



Spring blues - turn those frowns upside down

Shower. Not a bath, a shower. Use water as hot or cold as you like. You don't even need to wash. Just get in under the water and let it run over you for a while. Sit on the floor if you have to.

Moisturise everything. Use whatever lotion you like. Unscented? Fancy 48-hour lotion that makes you smell like a field of wildflowers? Use whatever you want and use it all over your entire dermis.

Put on clean, comfortable clothes.

Drink cold water. Use ice. If you want, add some mint or lemon for an extra boost.

Clean something. Doesn't have to be anything big. Organise one drawer of a desk. Wash five dirty plates. Do a load of laundry. Scrub the bathroom sink.

Blast music. Listen to something upbeat and loud, something that's got lots of energy. Sing to it, dance to it, even if you suck at both.

Make food. Don't just grab a granola bar to munch. Take the time and make food; it tastes way better and you'll feel like you accomplished something.

Make something. Write a short story or a poem, draw a picture, colour a picture, fold origami, crochet or knit, sculpt something out of clay, anything artistic. Even if you don't think you're good at it. Create.

Go outside. Take a walk. Sit in the grass. Look at the clouds. Smell flowers. Put your hands in the dirt and feel the soil against your skin.

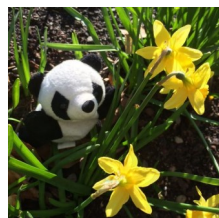
Call someone. Call a loved one, a friend, a family member, call a chat service if you have no one else to call. Talk to a stranger on the street. Have a conversation and listen to someone's voice. If you can't bring yourself to call, text or email, just have some social interaction with another person. Even if you don't say much, listen to them. It helps.

Cuddle your pets if you have them/can cuddle them. Take pictures of them. Talk to them. Tell them how you feel, about your favourite movie, a new game coming out, anything.

It may seem small or silly to some, but this list keeps people smiling and positive.

Fun Fact!

The medical term for ice cream headaches is sphenopalatine ganglioneuralgia. Brain freeze - totally worth it!!



Easter egg hunts prove that your child CAN find things when they want to!



Your ability to create the reality that you want is directly determined by your willingness to experience its opposite.

- ◇ Saving money will have you feeling broke while it's actually making you rich.
- ◇ Setting boundaries will have you feeling alone while you're creating new healthy relationships in your life.
- ◇ Digging up your trauma will have you feeling broken while it's actually healing you.
- ◇ Working out has you feeling weak while it's really making you strong.
- ◇ Learning something new makes you feel dumb while it's making you more intelligent.

Your ability to attain the thing that you want is directly correlated with how willing you are to experience its opposite. You have to be ok with being uncomfortable to truly achieve success! You got this ♥

10 Reasons to go Outside

- * Jump in as many puddles as you can.
- * Build some mud pies.
- * Read a book in a strange place.
- * Create 2D shapes with natural materials.
- * Listen.... what can you hear?
- * Plant a bulb or seed, watch it grow through Spring.
- * Make a rain gauge and talk about how it works.
- * Out walking, how many shades of green can you find?
- * Create some Goldsworthy art using natural objects.
- * Collect some leaves and do some leaf rubbing.



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Parents And Children Together

See all our BB4K newsletters [here on our website](#)

To get in touch email bb4k@pactcharity.org



Living in an imperfect world means we will always be exposed to heartache, tragedies and negativity. Unfortunately, as humans we tend to focus on the bad and disregard good.

While it's important to be aware of what's going on in the world, it's even more important for our mental health to learn how to stay positive and fight adversity in these trying times.

Doomscrolling

Doomscrolling is incessantly scrolling through bottomless doom-and-gloom newsfeeds for hours on end, even though the news is saddening, disheartening or depressing. Staying informed is important but being overwhelmed by tragedy serves no purpose. Small changes can really make a big difference in your day, and help project positivity into the world. Here are some examples:

Healthy boundaries / news diet: Stop push notifications on news alerts and read at your own pace.



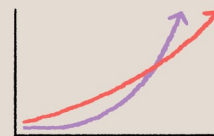
Amazing human beings in Polish communities are leaving strollers, car seats, winter coats and toys at the Polish border for Ukrainian refugees

Break the cycle with positivity: Bookmark social media sites that make you feel good. Highlight positive news (someone helping/kindness) in a media story. Get inspired to do something to help.

Time to sleep: Spending too much time scrolling late at night will affect your mood and your sleep. 60 minutes before bed, put your phone down and pick up a book, meditate, or simply do nothing!

And remember you are not alone in this struggle against relentless bad news.

The amount of time spent doomscrolling is directly proportional to how much worse you're going to feel after you're done



● DOOMSCROLLING ● ANXIETY

The overall impact doomscrolling has on people can vary, but typically, it can make you feel **extra anxious, depressed, and isolated**



Staying positive for the children

Good eye contact and a warm tone in your voice send positive signals to the brain. Words and delivery are equally important when parents are engaged in conversations in front of children. And, of course, one of the best ways to encourage our kids to become positive thinkers is by modeling it ourselves. Here are some ways to help children stay

positive:

Make a wall of love: Love messages for family to look at and add to every day!

Bubbles: A great way to help regulate breathing if feeling overwhelmed and anxious. Bubbles can also be popped to use some pent up frustration and a great distraction technique.

A worry monster/worry doll: A good tool for talking through any worries or concerns without having to be directly face to face.

Positive language clearly shows children what you want them to stop doing and what you'd like for them to do instead, in a gentle way. There's no confusion of your expectations of their behavior. When you put more thought into your reactions, you give children clear guidance, without making them confused or feel bad about themselves.



WALL OF LOVE

...an act of kindness for kids!



'Children's emotions are as real as yours. Just because they might get sad over the colour of their cup, does not make their feelings any less real.'

- Rebekah Lipp



Using positive language alternatives

- No jumping on the couch → Please sit on your bottom on the couch
- Don't cut your hair → Scissors are for cutting paper
- Don't touch your sister → Do keep your hands to yourself
- Don't take her toys → Can you please find something else to play with until she's done?
- Stop yelling → Please use your inside voice
- No throwing balls in the house → You can take the ball outside to play if you'd like
- Stop whining → Please use your words so I can hear you
- No hitting → Please use gentle hands
- Don't even think about running, I'm watching you! → I'm so glad to see you remembering to walk safely down the hall
- Don't climb on the table → Please keep your feet on the floor
- Stop throwing sand → Would you like to fill this bucket with sand?



50 Things to Do this Spring

- Go on a bike ride
- Shop at the farmer's market
- Plant your garden
- Have a picnic
- Make a bird feeder
- Fly a kite
- Go hiking
- Read a book outside
- Make smores
- Host a barbecue
- Have a game night
- Play an outside sport
- Wash your car
- Go to a craft fair
- Attend a baseball game
- Go canoeing
- Spring Clean your house
- Go to the zoo
- Go fishing
- Go to an outdoor concert
- Play frisbee
- Shop at a flea market
- Plan a camping trip
- Go mini golfing
- Watch the sunrise
- Watch the sunset
- Just be outside!
- Go horseback riding
- Play with sidewalk chalk
- Plant flowers
- Go to a carnival
- Skip rocks
- Play in the rain
- See a drive-in movie
- Take a nature walk
- Participate in Earth Day
- Visit a farm
- Go on an egg hunt
- Stargaze
- Listen to the birds
- Go to the park
- Have a yard sale
- Dye Easter eggs
- Feed the ducks
- Pick strawberries
- Climb a tree
- Make an obstacle course
- Collect wildflowers
- Run around barefoot
- Blow bubbles



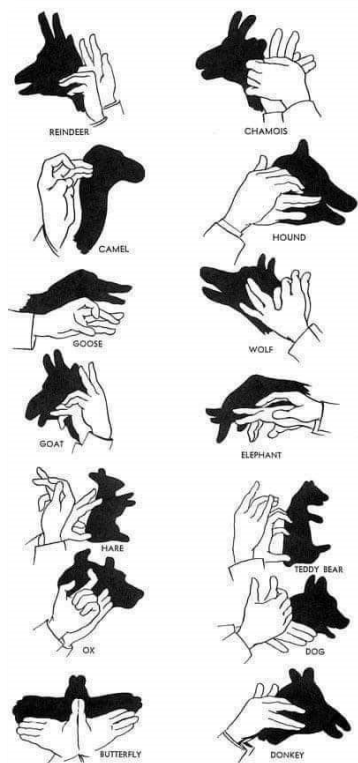
A box of chalk and let your imaginations go wild!



No more crying over spilt bubbles!



Use eggshells to grow egg cress heads



IT'S TREASURE HUNT TIME - YOU'RE SURE TO BE A WINNER! START BY GOING TO THE PLACE WHERE YOU EAT DINNER.



FOLLOW THE CLUES TO DISCOVER AN AWESOME TREAT. GET YOUR NEXT HINT INSIDE A THING YOU WEAR ON YOUR FEET.



GREAT JOB, YOU'RE ON THE RIGHT PATH! YOU'LL FIND THE NEXT CLUE WHERE YOU TAKE A BATH.



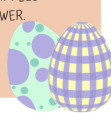
IF YOU WANT TO WIN, DO AS YOU'RE TOLD. FIND THE NEXT CARD IN A BOX THAT IS COLD.



IF YOU WERE A CLUE, WHERE WOULD YOU HIDE? CHECK NEAR A DOOR THAT TAKES YOU OUTSIDE.



FIGURING OUT THESE RIDDLES TAKES SOME BRAIN POWER. YOU'LL FIND THE NEXT CLUE WHERE WE KEEP THE FLOUR.

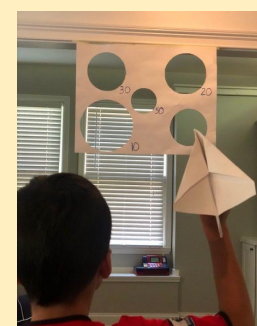


BUNNIES HOP AND CHICKS PEEP. GRAB YOUR NEXT CLUE WHERE YOU GO TO SLEEP.



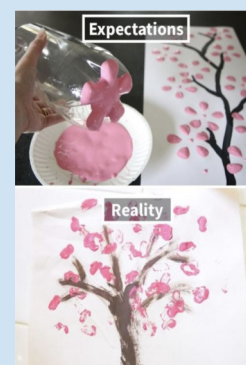
BET THIS TREASURE HUNT MADE YOU THINK! YOUR GRAND PRIZE CAN BE FOUND UNDER A SINK.

Happy Easter



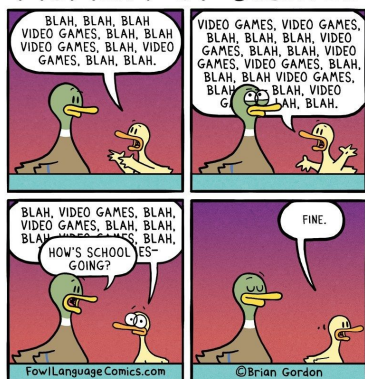
Paper aeroplane targets

Enjoy whether they work or not!





HOW TO ACHIEVE A MOMENT OF SILENCE



Mindfulness

Mindfulness is the process of purposely bringing your attention to the present moment to help calm your body and mind.

Practicing mindfulness helps us tune out of distractions and tune into ourselves, feelings, and the present moment.

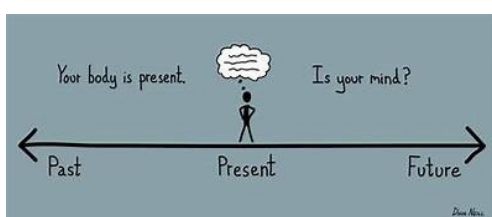
If you're sensitive to social rejection, mindfulness can help your brain's emotional centers become less automatically reactive. It can help you live more in the present moment and be more self-aware and self-accepting, so that you're less caught up in negative stories and judgments, and so that rejection is less triggering.



Mindfulness FORTUNE TELLER



THE EXAMPLE **WE** SET
FOR OUR KIDS
— **HOW TO ACT**
WHEN THINGS DON'T
GO OUR WAY —
IS MUCH, MUCH
MORE IMPORTANT
THAN THE RULES
WE SET FOR THEM.



Fun Mindfulness Activities For Teens

MINDFUL DANCE PARTY

Yes, a dance party is totally mindfulness! Let loose, be creative, be expressive, and be mindful of how you feel as you dance.



LEARN HEADSTANDS + HANDSTANDS

Headstands and handstands are so fun to learn and are totally mindfulness! Get inverted



JOURNAL YOUR DREAM DAY

What would your dream day look like? Journaling our dream day is extremely beneficial and fun! It helps us become aware of what we really need to be happy and what we are shooting for.

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WATCH SUNRISE

Sunrise is the perfect opportunity to be mindful. Make yourself a cup of coffee, tea, or cocoa while you sit and enjoy the silence of the morning.



DO AN ANXIETY CLEANSE

Whether it's the ocean, a waterfall, a river, or just the shower/bath tub, imagine all your fears and worries washing away with the waves.



[Easter Holiday What's On Guide in Berkshire](#)

from Berkshire Mummies



Spring cleaning: There *is* a connection between spring cleaning and your mental well-being.

There's something so satisfying about a deep clean and that purge of dust, dirt and clutter that inspires a sense of renewed energy. The great thing about spring cleaning—donating those old clothes, stacks of books and magazines, and whatever else you've got lying about—is that it's an opportunity to create a new beginning for yourself. Even if it's physical stuff you're removing, imagine that you're also getting rid of negativity, past regrets, and anything else that's causing you a sense of mental clutter. Clearing out our rubbish raises our self-esteem and shifts our energy so we are open to change and are in a better space to move forward.



BERKSHIRE SOURCES OF SUPPORT

READING AREA

No5 youth counselling – no5.org.uk

WOKINGHAM AREA

ARC youth counselling – arcweb.org.uk

WEST BERKSHIRE AREA

Time to Talk youth counselling – t2twb.org

BRACKNELL FOREST AREA

Youthline youth counselling – youthlineuk.com

WINDSOR, MAIDENHEAD AND SLOUGH AREAS

Number 22 youth counselling – number22.org

BERKSHIRE-WIDE SERVICES

Kooth online counselling – kooth.com

Talking Therapies (over 17s) – talkingtherapies.berkshirehealthcare.nhs.uk

Berkshire Child and Adolescent Mental Health Service (CAMHS) – tinyurl.com/berkshirecamhs

In a crisis or emergency

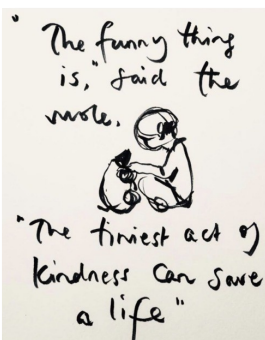
If you have urgent concerns about a mental health problem, use the NHS 111 online service at 111.nhs.uk or call 111. If you've injured yourself, taken an overdose or are in an emergency and believe that your life is at risk, please dial 999 or go to the nearest emergency department.

PACT is running its Marathon in May challenge to raise money for all its services including BB4K. The challenge is to run, walk, cycle or wheel 26.2 miles in one month and you can take part as a team or a family. Everyone is welcome to join! Click below to find out more and support PACT this spring:

MARATHON IN MAY YOUR CHALLENGE YOUR WAY



Sign up today



To contact the BB4K team, please email us at BB4K@pactcharity.org or find out more about us here on our website: www.pactcharity.org/bb4k

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Domestic Abuse Recovery Programme

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