

Kyra Wellbeing Newsletter

W/C Monday 30th March 2020

BLOG: LOOKING AFTER OUR MENTAL HEALTH

CLAIRE BLACKBURN BSC (HONS) DIP COUNS BACP (REG), COUNSELLOR PRIVATE PRACTICE.

Collectively we are working together for the health and wellbeing of ourselves and others in our country. We may all experience challenging times, difficult moments, feelings and thoughts and to me this is all in the realms of being a human in a crisis. Even though we are apart in our own homes, we are together in our aim to overcome the coronavirus. Reach out if you need to and I believe people will reach back.

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

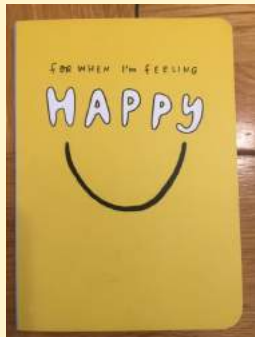


BLOG: HOME SCHOOLING WEEK 2

ANNA MILLER

“What is gratitude practice? Gratitude practice involves taking the time to reflect on the positives and the things we are grateful for. The effects of gratitude, when practiced daily can produce a feeling of long-lasting happiness and contentment. By consciously practicing gratitude every day, we can help neural pathways in our brain to strengthen and ultimately create a permanent grateful and positive nature within ourselves. Positive psychology research has found that gratitude practice has also been shown to help improve relationships, reduce stress, improve sleep and strengthen our immune systems.”

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



I am grateful for..

From Isabel (11)

- My trampoline so that I can have fun while exercising
- My iPad so that I can FaceTime my friends
- A friend who is dropping me off some yellow paint when she walks her dog later, so that I can finish painting my rainbow to put in the window

From Chris (Grandparent)

- My family are safe
- To receive a phone call from 2 sister-in-laws checking I am ok
- Standing on my doorstep tonight clapping the NHS and listening to others do the same

From Jacob (4)

- Extra snacks! (Probably explains my current parenting method!)
- For the fire pit so we can toast marshmallows
- Spending extra time with my family

From Helen (Kyra Team and parent)

- The sunshine – stepping outside brings a moment of joy.
- Connection with colleagues – so many Zoom meetings helping to keep in touch, support one another in ups and downs, and to keep the wheels of work ticking as best we can to support schools, teachers and leaders.
- Great music – listening to Gloria Estefan or Caro Emerald give me a lift and energy!

From Anna (Kyra Team and parent)

- Sunshine
- Time for baking with my son
- News that my husband will be at home from next week and we will all be safe together

From Marie-Claire (Kyra Team and parent)

- The two friendly Robins that live in my garden (I've got to know them better this week!)
- Our bikes and the time to exercise more
- Friends and colleagues who provide humour and support

From Catherine (Kyra Team and parent)

- Being out in the sunshine doing a short daily gardening stint for exercise
- Going out for a walk with time to take in the surroundings
- Time with family; staying home, staying safe

From Tilly (8) and Craig (Parent)

- Stew for tea
- Cycling
- Maths online with friends (Tilly)
- Cutting the lawn (Craig)



From Charlotte (parent)

- Sun
- Seeing my husband and my daughter together
- Long walks



From Joe (9)

- Maths
- Walks
- Chill time



Helpful links:

- Helpful links have been added to the Kyra Wellbeing page [here](#), including wellbeing advice from Public Health England and “Dave the Dog is Worried about Coronavirus” e-book.
- Service Directory—some services are area specific ([Boston](#)) but there are also many useful links to national websites and online services to include: counselling, bereavement, mental health and online safety.