



**Happy July everyone. We hope everyone is excited for the upcoming summer holidays and more of the glorious sunshine. Some might feel excited but also uneasy about the upcoming changes in their life so in this issue we are going to explore the topic of transitions.**

## Change and transition

Change is the only constant - this phrase has been first used by the Greek philosopher, Heraclitus and it implies that change happens to us all the time and that perhaps instead of resisting it we can learn how to manage it better. Even though we might not have the control of when and how the change happens to us we can manage our response to it.

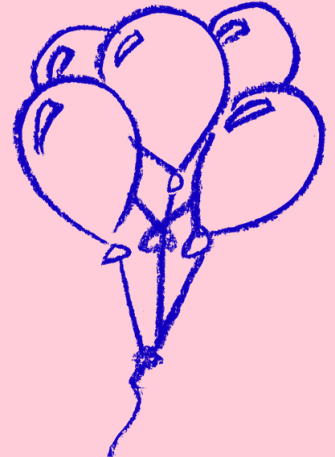
Many of you might be currently approaching change and transition. Finishing school year leads to some kind of ending. Maybe some of you are moving to a different school next year, starting secondary school or college or perhaps your friends are. All of the changes might lead to many different feelings such as anxiety, excitement, confusion or even anger. Let's have a think how we can manage those feelings especially if they become uncomfortable:

### 1. THINK OF CHANGE AS A NEW OPPORTUNITY

It can be helpful to frame an ending as a moment of transition and growth. What might be helpful is to think of some previous changes in your life and how much you have learnt and grown thanks to them. This might be when you were first starting a school, or maybe moved a house. The change you approaching can be another opportunity to grow, develop new skills and meet new people. Even though it might be challenging there is a lot you can gain from embracing it.

### 2. KEEP SOME FAMILIARITY

Change can make us feel more anxious and that's because our brain is on a constant lookout for a potential danger in a new situation. One of the ways to manage this anxiety is to keep some familiarity in your routine. That might be having breakfast every single day with your family or a phone call to your friends every evening or simply having a good plan or schedule of what is happening during your day.



### 3. CONTROL WHAT YOU CAN

Change means some level of uncertainty. Our brains however like the comfort of the familiar therefore change often leads to feeling out of control. When facing a change it's worth to focus on the things you can control like making sure you have time for yourself and to relax, problem solve the things that are within your control and for those that you do not - try to let it go and stay positive that the things will work out for you.

### 4. SPEAK TO SOMEONE ABOUT IT

Talk to someone. Talking about change with someone usually helps, even if you're not looking for solutions to your situation. Share your doubts and fears as well as your dreams and ambitions. If you still find the changes in your life to be too much, consider speaking to a professional. You could try using [KOOTH](#), [Childline](#) or [The MIX](#). Asking for help is never a sign of weakness or failure, especially in situations too difficult to handle alone.



**We wish you all smooth end of the Summer term and restful, sunny holidays!**

# Parents Forum

We are organising our last Parents Forum this academic year and we would like to open it to the parents and carers who are interested in emotional health and wellbeing of children and young people and would like to share their experience with other parents in a safe space. The forum will be held remotely, on MS Teams on **Tuesday, 12th of July at 4PM.**

In the meeting you will have a chance to:

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



As a thank you for your participation we are offering **£10 Sainsbury's voucher.** If you are interested in joining or have more questions please send an email to: [ABogdanowicz@bwwmind.org.uk](mailto:ABogdanowicz@bwwmind.org.uk)

**We look forward to seeing you there!**

## Meet Our Team corner



**In this issue I am happy to introduce to you Muj, who is one of our Clinical Supervisors.**

### Meet Muj:

I am CBT Therapist and have worked in a few different roles. I started off my career by working in a CAMHS unit – primarily with Eating Disorders but also worked across wards with other presentations. I then went on to work in adult IAPT for a number of years, before going into private healthcare. I now work for BWW Mind as a Clinical Supervisor and really enjoying it. I love working with the team and enjoying the challenges the job brings.

### A few things Muj likes:

I am a big believer in self-care and doing things for yourself. I really enjoy travelling and hope to do a solo holiday soon. My favourite places to go so far have been Dubai, Morocco and Barcelona. The most exciting thing I've done on holiday is going on the fastest rollercoaster in the world despite hating rollercoasters and having a fear of heights! In my free time, I'm usually at the gym, shopping or buying books that I'll get round to reading "at some point". Quite recently, I have gotten back into Mixed Martial Arts training. I also love catching up with friends and just going for a good meal. One of my biggest goals this year has been to eat healthy and start meal prepping – unfortunately I have a weakness for desserts so this isn't going so well.

### Muj's perfect day:

A perfect day for me would be sleeping past 10 am as I love my sleep, and then going to gym so I can get the day off to a good start. I'd then go out with friends for the day, maybe catch a movie, go shopping (I'm currently in the process of trying to get out of hoodies making my wardrobe a bit more grown up), have nice long lunch. The perfect ending to the day would be going for a massage, and falling asleep whilst watching a film (probably something from Marvel).



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