

# Children and Young People's Newsletter




**Welcome to our July's Newsletter. Today we wanted to share with you what our MHST team and BWW Mind have been up to as well as introduce you to some self-care techniques for managing stressful times such as the end of the term!**

## Art Competition Winner

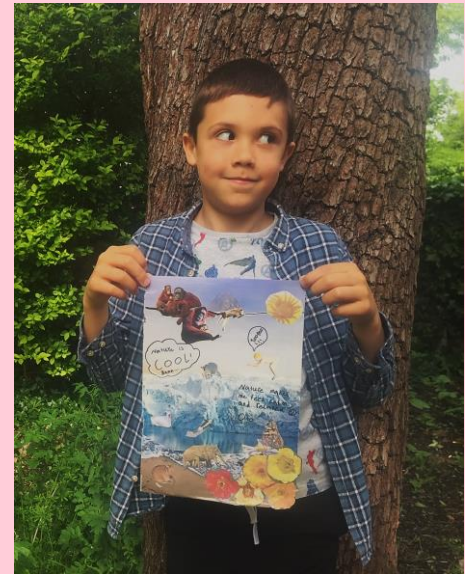
During Mental Health Awareness Week in May, BWW Mind invited 5-11 year olds to create a picture about nature and to share how it makes them feel. We were thrilled to receive so many fantastic entries and to read the positive effects nature has on our wellbeing. It was a tough decision, but we are pleased to share the winning artwork by Oto! The judges felt Oto's piece was very creative, imaginative and fun and demonstrated the impact that nature has on our mental health. Well done!



The Winner, Oto, with his work and  few words from him:

*"I got involved because I love nature and I think that being outside is good for your mental health. This competition is very good because it makes you think more about nature and at the same time it makes you express your feelings in a very positive way."*

 The winning artwork



We would like to say a big thank you and well done to everyone who got involved in our Mental Health Awareness Week Art Competition.

## Team away day

Speaking of nature, our MHST team has recently spent a day outside in one of the London parks. We were working together, planning and putting ideas together around the future plans for our service and reflecting on our journey as a team so far.



After such a hard year of the pandemic and lockdowns it was amazing to see everyone and to enjoy the lovely sunshine together.



We are very pleased to see how our team is expanding, evolving and how much we have grown so far. We are all very excited to see what the future brings us!

# Self-care corner



When life gets busy and stressful, you might not feel like finding much time for yourself to rest and relax. It is really important however that we take as little as five minutes every now and then to stop, relax our body, calm our breath and regain the clarity of our mind so we can successfully face the next challenges of our day. Today we wanted to introduce you to a couple of very quick and effective techniques.

## Progressive muscle relaxation

By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation. Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

**Feet** Curl your toes tightly into your feet, then release them.

**Calves** Point or flex your feet, then let them relax.

**Thighs** Squeeze your thighs together tightly, then let them relax.

**Torso** Suck in your abdomen, then release the tension and let it fall.

**Back** Squeeze your shoulder blades together, then release them.

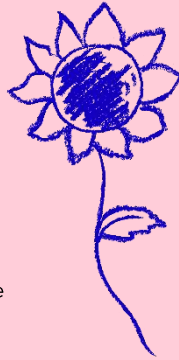
**Shoulders** Lift and squeeze your shoulders toward your ears, then let them drop.

**Arms** Make fists and squeeze them toward your shoulders, then let them drop.

**Hands** Make a fist by curling your fingers into your palm, then relax your fingers.

**Face** Scrunch your facial features to the centre of your face, then relax.

**Full Body** Squeeze all muscles together, then release all tension.



## 5-4-3-2-1 Technique

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the textures of your clothing materials.

**What are 5 things you can see?** Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

**What are 4 things you can feel?** Notice the sensation of the clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.

**What are 3 things you can hear?** Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

**What are 2 things you can smell?** Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

**What is 1 thing you can taste?** Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavours.

# Meet Our Team corner



### Meet Ayla:

Ayla has been working with us since January 2020 as a systemic therapist and clinical supervisor for EMHPs based in central Westminster schools. She works remotely with families across all of our schools. She will be starting the role of the clinical lead in our team in a few months in Gemma's absence.

### Few things Ayla likes:

Ayla is a big lover of theatres and up until recently she performed in a number of shows across the London fringe theatre scene.

### Ayla's perfect day:

It would start with yoga and a good, strong coffee and end with catching the waves and watching the sunset with the loved ones.

**Thank you Ayla for sharing this with us!**