

Children and Young People's Newsletter



Welcome to our April Newsletter. This month we are going to explore more techniques to help you manage worries and reflect on the Stress Awareness month. Have a look below to see what we prepared for you!

Easter break

After few weeks of being in school we are getting to the end of the term and a well deserved break from learning. Hopefully those few weeks in school allowed you to settle in and get used to the new 'normal'. Now you can have the Easter break to relax and take a breather before going into the summer term!



The Worry Tree

Coming back to school might have been a difficult but also an exciting process and we hope the summer term will bring more positive changes. Hopefully with more people having the vaccine and tests becoming more accessible, the restrictions are going to be lifted as planned and we will get to enjoy more social contact and access to activities.

It is understandable that Covid-19 and changes can cause some anxiety as we might be worried about many different things along the way. Maybe take a breath and check your thoughts for a minute. Find out how to step outside yourself and stay on top of your feelings.

What might be helpful is to understand that some of the worries we have are outside of our control and learn to let them go. The worries which we have control over, we can try to resolve and then change our focus of attention.

We are sharing with you a Worry Tree which is a fantastic technique you can use to understand and recognise which worries you should let go off and how to resolve the ones you do have control over. You want to start at the top of the tree and make your way down to find a possible solution. It might be easier to write your worries down and use the Worry Tree technique for each one of them.

These two videos will help you to understand this technique better so you can implement it into your life when you're feeling overwhelmed, anxious and/or worried:

1. Explanation of how to use the [Worry Tree](#).
2. Scroll down to see the videos: [The worry tree](#) - gives you an example of how to use this technique when experiencing a lot of worries at once.



Parent's Wellbeing corner

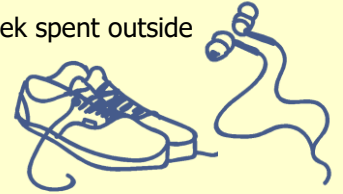


Did you know that April is a **Stress Awareness month**? We'd like to take this opportunity to think about how stress can affect our mental health and wellbeing and how we can manage stress better.

According to the Mental Health Foundation, 74% of UK adults have felt so stressed at some point over the last year, they felt overwhelmed or unable to cope. Millions of us around the UK are experiencing high levels of stress and it is damaging our health. Stress is one of the great public health challenges of our time, but it still isn't being taken as seriously as physical health concerns. Stress is a significant factor in mental health problems including anxiety and depression. It is also linked to physical health problems. Individually we need to understand what is causing us personal stress and learn what steps we can take to reduce it for ourselves and those around us.

Here are some quick tips to reduce your stress:

1. **Get some exercise.** Physical activity releases the happy hormone - endorphins which automatically help you feel better and improve your mood. A brisk 30 minute walk each day will do wonders.
2. **Get out in nature.** Go outdoors and admire the nature around you. Two hours a week spent outside are associated with greater wellbeing.
3. **Practice mindfulness.** Being present and taking notice of how we're feeling and of our surroundings is proven to decrease stress levels. Perhaps doing five to ten minutes of meditation per day, breathing exercises or anything else that helps you to be more mindful might just do it.
4. **Eat well.** Our gut regulates our hormones so eating a healthy, balanced diet can influence our stress levels too.
5. **Get enough sleep.** Cut down on caffeine and perhaps don't keep digital devices in your bedroom.
6. **Do things that light you up.** Don't forget to relax and have fun. Spending time on your hobbies is not selfish, it's part of our self-care and it will help you to combat stress and unwind.
7. **Get support.** Build your support system. It's always helpful to have one or two people you can count on and speak to when feeling under the weather. If things get tough you can always reach out for professional support too e.g. speak to your GP or call [National Mind Infoline](https://www.nationalmind.org/) on +44-300-123-3393, open 9am to 6pm, Monday to Friday (except for bank holidays).



Meet Our Team corner



This month we are introducing Koralia:

Meet Koralia

Hi, I'm Koralia! I'm a Child and Young People's Wellbeing Practitioner in the BWW Mental Health Support Team. I work with children, young people and families to provide support for people with mild to moderate mental health difficulties and increase wellbeing support in schools.

I work in Westminster City School, Pimlico Academy, St Vincent's Catholic Primary School, Barrow Hill Junior School and George Eliot Primary School.

My goal is to empower young people and families to maximise their independence and achieve their goals in life!

Few things Koralia likes:

I love ballet and take every opportunity to experience it by attending classes for many years. I also enjoy cooking, drawing and travelling around the world!

Koralia's perfect day:

My perfect day would start by making a delicious energy-boosting breakfast together with a hot cup of coffee, and would end by spending time outdoors with my family and friends!



Thank you Koralia for sharing this with us!