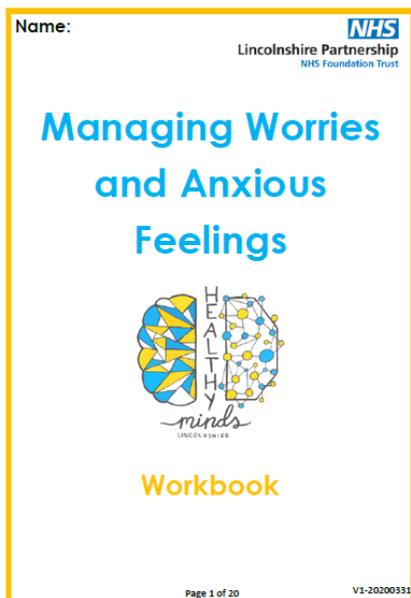


Kyra Wellbeing Newsletter

W/C Monday 20th April 2020



Managing Worries Workshop

Healthy Minds Lincolnshire has produced a **FREE** online workshop to support children and young people to learn new strategies to manage their worries.

A support pack is available for parents/carers as well as workbooks to download for primary and secondary age children: [Click here.](#)

Healthy Minds recommend that Primary aged children are supported by their Parents/carers to access this as they might need some help to understand or complete the activities. The workshop contains positive, supportive strategies for children/young people experiencing some low level worries/anxieties.

Healthy Minds Lincolnshire would greatly appreciate your feedback about this new resource! Children (from Year 3 to Year 11) and parents/carers should complete the online feedback form on completion of the course.

Blog: Home Schooling Week 5– Home Learning and Worries

Anna Miller

“Giving my son the space and time to tell us specifically what was worrying him was really helpful for both him and us. I think sometimes we can make assumptions about the problem or the reasons behind the problem and we need to take the time to ask children what is worrying them and really listen to the answers.”

A blog for parents providing a shared experience week 5 of lockdown and social distancing with a focus overcoming worries and anxiety in children with regards to home learning.

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

Blog: Support for You and Your Family

Claire Blackburn BSc (HONS) dip couns BACP (reg),

“In these continued uncertain times, the threat of the Coronavirus can trigger stress and fear in any of us. Fear is a natural human response to anything in our environment which may threaten us. Information and resources which can give you ideas/support around what may be helpful for you and your family and your individual needs/experiences, can be sought in a number of different ways.”

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

Helpful links

COVID-19 mental health campaign launches

The Duke and Duchess of Cambridge support new Every Mind Matters advice for looking after mental wellbeing: [Click here.](#)

Coronavirus mental health and wellbeing resources (Anna Freud updated 17/04/20)

This toolkit includes resources to use with vulnerable children or children with SEND, a resource from Stonewall for the LGBTQ+ community, as well as practical activities for adults and children to help stay mentally well.

[Click here.](#)

Mental Health/ Emotional Wellbeing Apps for adults, young people and children.

The apps found in this booklet are either featured in the NHS App library and / or young people have told our clinicians that they have found them personally helpful (Healthy Minds Lincolnshire) [Click here.](#)