

Children and Young People's Newsletter



Happy October everyone! We hope you all had a good first month back to school. This month we are talking about World Mental Health Day and we give you some tips on how to support your own wellbeing.

World Mental Health Day

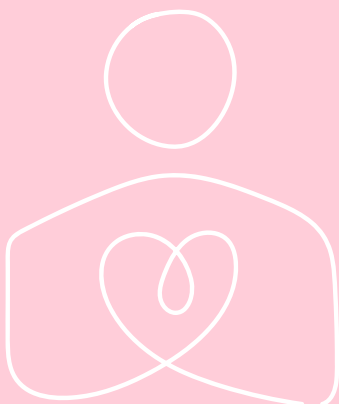
This month we celebrate World Mental Health Day on the 10th of October. The theme for this year is Making Mental Health & Wellbeing for all a global priority.

With everything that is happening around the world, our Mental Health is facing a variety of challenges. These include factors that are out of our control and that can make us feel sad, anxious, overwhelmed or scared. However, there are aspects of our life that we can control and that can help us maintain a good mental health. Here are some ideas that you can put in practice to take care of your Wellbeing:

MINDFULNESS

Practice exercises that help you be connected with the present moment. This means paying attention at the things that are happening right now. Sometimes it can be difficult to focus on certain things and it can involve practice. Therefore, we propose you to practice two exercises that can help you.

- Mindfulness walk. When going for a walk, pay attention to those things that you can hear, see, feel and smell. For example, the sound of the birds or the feel of the windy air. You can focus on them while walking and when finish note them down in a notebook to see which ones you remember.
- Body check-in. When you wake up in the morning, try to stop and pay attention at what is happening to your body today. Think, what emotions are you feeling today? Where in your body are you feeling these emotions? Do you feel any tension on your body?. This can help you prepare for your day having this in mind.



SELF-CARE

We have the power to control and decide what is best for ourselves in order to feel better or to keep yourself feeling good. There are so many different self-care strategies and it is important that you find which ones work for you. Here are some ideas of what self-care looks like:

- Keeping a good sleep routine
- Following a healthy diet
- Exercising
- Finding times for practicing those things that you love, like listening to music, reading, watching a movie, baking...
- Spending time with friends or family and among others, be connected.

Remember, we all have Mental Health. Share your way of looking after yourself and your wellbeing with others to make the Mental Health and Wellbeing of all a global priority.

Our interventions

We are currently working around 33 primary and secondary schools around Westminster, providing a range of mental health services to children, young people and their families. Our aim is to work with schools to promote wellbeing and prevent the development of mental health problems. These are the services that we provide in your school:

- 1:1 and group evidence based interventions to young people delivered by our Educational Mental Health Practitioners (EMHP). In primary schools, this work is done with the children through their parents.
- Psycho-educational workshops to students, families and school staff in a variety of topics delivered by our Whole School Approach to Mental Health Advisor and practitioners.
- 1:1 support for parents of children aged 0-5 delivered by our Infant Mental Health Practitioner.
- CBT Step 3 Therapy delivered in secondary schools.
- Family therapy delivered in primary and secondary schools.



Please, visit our [website](#) if you would like to know more about our services.

Meet Our Team corner



In this issue I am happy to introduce myself to you. I am Iris, the new Whole School Approach to Mental Health Advisor.

Meet Iris:

I grew up in Barcelona, Spain and moved to London almost 4 years ago to pursue my career in Psychology. Since I started studying my degree in Psychology, I knew I wanted to support children and young people to make sure they have access to the right support and to make everyone aware of the importance to look after our Mental Health and wellbeing. I have been working with children and young people since I was at university, working in mainstream and SEN schools.

I am really excited to start my journey at BWWMind and meet all of you around the different schools in Westminster.

A few things Iris likes:

I love music. I play the piano since I was little, and I learned to play the guitar and ukulele growing up as a teenager. I also love singing (although I am not that good at it) and I am always listening to music when I need to focus, relax or cheer me up. I always try to find times to spend doing things that I enjoy, like reading, painting or going for a mindful walk, and always say 'YES' to try something that I have never done before.

My perfect day:

My perfect day would start on a sunny day, having a coffee and a big avocado on toast in a nice garden, feeling the sun on my face. Then, I would plan something fun to do with all my friends, like going to a small and nice beach and spend the day swimming. At night, I would have dinner with my family talking about great moments that we have lived together.



Thank you for reading!