





We tend to beat ourselves up when we do not respond, act, speak, or think how others believe we should. This can put pressure on us to shift to meet everyone else's needs without truly acknowledging our own.

Get in the habit of checking in with yourself and meeting your emotional needs, whether that means processing your feelings in a journal or practicing self-care. The more you respect your truth and your needs, the better you'll be able to communicate them to others.

It's a heavy burden to hide behind a façade or wear a mask. Allow yourself to experience the freedom of being authentic in each moment and making genuine connections with people who can receive your feelings.



There's power in putting down your super hero cape, being vulnerable, and sharing your truth. You don't have to hide, pretend, or feel bad about not always being the "strong one." You're not weak, you're human, and you never have to apologise for that.

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



LIMIT NEWS

Limit the amount of time you spend on social media and checking news



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



POSITIVE HABITS

Write down a list of 5-10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



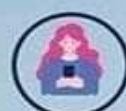
CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



LAUGHTER IS THE BEST MEDICINE

ITS NO JOKE!

1 LAUGHTER IS CONTAGIOUS

The discovery of mirror neurons—what causes you to smile when someone smiles at you—gives credence to the belief that laughter is contagious.

LAUGHTER COMBATS DEPRESSION

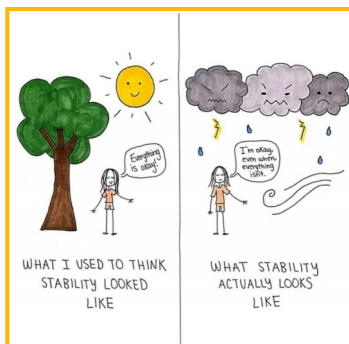
Even forced laughter releases a cocktail of hormones, neuropeptides, and dopamine that can start to improve your mood.

3 LAUGHTER BOOSTS IMMUNITY

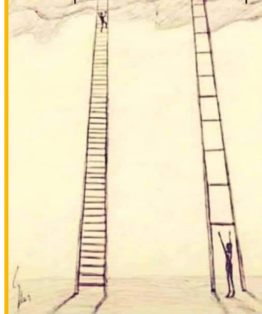
According to one study done at Indiana State School of nursing, mirthful laughter may increase natural killer cell levels, a type of white blood cell that attacks cancer cells.

REMEMBER!

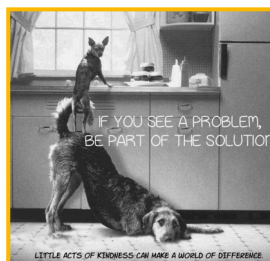
Your ability to laugh can be cultivated with practice so start by prioritizing fun. Find occasion to be silly. Remember laughter, like smiling, is never depleted when you share it.



The importance of smaller steps



STRATEGIC CLEANUP FOR ZOOM CALLS



Which zoom person are you?



20 things to say to encourage your children

1. Great job! Thank you for doing that.
2. Way to go. I'm proud of you!
3. That was so kind of you!
4. Fantastic- thanks for obeying the first time.
5. Wow- you really rocked it!
6. You know what? You are a great kid!
7. I appreciate what you did.
8. I'm praying for you.
9. Look at what you've accomplished!
10. What a great decision you made!
11. Thanks for doing that before I could even ask.
12. I'd love to hear about it.
13. You figured it out- that's awesome!
14. One step at a time- you're doing it!
15. Fabulous job- you were really listening.
16. I know that was a new thing for you- excellent try!
17. I love your creativity!
18. Thank you for sharing.
19. Keep going- you can do it!
20. I love you.

As the world fights to figure everything out, I'll be holding doors for strangers, letting people cut in front of me in traffic, saying good morning, keeping babies entertained in grocery lines, stopping to talk to someone who is lonely, tipping generously, waving at police, sharing food, giving children a thumbs-up, being patient with sales clerks, smiling at passersby, and buying a stranger a cup of coffee.

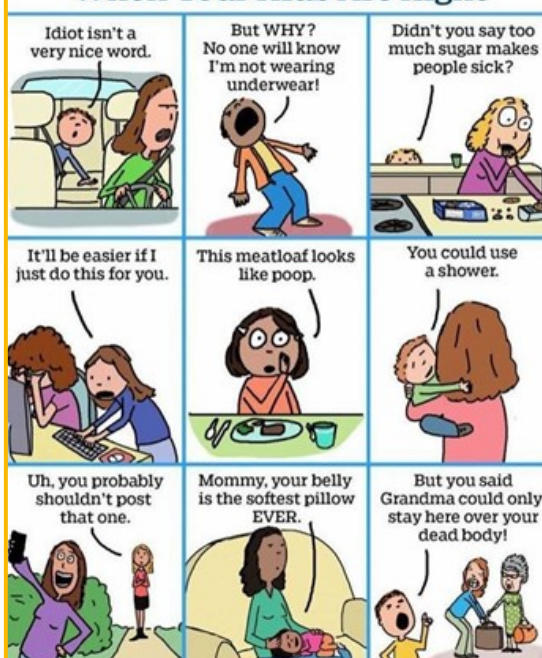
WHY? Because I will not stand to live in a world where love is invisible. Join me in showing kindness, understanding, and judging less. Be kind to a stranger, give grace to friends who are having a bad day, be forgiving with yourself. If you can't find kindness, BE kindness.

Whatever you're feeling, be good to yourself.

If you feel lost, be patient with yourself while you find your way. If you feel scared, be gentle with yourself while you find the strength to face your fear. If you feel hurt, be kind to yourself while you grieve and slowly heal. You can't bully yourself into clarity, courage, or peace, or you can't rush self-discovery or transformation. Some things simply take time, so take the pressure off and give yourself space to grow.



Annoying Times When Your Kids Are Right



Things That Happen in the Seven Minutes Before Bedtime

- ★ Tummy ache
- Sip of water
- Negotiation for another book
- Search for stuffed bunny
- No, the other stuffed bunny
- Sudden interest in what happens after you die
- ★ AGONIZING HUNGER
- Questions about human reproduction
- Irrational fear of gila monsters
- ★ Request for all of the songs from "Frozen"
- Urgent need to poop
- Concerns about tomorrow's breakfast
- Recounting of a favorite TV show
- Fart jokes
- Debate about favorite superhero
- Act of sibling injustice
- ★ One more kiss
- Now a hug
- ★ Now an air kiss
- 37 I love yous



Young people who seem to be stuck in a negative mood may need help to bounce back.

As the pandemic continues to limit our lives, one thing we need to be alert for is depression and low mood, in our children as well as ourselves. Feeling down in this time of cancelled activities and social distancing is unavoidable, and most of us are struggling to stay positive. But depression is more than just feeling sad or having bad days. A child who seems to be stuck in a negative mood — feeling hopeless and not able to enjoy anything — may have depression and may need help to bounce back.

Be aware of the signs of depression.

Depression can be easy to miss, especially in teenagers, since adolescents are often moody. But with sadness and irritability widespread during this crisis, the signs can be even easier for family members to overlook. Likewise, kids and teens who are struggling may not recognize their own symptoms for what they are. Symptoms can include:

- Unusual sadness or irritability, persisting even when circumstances change
 - Loss of interest in activities they once enjoyed
 - Reduced feelings of anticipation
 - Changes in weight, Shifts in sleep patterns, Sluggishness
 - Harsh self-assessment ("I'm ugly. I'm no good. I'll never make friends.")
 - Feelings of worthlessness, hopelessness, thoughts of or attempts at suicide
- If several of these symptoms are present for at least two weeks, they can suggest need for further support.

If you see them, take note, if they last, take action.

See the links at the bottom of this page for some useful websites.

With everyone struggling, it can be hard know how to tell the difference between a child who's just feeling irritable or frustrated and a kid who's slipping into low mood.

If it's here today but they're okay tomorrow, that is not generally a cause for concern. You want to be on the lookout for changes in sleep, mood, appetite, and general engagement.

Help children feel comfortable talking about feelings.

Foster a family environment in which children feel comfortable sharing their thoughts and feelings.

Make time to sit down and explore how the children are doing. They may need a little prompting. With so much going on in the world, older children might worry that their feelings aren't important, and younger children might not have the words to explain what they're feeling. Find a time, and if possible, a place where you aren't likely to be interrupted. If you get in the habit of checking in with your children, and they know they'll be listened to without judgment, they're more likely to let you know what's going on.

If a child is experiencing feelings of sadness or low mood, take some time to talk about why. It's easy for them to say "the virus," and stop there. But encouraging your child to be specific can give both of you more insight into what's happening, and how you can help. For example: Is your child struggling with boredom or from the loss of their regular activities? From disappointment over cancelled events? From feeling isolated from friends? From worries about the future, or fears that they or someone they love might get sick, or even die?

"Very often, depressed children and teens, like adults, have negative thoughts about themselves, their lives, their relationships and their future. They feel hopeless, helpless, and discouraged. Listen for these thoughts. Help them to clarify what's on their mind and how they're feeling.

When children do share, validate their feelings by listening to them without judgment, and without trying to "fix" them. Let them know that you hear them (without agreeing with what they're saying) and you're there for them. For example, "I hear that. That sounds really hard. I love you, and I'm sorry you're feeling so sad."

<https://youngminds.org.uk/>

<http://www.autismberkshire.org.uk/2017/07/14/supporting-teenagers/>

<https://www.childline.org.uk/>

<https://giveusashout.org>

Autumn Arts

Handcrafted Fall Napkin Rings

Toilet Rolls, Fabric, Felt, Ribbon anything to cover, then explore the outdoors and decorate to your unique style.



Visit Nature from your front room

- [Kew Gardens Virtual Tours](#)
- [Natural History Museum Nature Live Sessions](#)
- [US National Park Tour](#)
- [Ben Fogle Adventures Live](#)
- [Sunrise Safari Live](#)
- [Steve Backshall Wildlife Home School](#)
- [WildLife Trusts - Things to do at home](#)
- [Build a Butterfly Bar](#)
- [How to identify Bees](#)
- [Make a bird feeder](#)
- [Make a Hedgehog Home](#)
- [Make a rain stick](#)
- [Make an edible pond](#)
- [How to identify Butterflies and Moths](#)
- [National Trust 50 things to do before you're 11 3/4](#)



My Life CD:

Music helps individuals express their feelings, moods, thoughts, and beliefs. For a teenager, who is filled with emotions, this activity will work on creating self-awareness by identification and expression of feelings



- The activity involves creating a music CD consisting of teen's favorite songs and storing the disc in a jewel case.
- Let the teen choose his playlist of favorite songs based on a theme. Once the songs are chosen, use a computer to burn (write) the songs on the disc.
- Give your teen an empty case, and let them beautify it by sticking glitter, tiny plastic reflectors, etc.
- Let the design of the case match the theme of the music on the CD. So, if the theme of the music is "childhood," then the case's design can represent the theme through bright colors.
- Once the case is ready, let the teen store the CD in it.
- Listen to the songs and discuss the motivation behind each song's selection in the playlist.

A Letter to me:

Writing activities are a powerful tool to help teenagers come out with their feelings. It allows the expression of sensitive emotions that might be difficult to convey verbally. Such activities can help the teen gain a better perspective of their emotions while also building confidence and self-esteem.



Ask your teenager to imagine themselves in the future as an adult.

Ask them to write a letter from their future to their present self. What advice would they give to their current self?

Guide the teen if they are not sure how to begin.

Once done, ask your teen to read it aloud. In this process, guide them through the letter to help identify issues they are experiencing now and how they would like to feel about them in the future.

If they like, they can decorate and frame the letter to use as a positive daily reminder.



TEEN TALK

WHAT ARE THEY REALLY SAYING?

Adolescence is a **pivotal time** when children go from being sweet and lovable to moody and difficult—virtually overnight. Learn what your teen is really trying to communicate when those mood swings take over and help them maintain a **strong sense of self-confidence** to weather the storm of the teenage years.

TEENS SAY:

"I don't need you to lecture me again. Do you think I'm that stupid?"

TEENS MEAN:

They want to be treated as equals. Instead of a one-way reprimand, ask their opinions and avoid debate.

TEENS SAY:

"Why do you care about what I'm wearing? You always nag me about my hair, makeup, and how I dress."

TEENS MEAN:

Altering appearance is a way of healing the inside by changing the outside. Calmly notice what they have done to alter their look and ask them what prompted the decision.

TEENS SAY:

"If I tell you, you are going to get mad and not let me go out."

TEENS MEAN:

This is a pass at honesty. Let them know you're proud they were brave enough to come to you. Stay calm so you don't alienate them in the future, but discuss the "why" of the situation.



TEENS SAY:

"The other kids will think I'm a loser if I don't drink or party."

TEENS MEAN:

They are insecure in who they are. Positive self-esteem can act like a buffer against negative influences, so compliment their achievements whenever possible.

TEENS SAY:

"I know other kids are judging what I'm wearing and how I look each day. I feel this pressure to look perfect all the time."

TEENS MEAN:

They want a shoulder to cry on. Don't laugh them off as silly; tell them stories about when you were growing up and what made you feel insecure.

Whether it's in the car, grocery shopping, or right before bed, keeping an **open dialogue** with your teen clues you in to what is going on in their life. Make daily chats a habitual part of your relationship to **foster their self-confidence** as problems become more complex.

This fun and engaging activity supports interaction among teen and family



You will need a packet of M&Ms or a similar colourful sweet.

- Randomly distribute seven pieces of these sweets to each family member, and ask them to sort them by colour.
- Each colour is associated with a topic. The teen needs to provide responses that correspond to the number of sweets of that colour.
- Below is the list of topics/questions associated with each color.
 - ⇒ **Red** – words that best describe your family
 - ⇒ **Green** – ways/methods your family has fun together
 - ⇒ **Purple** – things your family needs to improve on
 - ⇒ **Yellow** – things that worry you
 - ⇒ **Orange** – things that make you happy
- Once the teen is done with his/her responses, ask them to pick another family member to answer the same questions based on the number of sweets of the same color.
- Once all the family members had their turns, initiate a healthy discussion based on the answers given. Focus on the teen's responses to understand the issues they are facing and what aspects of the family are responsible for it.

Some of the questions that family members could ask the teen are:

- What was the most surprising thing you learned about other family members?
- How should you work towards making changes/improvements as suggested by the family?

How to contact us:

If you would like to find out more about more, please contact the BB4K team today:

Website: www.bounceback4kids.org

Email: bb4k@pactcharity.org

Telephone: 0300 456 4800

Please contact us if you are seeking support for children aged under 5 or

How I get through a chaotic day:

- Coffee
- Courage
- Kindness
- Counting to ten (or ten thousand)



With cold, dark nights and limited social contact / please keep a lookout for your family, friends and neighbours that are struggling.

Mental health issues related to our lockdown and the pandemic are especially hard for people with depression.

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text: 85258 <https://giveusashout.org>

Samaritans -Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

You can phone, email, write a letter or in most cases talk to someone face to face.

Telephone: 116 123 (24 hours a day, free to call)

Look after yourselves and please be Kind. 🐼



31 DAYS OF MENTAL HEALTH!

Eat lunch in the sun!	Cook a healthy meal for yourself.	Treat yourself.	Drink only water today.	Write a letter.	Listen to your favourite album or podcast.
Take a one hour walk.	Switch off.	Self care Sunday!	Try meditation.	Digital detox.	
FaceTime your family or friends.	Have lunch with a friend.	Read a book.	Start a conversation.	Say no to something.	
Take a nap.	Send a hug to a friend.	Put down your phone.	Unfollow negative accounts.	Rest your eyes.	Sleep in.
Jot down your ideas.	Share your story.	Have a cup of tea in the sun.	Buy a gift for a friend.	Go to bed 30 minutes earlier.	Spread some kindness.
	Complete a mindfulness activity.			Compliment a stranger.	

