



## Welcome to July's edition of our Wellbeing newsletter

Hi everyone and welcome to our last newsletter before the summer holidays.

It has been a very challenging year for us all but thankfully we are now beginning to see life return to a little bit more like what we are used to.

The summer holidays bring a time to relax, recuperate and refresh which is vital for our mental health and wellbeing. They also provide our children with a well-earned break from education and an opportunity to spend time with family and friends. However, many parents report finding this period difficult, whether that is coping with childcare, balancing work or finding the money to keep children entertained throughout the summer period. This expectation put on parents can prove stressful and below are some tips and useful links to some websites to help and support you over the summer holidays.

### Top tips

**1. Reduce technology.** Over the summer period, it is possible that children may be inclined to spend more time on their smartphones, computers or video games. It is important to find a healthy balance so kids do not spend the majority of their days online.

**2. Support your children to socialise.** Take time out to be with your children, talk about their interests and explore what's on in the local area that they would like to attend.

Visit Hampshire is a good website to find out about local events and activities. [click here.](#)

Visit the National Trust website to find nature days near you, [click here.](#)

**3. Provide new learning opportunities.** Take advantage of encouraging your children to use unstructured time in their holidays to enhance their creative sides (e.g. by reading, writing or doing arts and crafts). Visiting museums is also a great, fun activity that stimulates the mind and supports learning.

**4. Planning family based activities** can be a great way to encourage positive structure during the summer holidays whether it's a bike ride together, a walk by the sea or going swimming.

**5. Naturally,** as parents we want to ensure our children have an enjoyable summer and remain entertained, however this can be quite overwhelming and stressful. **Find time in the day for your own self-care.**

Practising mindfulness can be a great way to reduce stress. For some simple ideas to try visit [here.](#)

Please continue to email us at [wellbeing@wildern.org](mailto:wellbeing@wildern.org) if you would like to see some suggestions of websites you could visit for support or advice in September's newsletter.

Wishing you all a safe and relaxing summer and we look forward to welcoming everyone back in September.

Kind regards

Mrs Thomas

Head of Student Services

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



Family Lives National charity providing support for parents on all aspects of family life.

**Helpline:** 0808 800 2222

**Website:** [www.familylives.org.uk/](http://www.familylives.org.uk/)

## YOUNGMINDS

### **Our Services**

If you are concerned about a young person's mental health during this difficult time, please get in touch:

#### Parents Helpline:

If you are a parent who needs advice about your child's mental health you can

contact the Parents Helpline directly on 0808 802 5544 between 9:30am-4pm

#### YoungMinds Crisis Messenger:

If you are a young person experiencing a mental health crisis you can text **YM** to

**85258** for free 24/7 support.



## Your child and online gaming: what you need to know.

Information on children's online gaming including top safety tips.

**#gaming4good**

The '[Get Safe Online](#)' website provides useful information about scams and cyber threats. Recently there has been a lot of discussion about scam text messages, which look like they are from the Royal Mail, or your phone company. One type of scam uses 'Flubot', where a text message prompts the user to click on a link and this downloads the bot to your Android phone. [See BBC article here for more information about this piece of malware.](#)

[See the Get Safe Online website here, with lots of information about how to keep yourself safe.](#)



**Thinkuknow** is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

**Need advice?**

Find out how to keep you and your friends safe - and keep the internet fun...

Topics covered include - Live streaming, following digital footprint, friends, frenemies and fakers, when nudes get shared around, dealing with pressure, online bullying, receiving unwanted images, worrying about something that's happened online amongst many more.

**NSPCC**

**Worried about  
a child?**



**0808 800 5000**  
**help@nspcc.org.uk**





**Better  
Health** every mind  
matters

## Your Mind Plan

Answer the 5 questions in this  
interactive quiz to get top tips and  
advice for you

Now tailored for the coronavirus  
(COVID-19) outbreak.

**Feeling bored, flat and unmotivated? Here are some things that can help**

# Bitesize

If you've been feeling bored, you're not alone. Pandemic-related restrictions have made it hard for us to get out and do many of the things we enjoy doing and it's not surprising that this can make us feel flat and unmotivated. Research has shown that boredom has been a major challenge for young people during the last year.

## Top tips for dealing with boredom and low motivation

### 1. Be kind to yourself

Remember, lots of people have been bored, flat and unmotivated during the pandemic. You're not alone. Be kind to yourself and notice what you're feeling without judging yourself. It's been a tough year and it's understandable to feel this way.

### 2. Notice and record time spent on daily activities to see what helps

Noticing your feelings when you're doing different activities is so important. You can make a record of the things that you find rewarding or fun and try to schedule more time into your day to do those things.

### 3. Work out what matters or is important to you

Spend some time thinking about what really matters to you – what your values are – and which activities are in line with that. If you can find the intrinsic value in activities, you are more likely to do them. [This video](#) might help you find your driving force!

### 4. Do more of what matters

Plan activities that are in line with your values, like doing something nice for someone else or something that helps you move in the direction of your goals. Quite simply: work out what is important to you and then try to do more of it!

### 5. When you're feeling unmotivated, start doing something anyway

Start with a small step, even if you don't feel like it. Feelings of motivation usually appear after you've started to do something. Although there are limits and restrictions at the moment, think of what you can do, however small. And be sure to take note of your progress and what you've achieved, rather than the end goal. Getting started with a small step is a big achievement when you feel unmotivated.

### 6. Notice and pay attention to how it feels to do what you are doing

It is important to try and “get out of your own head” when doing an activity: instead pay attention to everything that is going on around you (e.g. sounds, smells, tastes). Reflect on how it felt: did it feel good? Do you want to do it

again?

7. Imagine positive future images in detail and imagine the steps needed to get there

Mental images can have a really powerful effect on your mood. What do you look forward to doing? Imagine it with as much detail as possible, work out the steps you need to take to get there and if there are any obstacles, think of how you can remove them.

8. Try to notice and address any negative 'self-talk' that's getting in the way of enjoyment or motivation

Negative thoughts like 'I'm no good at this,' or 'What's the point?' can get in the way of your enjoyment. Notice these thoughts and gently challenge them. Think again about your values and why you want to do this activity. Try to replace thoughts like 'I should..', 'I have to...' with 'I want to...' and focus on the why.

9. Make a commitment to others

If you plan to do something, it can be helpful to tell others about your plan as a way of committing to it. You can also plan to do things with others, where possible and doing things for others can have a positive impact on your wellbeing.

10. Seek help when it's needed

If feelings of boredom and low motivation are causing distress or interfering with daily life, it's important to speak to someone about them. There are some links to support below.

If you need support

You should always tell someone about the things you're worried about. You can tell a friend, parent, guardian, teacher or another trusted adult. If you're struggling with your mental health, going to your GP can be a good place to start to find help. Your GP can let you know what support is available to you, suggest different types of treatment and offer regular check-ups to see how you're doing.

If you're in need of in-the-moment support you can contact Shout 85258. It's a free, 24/7 text messenger support service for anyone in the UK. Text the word "SHOUT" or "YM" to 85258 to start a conversation.

*The advice in this article is based on the findings of the Emerging Minds Co-Ray Project, led at the University of Oxford. You can find out more about the project and get further advice [here](#)*



**Hampshire  
Healthy  
Families**

*Today's Health, Tomorrow's Future*



**Southern Health**  
NHS Foundation Trust

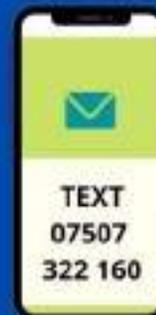


It's safe and easy for you to speak to a  
qualified health professional.  
Just send a message, you don't have to give  
your name.

Available Monday - Friday 9 am - 4.30 pm



Parents of children 5-19



Support for Young people



[Harmless.org.uk](http://Harmless.org.uk) is a User led organisation that supports people who self harm and their friends and family.

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# Worried about self-harm?

Download the free Calm Harm app  
Featured on NHS Apps Library



Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

Please note the app is an aid in treatment but does not replace it.

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## **distrACT**

The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

The contact has been created by doctors and experts in self-harming and suicide prevention.

The APP is suitable for anyone over the age of 17 who is concerned about self-harming.



# How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe, online wellbeing service, offering professional support, information, and forums for young people.

Access to counsellors, 365 days a year - who are available from:  
**12 noon-10pm** Monday- Friday  
**6pm-10pm** Saturday and Sunday

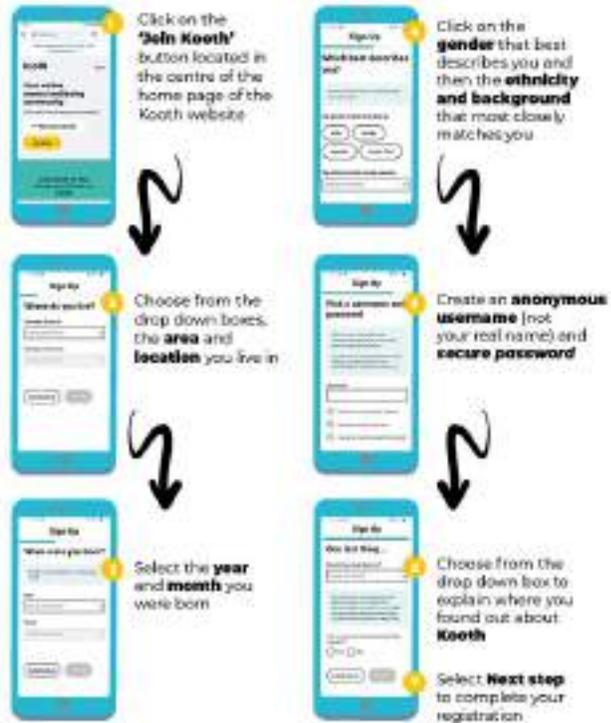
Log on through **mobile, laptop and tablet.**

Now that you are in you can click on the icons at the top of the page to choose from articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**

[www.kooth.com](http://www.kooth.com)



# Signs someone is good for your mental health

There's no  
competition  
between the  
2 of you

They listen  
to you with  
empathy

They  
always  
respect  
your  
boundaries

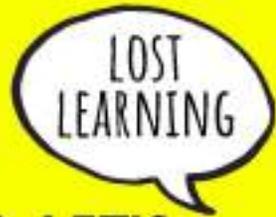


You feel like  
the best version  
of yourself  
around them

They ask you  
questions and  
want to know  
more about you

They are open  
and honest  
with you  
and don't  
judge

@JUSTGIRLPROJECT



# FOR EMOTIONAL WELLBEING, LET'S REMEMBER THE IMPORTANCE OF...

Play

Journalling

Circle Times

Bite-size learning

Building connection

Trauma-informed practice

Instilling a sense of safety

Kindness and self-compassion



Building routines whilst being adaptable

Arts and creative expression of emotions

Learning about emotions & skills to regulate them

Funding for more mental health support in schools



**COVID-19**

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



**MENTALLY WELL SCHOOLS**

**TIPS FOR SPEAKING TO SOMEONE WHO IS EXPERIENCING EMOTIONAL DISTRESS**

**S P E A K I N G**

- Ask open questions**  
"When did that happen?"  
"What else happened?"  
**Note:** Be careful with "Why..." as it could cause someone to feel defensive.
- Ask how they feel**  
Being able to talk about stored up emotions can feel like a relief.
- Try to avoid platitudes**  
E.g. "Try to be positive."  
"I know exactly how you feel."  
"Time heals all wounds."
- Offer to help in practical ways**  
e.g. with work tasks
- Check that they know where to get more support**  
See Signposting on next page
- Respect their wishes and don't pressure them if they don't want further support**  
Avoid trying to 'fix' their problems.
- Keep calm if you think you said the wrong thing.**  
There isn't a 'perfect' way to speak to someone who is in distress.
- Look after yourself too.**  
Seek support if you think you might need it.

**WWW.MENTALLYWELLSCHOOLS.CO.UK** Credit: adapted from "Somavivans Working with Compassion (Woles)"  
<http://www.somavivans.org/our-ec-cot-hub/mentallywell/working-with-compassion-a-note-for-wales/>



**Nude image of you online?  
We can help take it down.**

New '**Report Remove**' tool The Internet Watch Foundation and the NSPCC have launched a new 'Report Remove' tool to help young people to remove sexual images of themselves from online platforms. The tool is supported by Childline and the child will be helped and safeguarded throughout the process. For more information, please [click here](#).

## Best Mindfulness Apps



Calm aims to support better sleep, lower levels of stress, and reduce anxiety through guided meditations, sleep stories, breathing programmes, stretching exercises, and relaxing music. [Click here](#) for more information.



Headspace - this app makes meditation simple, helping to lower stress levels and aid sleep. [Click here](#) for more information.



SAM - this app offers a range of self help methods to manage stress and anxiety.

Are you facing unwanted  
sexual behaviour in school?

If so, the NSPCC are  
here to listen.

**Report Abuse in Education helpline:**

 **0800 136 663**

 **help@nspcc.org.uk**



Tweet



Instagram



Website

Want to change how you receive these emails?

You can update your preferences or [unsubscribe](#) from this list