

Kyra Wellbeing Newsletter

W/C Monday 29th June 2020

Dealing with Anxiety

Anna Miller, Mobilise champion and Mum

"The saying, "We are all in the same boat ..." has recently been adapted by some people to,

'We are in the same storm, but not in the same boat.'
which I think is very true and important to recognise.

We need to move away from thinking that if you're dealing with anxiety for example, that this is a weakness and a sign of not coping and I think often this stigma still exists, even though people might say it absolutely doesn't.

Sharing stories might also help other people to feel less alone."

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

Counting our Blessings

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

"When things are tricky (and let's face it - we certainly live in tricky times at the moment), it can be easy to draw our attention to the bits that are not working so well - we wish we were back to normal; we wish we could be with our family and friends and give one another a hug; we have worries about our health or finances etc. etc. Whilst it is a very natural thing to worry about the things that bother us, it is important to 'count our blessings' too."

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Things to Look Forward To

The coronavirus might have us inside busy cleaning.

*But, it can't stop us planning and it can't stop us dreaming.
When places open-up again, where is the first spot you'll go?*

Who will you visit, out of everyone you know?

Which play places will be first on your list?

What parts of school have you most missed?

Are there any activities you really can't wait for?

Or any events you don't want to be late for?

Which friend will you first invite around to play?

Is there anywhere you'd like us to go to, to stay?

The coronavirus is a bully and we don't want to meet it,

But it's not the boss of us and soon we will beat it!



Useful Links

Things to Look Forward to: resource from the Australian Childhood Foundation [here](#).

Managing Anxiety During Reopening: A blog for parents/carers. [Click here](#).

Anna Freud Centre 7th Covid-19 Toolkit: Full of resources to help children and young people with **managing transitions** as they prepare for the end of this school year. [Click here](#).

Autism Webinar - Covid and Beyond: Life in Unprecedented Times by John Simpson - This session is aimed at parents/carers, siblings and autistic people themselves. A personal presentation from John focusing on his life story and how he has coped with the Coronavirus outbreak. Reflections on the changes he would like to see in schools and colleges to reflect the realities of the 'new normal', and how the strategies developed during the pandemic can be used to permanently improve the educational experience for autistic people: [Click here](#). (£5 to include £2 donation to Mind)

Recommended Blog:

When Families Disagree During Lockdown

A blog written for children and young people This blog giving practical advice for managing family conflict

'Most families argue sometimes – and it's quite normal to argue with parents or siblings more than you would argue with, say, friends or teachers. This is because, if we are lucky, we know that our family are the people who are safe to offload onto. They are people who will still love us, even if we get angry with them. Parents and carers are also the ones we have to negotiate all the difficult stuff with, like what we are allowed and not allowed to do. With siblings, it's easy to clash over what is fair.

Most families are finding themselves arguing more since lockdown started. This is not surprising, as we are living on top of each other and having to manage all sorts of new stresses, losses and uncertainty.'

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