

Children and Young People's Newsletter



Happy New Year everyone! We hope you had a very restful and enjoyable break. To help you start this year positively and emotionally healthy, check out our tips below.



Let 2022 begin!



We all want to start the new year healthy and with a positive mindset. Whether you're a parent or a young person, you might hear lots of messages around you about the power of entering the new year.

Sometimes it might feel difficult and stressful to come up with New Year's resolutions and to become the 'new you' in 2022. Although it is great to have new goals and strive to be better, we know these often fail and we end up with the same resolutions the year later.

What we think can be more helpful ways of starting the New Year, is to be more present. Mindfulness can be a very powerful tool to ground ourselves, clear our minds and be more in touch with our feelings and everything that's around us, which in fact can improve our emotional health and bring more positive outlook on the future. Here's some ideas on how you can practice being more present:

- 1. When you wake up, think of 3 things you're grateful for.** It should be something personal to you - your family, friends, your comfy bed, your hobbies or the breakfast you're going to eat that day. It doesn't matter how small or big the thing might be, what is important is that we shift our focus to the things we have in our lives and really feel the gratitude of having them. 
- 2. Don't go on your phone first thing when you wake up.** Children as young as 10 or 11 years old might already own a smartphone. As much as it is making our life simpler in some ways it also can steal our time. Instead of looking into our phones first thing in the morning try something mindful instead i.e. journal for 10-15 minutes, do some easy stretching or yoga, meditate for 10 minutes or just make yourself a hot drink and enjoy it without any distractions such as TV/phone. Keeping our mind calm in the morning will help us to start the day without additional stress of notifications and news which we often read first thing in the morning and it will also give us space to prepare for the challenges and opportunities coming our way that day. 
- 3. Say daily positive affirmations.** Affirmations are a great way to feel more positive about our abilities, have more hope for the future and be more present with ourselves. You can come up yourself with affirmations that are important to you and here are a few examples:

I am entering this year with hope and an open mind.

I am becoming stronger, healthier and wiser every day.

This year is going to bring me ... (input here what you're hoping for)

I am ready to learn, grow and experience the joys of 2022.

I welcome opportunities and challenges which will help me grow.

Our support

As we are starting the Spring term we thought it is a good time to summarise our support over the last term in the Westminster schools.

We are proud to say that we have been able to access many parents and young people over the Autumn school term who needed our support and we did so through our 1:1 interventions, group interventions and psychoeducational workshops delivered to children, young people, parents and staff.

We have received referrals from:

158 parents and young people who required support for low mood, anxiety or behavioural difficulties

As well as delivered as many as:

134 workshops between September to December on topics such as mental health awareness, kindness, friendships, anxiety, exam stress, emotions and others

If you'd like to receive our support please speak to your teacher/Mental Health Lead in your school to find out more. You can also self-refer to our **Mental Health Support Team** on our [website](#) if you think our support is right for you. We recommend you speak to your school about the support we offer beforehand and read more about what we offer on our [website](#).

Meet Our Team corner



In this issue I am happy to introduce myself, the newsletter creator and the **Whole School Approach to Mental Health Advisor** in the Mental Health Support Team.

Meet Agata

I grew up in a small town in Poland, in an area which is called the North Pole of Poland as it's known for its lowest winter temperatures in the country. I have been in the UK for over 8 years and I came here to study psychology and over the last few years I have been working in the mental health field which has been my goal since finishing school.

A few things I like:

I love music and everything related to it. I believe my biggest passion is dancing and I go to a dance studio as often as I can. I am also passionate about psychology, humans' behaviour and learning about how we can reach our biggest potential.

My perfect day:

It would be somewhere in a hot country where I could start the day with a coffee on a balcony looking out the sea, then I would go to the beach where I could sunbathe and swim. I would love to spend time with my friends and family, ideally eating some good food and end the day with a beach party where I could listen to great music and dance.



Thank you all for reading and Happy New Year everyone!