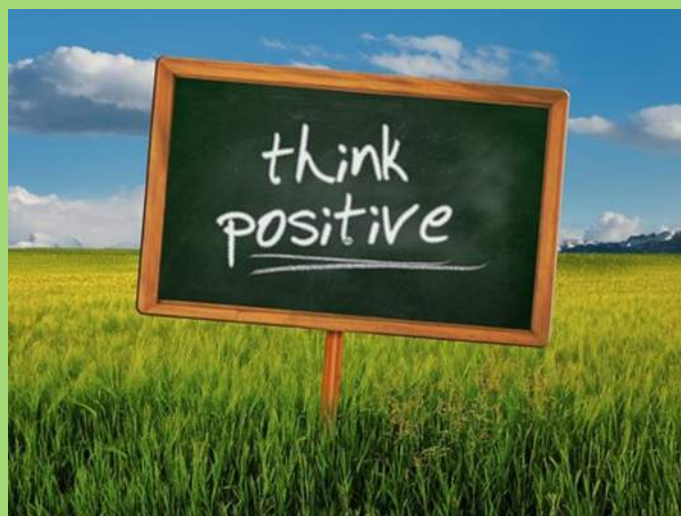
Being active reduces stress, increases energy levels and can make us more alert and help us sleep better, so have fun getting active.



## **Be Hopeful and Optimistic**

Some children's anxiety may have been exacerbated following the global pandemic. Some children may be experiencing a loss of trust in the world that they knew; they may believe that because a terrifying thing has happened, they can no longer dare to hope that life can be happy and safe again.

Modelling optimism and encouraging them to see the strengths and coping skills they have and encouraging them to notice acts of courage and kindness will help develop a sense of personal positivity for the future. It is not uncommon for children and young people to have a less optimistic view of the future after events such as those experienced over the pandemic years. Reminding them of their strengths and providing opportunities for setting small goals and achieving them will help them.



# MENTAL HEALTH AWARENESS WEEK 'MOVEMENT: MOVING FOR OUR MENTAL HEALTH'

13TH - 19TH MAY 2024

Physical activity is great for our mental health. When we exercise our bodies release a natural hormone called 'endorphins', which can improve your mood.

Movement and physical activity helps our mental health by:

Managing stress

Improving our mood by triggering chemical changes in the brain

Improving sleep

Improving self-esteem

Reducing anxiety by making our "fight or flight" response less reactive

Encourages us to achieve goals

At Norbridge we encourage children to participate in PE, karate, gymnastics and other physical activities and events. We have also recently promoted 'Walk to School Week' - to find out more please visit [Walk to School Week \(livingstreets.org.uk\)](http://livingstreets.org.uk)



# JOYFUL JUNE 2024

## LET'S LOOK FOR WHAT'S GOOD!

Joyful June 2024

MONDAY



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

10 Bring joy to others by doing something kind for them

17 Take time to notice things that you find beautiful

24 Bring to mind a favourite memory you feel grateful for

TUESDAY



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

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

18 Look for something good in a difficult situation

25 Show your appreciation to people who are helping others

WEDNESDAY



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

12 Write a gratitude letter to thank someone

19 Get outside and find the joy in being active

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

THURSDAY



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

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

20 Rediscover and enjoy a fun childhood activity

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

FRIDAY



7 Do something healthy which makes you feel good

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

21 Send a positive note to a friend who needs encouragement

28 Notice how positive emotions are contagious between people

SATURDAY

1 Decide to look for what's good every day this month

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

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

22 Watch something funny and enjoy how it feels to laugh

29 Share a friendly smile with people you see today

SUNDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

16 Speak to others in a warm and friendly way

23 Create a playlist of uplifting songs to listen to

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



ACTION FOR HAPPINESS

Happier · Kinder · Together



# BE U NOTTS



Be U Notts is an accessible early intervention service that is easy to navigate, providing timely access to advice, guidance, and support for children, young people and families. ABL Health will be the lead provider, working with delivery partners to meet the needs of children and young people presenting with low to mild emotional wellbeing and mental health needs including emotional disorders.

The Be U Notts Service will deliver:

- Advice and guidance
- Community drop-in sessions
- 1-1 therapeutic support
- Group sessions
- Online and virtual support
- Peer support groups for children and young people and parents/carers
- Self-harm support
- Self-help/Self-guided care

Parents can speak to a staff member for further information or self-refer children into the service by contacting;

Website – <https://www.beusupport.co.uk>

Telephone – 0115 708 0008



# SUPPORT & ADVICE

This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/oneyou/every-mind-matters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety.

More information and advice can be found on their website:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



Young Minds – <https://youngminds.org.uk/>



Parentline - text service 07520619919



[www.childrensbereavementcentre.co.uk](http://www.childrensbereavementcentre.co.uk)

Notts - 01636 551739



[www.lgbtplusnotts.org.uk](http://www.lgbtplusnotts.org.uk)

## SUPPORT & ADVICE

A local mental health charity offering support to anyone under the age of 25, and parents/carers.

If you are struggling and need help or support with mental health, open up and talk to other people in person, on the phone or by text.

For more information please visit [www.nottalone.org.uk](http://www.nottalone.org.uk)

# NottAlone

Are you worried about your own, or someone else's mental health?

is here!

Want to find trusted information, advice and local services that can help?

The **NEW** website offering local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

[nottalone.org.uk](http://nottalone.org.uk)

