

# Kyra Wellbeing Newsletter

W/C Monday 6th April 2020



## BLOG: HOME SCHOOLING WEEK 3 — HOPE

ANNA MILLER

“The ‘when this is all over...’ conversations have continued this week and I have wondered, are they healthy and helpful conversations? I have decided that they are; my son isn’t moaning about things he is missing, he is just looking to the future with trust and hope that things will get better and when they do, he will make the best of every single opportunity. He is also thinking about his goals and what he needs to do to achieve them (proactive hope). I have held on to the, ‘when this is all over...’ conversations this week and they have made me smile, helped me keep going and stay positive.”

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



## LOOKING FOR SUPPORT?

Would you, or someone you know, benefit from having someone to talk to? The Think2Speak team are here to support children, young people and their families.

The T2S team have been working incredibly hard to ensure we are able to be there for you. The ways we do this now relies on the power of modern technology and the internet! Our \*new\* portal enables us to host video sessions privately and securely. You can refer yourself, or someone you care for, into our services using the form here: [www.think2speak.com/refer](http://www.think2speak.com/refer).

Sessions are as ever available for our partner schools and also for private self-referrals plus.

We also have a limited number of free slots available for those in need available by application.

Lizzie and all of the T2S team

## Helpful links:

Links to online resources to support anxiety and promote relaxation for children and adults.

For further resources please see links within Claire Blackburn’s [blog](#).

**Encompass Counselling:** Information about the support available through Encompass Counselling: [Click here](#).

**Safe Hands Thinking Minds:** Free videos by Dr Karen Treisman to support relaxation and emotional regulation: [Click here](#).

### The 30-3-30 approach

The suggestions are grouped into things that take about 30 seconds, things that you can do in about 3 minutes, and things that might take 30 minutes or longer. The 30 second ones are quick fix ‘emergency’ actions you can do if you suddenly feel panicky, scared or unable to cope: [Click here](#).

**Beacon House:** Staying connected videos and useful links for parents, children and professionals: [Click here](#).

## Blog: Dealing with Anxiety

Claire Blackburn BSc (HONS) dip couns BACP (reg),  
Counsellor Private Practice.

“As we enter another week of government-advised isolation you, or someone you know, may have experienced anxiety or are experiencing anxiety due to covid-19. As humans we can have many different emotional responses to our current lockdown and the threat of the virus. There is no right or wrong in how you, your children or others may feel, even if it differs from person to person.”

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

