

Kyra Wellbeing Newsletter

W/C Monday 6th July 2020

Recommended Blog:

Helpful advice for parents during the lockdown

Written by Dr Lynette Rentoul

'This can be a worrying time for parents and children alike and, with everything that's going on, it's only natural to feel a sense of unease. Don't fixate on worst-case scenarios. Focus on the known facts and keep things in perspective. Do your best to keep your concerns from your child (but do share with other supportive adults) and tell your child you will do everything you can to keep you both safe. Here are some helpful tips:

1) Manage your own anxiety Children and young people are worried by what they're hearing on the news, and the daily updates can be alarming. We can reassure them and help them feel less worried when we talk to them calmly. To save them (and yourself) from unnecessary anxiety, here are a few simple things you do to help keep yourself and your family calm...'

[CLICK HERE TO READ THE FULL BLOG POST](#)

Recommended Blog:

Will my child bounce back from the Coronavirus crisis?

Trauma, resilience and how parents can help. Written by Hannah Sheldon-Dean

'While this situation is difficult for everyone, the good news is that kids are resilient — and parents can help foster that resilience. Even though the coronavirus crisis is stressful and could lead to long-term struggles for some kids, what you do now can make a big difference down the road. Here are the facts on stress, trauma and resilience, plus strategies for helping kids bounce back and knowing when to seek professional support.'

[CLICK HERE TO READ THE FULL BLOG POST](#)

Useful Links

Starting Again – Transition top tips from Young Minds:

Transitioning back to school after weeks in lockdown is likely to be challenging for many of us. Pupils may struggle with a variety of issues, including feeling anxious, missing their parents, not having everything back to the way it was and missing out on key school events. Helping them to reset and 'start again' can ease this transition. [Click here.](#)

Healthy Minds Lincolnshire – Coronavirus Support page: Emotional health and wellbeing advice for children, young people and adults. [Click here.](#)

Mental health and wellbeing support during Covid-19 for parents: See image above. [Click here to download in full size.](#)

Mental health and wellbeing support during Covid-19

STAY CONNECTED
Social support helps to reduce stress - so finding different ways to stay connected is important.

Join WhatsApp groups with family, friends, neighbours or colleagues.
Try video calling - an ideal way to still see family and friends.
Write a letter. If you are unable to post it then photograph it and send the image by text or email.
Seek support. Having someone to talk to is important. Sometimes this can be more helpful when it's not a friend or a family member.

STAY REGULATED
There are lots of things we can do to regulate ourselves and bring down the stress chemicals in our bodies.

Turn off notifications and delete apps that constantly update about the crisis. Try to only check the news once in the morning and once in the evening - this is enough to keep you up to date, and safe.
Voice, acknowledge and accept your feelings. It might be helpful to write them down or share them with a family member or friend.
Practice hopefulness and look to the future. You could keep a jar and add notes of things that you would really like to do, or people you would really like to see. Make a commitment to do those things once restrictions are lifted.

PRACTICE SELF CARE
There are lots of things we can do to remain balanced at this uncertain time.

Stay active by accessing yoga sessions and workout videos via an app or online.
Spending time outdoors is good for our health. Take your daily walk or spend time in your garden if you have one.
Keep to a routine, eat healthily, sleep well and keep drinking water. Try to keep busy. There are still plenty of activities you can do at home, including crafts, painting, reading, cooking and baking - or try teaching yourself a new skill.
Find opportunities to play. Play releases hormones and chemicals within our bodies that reduce stress and support our immune system.

For more information and resources visit: www.southerkhalifutures.co.uk/covid-19

Recharge the Batteries!

Helen Taylor and Marion Watson, Saint Lawrence C of E Primary School

"Never feel guilty of taking that time away, taking a break and recharging the batteries and refilling the tank. Sometimes that can be the only way to move forward productively. Have a wonderful day today, and remember 'sometimes the best way to recharge our own batteries is to unplug them!'"

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