

Welcome to our Wellbeing Newsletter.

“Spring is the best life coach: It gives you all the energy you want, all the positive thoughts you wish and all the boldness you need!”

**- Mehmet
Murat ildan**

Welcome to April's edition of our Wellbeing Newsletter. The 29th March marks the beginning of the easing of the lockdown restrictions and hopefully with this we can see a return to normality. After so much bad news over the last twelve months this therefore allows us to start being more positive about the future.

We know that our young people have been through so much and that this has impacted their wellbeing greatly and even with this easing we have to still acknowledge that many of them will need ongoing support.

We are always here for our students, as we are our families and the community.

Please do continue to email us at wellbeing@wildern.org if you would like to see some suggestions of websites you could visit for support or advice in May's newsletter.

Kind regards
Mrs Thomas
Head of Student Services

**'Every Mind Matters,
Every Person
Counts'**

For many of us, the gradual easing of lockdown brings longed-for opportunities (even if at a social distance) – to see friends, play sports, resume contact with family in 'real space' or get back to work that we value. But for many of us, even the happy, much anticipated changes can be difficult for our mental health.



Mental Health
Foundation

Looking after your mental
health as we come out of
lockdown

For Tips on coping with
fear and anxiety as we
come out of lockdown
[CLICK HERE](#)

Acts of kindness make the world a happier place

Kindness during the coronavirus outbreak



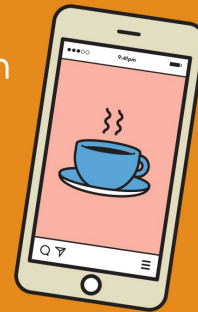
Reach out to call a
friend, family
member or
neighbour who
is experiencing
loneliness or
isolation



Kindness during the coronavirus outbreak



Arrange a cup
of tea and
virtual catch
up with
someone
you know



Kindness during the coronavirus outbreak



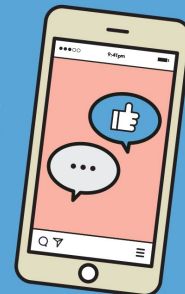
Arrange to watch a film
at the same time as a
friend and video call



Kindness during the coronavirus outbreak



Send a motivational
text to a
friend who
is struggling



Get involved with acts of kindness

- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Arrange to have a cup of tea and virtual catch up with someone you know
- Help with a household chore at home
- Arrange to watch a film at the same time as a friend and video call
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a motivational text to a friend who is struggling
- Send someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal
- Send an inspirational quote to a friend
- Send an interesting article to a friend
- Contact someone you haven't seen in a while and arrange a phone catch up
- Spend time playing with your pet
- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- Donate to a charity
- Lend your ear – call a colleague and ask how they're finding the change in routine
- Give praise to your colleague for something they've done well
- Arrange to have a video lunch with a colleague
- Send an inspirational story of kindness people around the world are doing for others to someone you know
- Donate to foodbanks
- Offer to skill share with a friend via video call - you could teach guitar, dance etc.
- Offer support to vulnerable neighbours
- Offer to send someone a takeaway or a meal

For more info [CLICK HERE](#)



**Discover simple steps to look after
your mental health**
Search every mind matters



Top tips to deal with stress and burnout



Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.



Allow yourself some positivity

Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.



Challenge unhelpful thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts.

[Reframing unhelpful thoughts video](#)



Be more active

Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.

[Home workout videos](#)



Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.



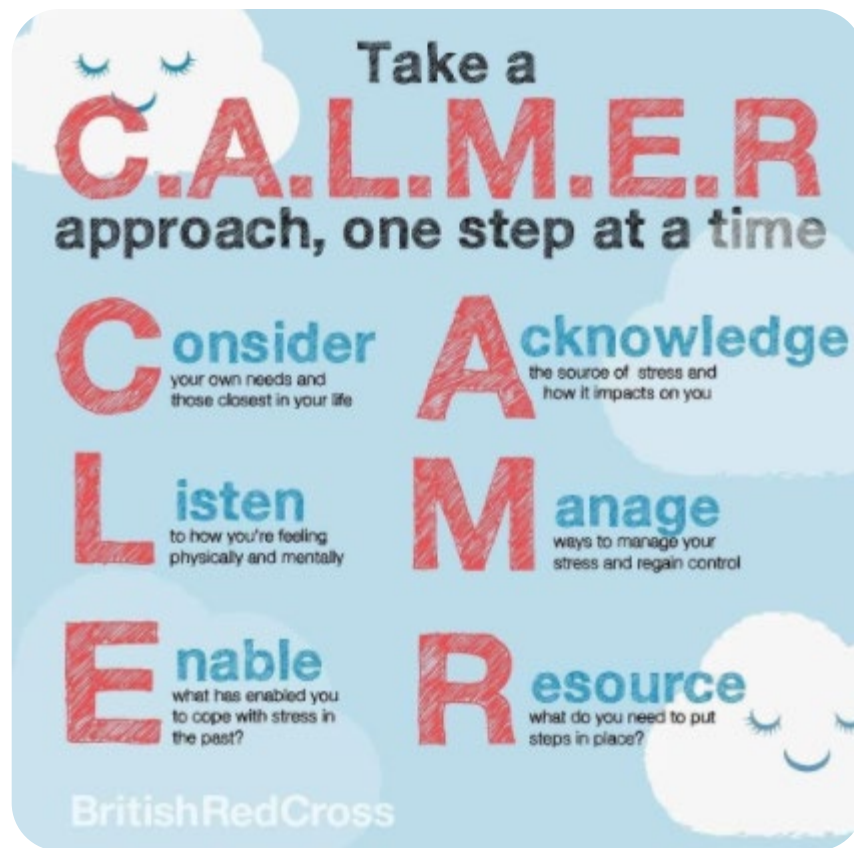
Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

The image shows three identical ChatHealth service cards side-by-side. Each card features the ChatHealth logo at the top, followed by the text 'ADVICE FOR PARENTS AND CARERS OF CHILDREN AGED' and a specific age range. Below this, there is a graphic of a smartphone displaying a text message interface with a green envelope icon and a text box containing a phone number. The service hours are listed at the bottom of each card.

Service	Text Number	Monday - Thursday	Friday
ADVICE FOR PARENTS AND CARERS OF CHILDREN AGED 0-5 years	07520 615 720	9AM - 4.30PM	9AM - 4PM
ADVICE FOR PARENTS AND CARERS OF CHILDREN AGED 5-19	07507 332417	9AM - 4.30PM	9AM - 4PM
Advice for young people	07507 322 160	9AM - 4.30PM	9AM - 4PM

ChatHealth has been as busy as ever and is a great resource for parents, carer's and young people to text a health professional confidentially.



Butterflies Bereavement Support Hampshire

The text is centered on a light yellow background with a subtle gradient. The words are stacked vertically in a bold, blue, sans-serif font. Several pink and red butterflies are scattered around the text, some appearing to fly across it. The entire graphic is set within a rounded rectangular frame.

For the past 4 years, Butterflies has been providing face to face and telephone support to anyone who has been bereaved either recently or over the years across Hampshire and more recently on the Isle of Wight as well.

It has long been our dream to have a dedicated bereavement support centre that provides an essential base for this award-winning charity and an increased range of opportunities for the bereaved and lonely across the two counties

[The Butterflies Centre](#) is located in Eastleigh and is central for the whole of the County.

The centre is home to:

- A helpline
- Counselling Suite
- A bereavement crisis points
- Suicide prevention counselling service
- Bereavement Counselling
- Living Bereavement Support
- Live links for support during lockdowns
- A resource point to signpost to other groups and organisations

For more info [CLICK HERE](#)

The screenshot shows the NSPCC Childline website interface. At the top, the NSPCC logo is displayed above the main heading "Worried about a child?". Below this, a yellow box contains the contact number "0808 800 5000" and the email address "help@nspcc.org.uk". The "childline" logo is visible in the blue navigation bar, along with the text "ONLINE, ON THE PHONE, ANYTIME". Navigation links include "Info and advice", "Get support", "Toolbox", and "Get involved". A "Your locker" button with a "Sign in" option is also present. The breadcrumb trail reads "You are here / Home / Toolbox / Calm zone". The "CALM ZONE" section features a purple background with a white text box containing the text: "There are lots of ways to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress." Below this, a dark blue box lists "On this page" with links to "Activities and tools", "Breathing exercises", "Expressing yourself", "Yoga videos", "Play games", and "Ways to cope videos". An illustration of a child looking out a window at a sunny landscape is also visible.

NSPCC

Worried about a child?

0808 800 5000
help@nspcc.org.uk

childline Call 0800 1111 About us

ONLINE, ON THE PHONE, ANYTIME

Info and advice Get support Toolbox Get involved Your locker Sign in

You are here / Home / Toolbox / Calm zone Search Childline

CALM ZONE

There are lots of ways to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

On this page

- Activities and tools
- Breathing exercises
- Expressing yourself
- Yoga videos
- Play games
- Ways to cope videos

TIPS TO HELP A YOUNG PERSON MANAGE ANXIETY

- **listen carefully to their fears and worries**
- **offer reassurance and comfort**
- **help them find advice and support**



Five activities to help your child build their digital resilience

Over the past year we've increased our reliance on technology, and with that change there are fears that online risks are growing – particularly for children. For more info [CLICK HERE](#)



YOUNG
MINDS



If your family is experiencing, or has experienced, domestic violence, or you are concerned that domestic violence is happening in another home where your child is staying, remember that you and your child are not alone. [CLICK HERE](#) and you can find organisations that can help you.

Domestic violence is never okay or excusable, and everyone has the right to live a life free from fear, harm and control. If your child is witnessing domestic violence, it can have a huge effect on their mental health and wellbeing – both while it is happening and later in life. The most important thing you can do is find the right support to help you take the next step, so that you and your child can feel safe and get the help you need.

Supporting your child during the coronavirus pandemic

Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic. For more info [CLICK HERE](#)

When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Very Angry

Stay calm.
Stay safe, walk away if possible and make sure you don't engage with your child until you are both calm.

Frustrated

Reflect what you can see in your child. 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel.'

Calm

Use this time to explore your concerns and ask questions like 'what happened there? How did you feel?' If there has been lots of conflict reassure them and remind them you still love and care about them.



Non Violent Resistance Training What is NVR?

Non Violent Resistance is a way of working with parents and their support network in a very specific way. It looks at the model of escalation processes between parents and child and ways for overcoming escalation. It encourages parents to take an active stance and reclaim parental presence within their home so that they have more influence with their children. Research shows that the NVR approach is more effective with teenagers than other programmes. Up to 20 families can work together, learning and practising strategies and offering each other a chance to reinforce their hope for the future and support for coping in the present. There will be an opportunity for parents to continue to meet following the group to continue to support each other. Why should I find out more? Many parents are experiencing that their children are trying to control them, sometimes to the extent that the children become physically aggressive towards them. Parents often find that their usual strategies do not work. They try reprimands, threats and punishments and the child responds by escalating the aggressive behaviours. When parents opt for reasoning, persuasion or giving in, this also tends only to perpetuate the vicious cycle of escalating behaviour. Parents often comment that they have tried everything and nothing has worked resulting in them feeling hopeless.

If you would like further information on the NVR programme please contact us at school.

What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

What does it cover?

Over the 10-week Programme, you will look at lots of different topics, including: Understanding why children behave as they do Recognising the feelings behind behaviour (ours and theirs) Exploring different approaches to discipline Finding ways to develop co-operation and self-discipline in children Learning the importance of looking after ourselves.

If you would like further information on The Nurturing Programme programme please contact us at school.





The Nurturing Programme

Information
for parents
and carers

How to get the best
out of family life



PAPYRUS

PREVENTION OF YOUNG SUICIDE

PAPYRUS is the national charity dedicated to the prevention of young suicide.

What We Know

Suicide is the biggest killer of young people – male and female – under 35 in the UK. Every year many thousands more attempt or contemplate suicide, harm themselves or suffer alone, afraid to speak openly about how they are feeling.

Our Vision

Our vision is for a society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

Our Mission

We exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.

Our Beliefs and Values:

Beliefs that guide our thinking:

PREVENTION: Many young suicides are preventable

PASSION: Those who are touched personally by a young suicide have a unique contribution to make to our work

HOPE: No young person should have to suffer alone with thoughts or feelings of hopelessness and nobody should have to go through the heartbreak of losing a young person to suicide

LEARNING: There are always lessons to be learned from listening to young people at risk of suicide, those who give them support and those who have lost a young person to suicide.

Thinking of Suicide?

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact HOPELINEUK. We are open 9am–12am (midnight) every day of the year.



0800 068 4141



pat@papyrus-uk.org



Find help and advice



Tweet



Instagram



Website

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