

Children and Young People's Newsletter



Happy December everyone! We are approaching to the end of this first term and we congratulate all of you for everything that you have achieved. In this issue we will be talking about the festive season and our parent's forums.

Festive season

The festive season can be a wonderful time for lots of people. However, not all of us may feel the same way and some people can struggle during this time. Therefore, we are going to share some tools to support yourself and others to build resilience during this holiday season.

Sooth negative thoughts and worries

Feelings of stress, anxiety and loneliness can appear during this time. These feelings can stop us from enjoying the holiday season and we can lose ourselves in our thoughts instead of being present in the moment. Two exercises that you can practice in order to calm your mind and body are:

Breathing:

Learning how to slow our breathing down can help us reduce and control general symptoms of anxiety.

- Place one hand on your chest and the other hand on your stomach.
- Breathe in slowly over a count of 4 seconds.
- Hold the breath for 7 seconds.
- Breathe out for a longer count of 8 seconds.
- Repeat

5,4,3,2,1 Grounding technique:

This technique helps you refocus on the present moment, turning away your attention from your thoughts and worries.

- Take a deep breath in and let it out.
- Look around and find 5 things you can see.
- Now, find 4 things you can hear.
- Next, find 3 things you can touch.
- Find 2 things you can smell.
- Finally, find 1 thing you can taste.



Look for support from your loved ones

It is okay to not be okay, and it is possible that other people feel the same way and can understand us. Talking with your friends and family can help you take those difficult feelings out of your chest and make things easier.

Wellbeing fundamentals

The changes in our routine during this time can also affect our mood. Therefore, it is important that you continue looking after your health keeping in mind the key elements of wellbeing:

- **Sleep.** Try to go to bed and wake up at the same time every day and incorporate a relaxing activity into your bedtime routine.
- **Physical Activity.** Find times where you can keep active by going for a walk, taking the stairs instead of the lift when possible, doing stretches at the start and the end of the day.
- **Diet.** During the festive season our diet can change a lot, try to continue eating healthy fats, protein and keeping hydrated.



Parents' and carers' Forum

We are delighted to announce that we will be organising our first online Parent Forum of this academic year on

Wednesday the 7th of December at 4pm

The aim of this forum is to give a space and voice to parents and carers to share their feedback on our service and provide their view of children and young people's mental health needs.

In this forum you will be able to:

- Share your views and experiences around the use of mental health services by children and young people.
- Talk to other parents and carers about the needs of children and young people in Westminster, and what support is needed to improve children and young people's wellbeing.
- Learn about our support and other services available in Westminster.
- Give your feedback on the support received from the Mental Health Support Team.



If you want to take part, please email your interest to

irowan@bwwmind.org.uk and ifernandez@bwwmind.org.uk

Meet Our Team corner



In this issue I am happy to introduce Reanna, who is an Educational Mental Health Practitioner that has recently joined the Mental Health Support Team.

Meet Reanna:

I am originally from Hull, then moved to Newcastle to study a degree in French and Spanish. Since then, I decided to pursue a career in mental health so went on to study a counselling post grad. I have been living in London for the last year, working as a psychological well-being practitioner for the NHS. I am really excited to start this new chapter working as an EMHP with BWWMind and look forward to working with children!

A few things Reanna likes:

I love travel, languages, running and reading! I also enjoy watching football and am a big Chelsea FC fan! Since moving to London I have also really enjoyed exploring the city, working my way through a few theatres shows and trialing all the bars and restaurants on offer.

My perfect day:

My perfect day would be bright and sunny and start with brunch and cocktails on a Spanish beach, followed by a swim in the sea. I would then go to a Chelsea match and watch us defeat Liverpool 5-0. In the evening, I would go out for Mexican food, followed by a Taylor Swift concert and then on a night out with my friends!



Thank you for reading!