



Celebrating Children's Mental Health Week...

This week we have dedicated our focus to fit in with the Place 2 Be's Children's Mental Health week theme of Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography, and film, and doing activities that make you feel good.

For more information visit:

<https://www.childrensmentalhealthweek.org.uk/>

News to make you smile...

## CoGo

App that helps you shop ethically and track your carbon footprint



IKEA Buys 11,000 acres of U.S. forest to keep it from being developed



The Crown cast dancing to Lizzo!



## 30 days of PLAY

Mama Brown & Co – 30 Days of Play: Express Yourself

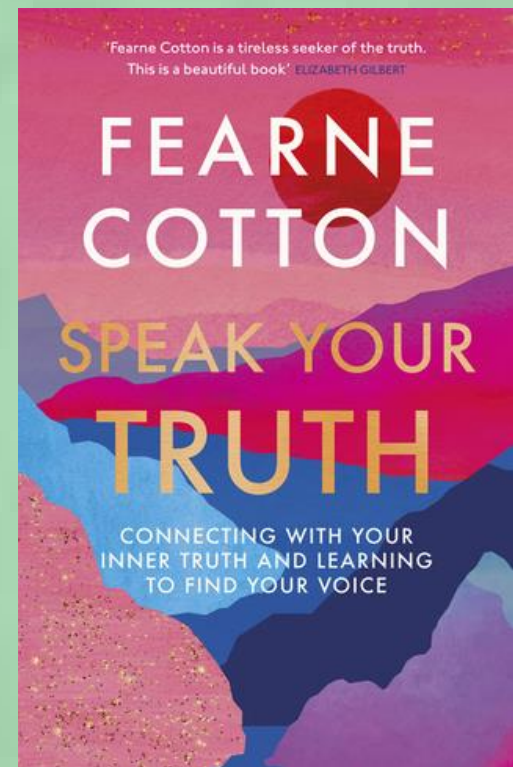


8 Journaling techniques to help your mental health



Tips to express your feelings when "I'm fine" doesn't cut it

Book recommendation:



Quote of the Week

DON'T KEEP ALL YOUR FEELINGS SHELTERED - EXPRESS THEM. DON'T EVER LET LIFE SHUT YOU UP.

- DR. STEVE MARABOLI



# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1

## Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.

2

## Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.

3

## Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.

4

## Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.

5

## Keep children learning

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.

6

## Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.

7

## Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.

8

## Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

# Online Exercise Class



Spaces Available

## Online Exercise Class 45mins on Mondays at 3pm

Open to anyone who is recovering from mental health difficulties, experiencing stress, anxiety or just wants to get moving.

A FREE gentle to moderate introduction into physical activity facilitated by fully qualified Personal Trainer in the privacy of your own home.



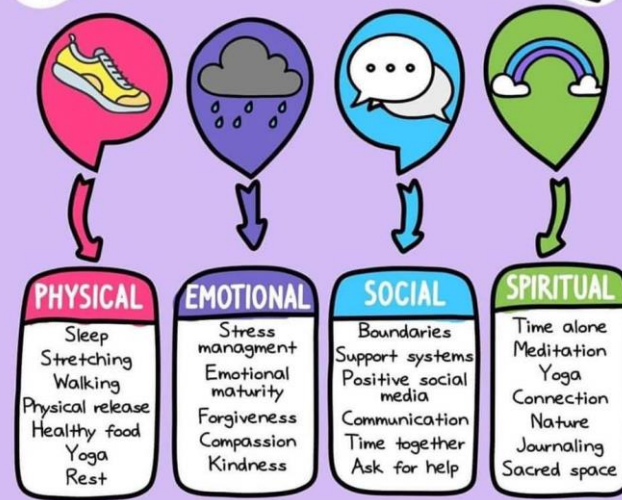
Improve physical fitness  
Lift mood  
Reduce Stress  
Exercise alone or with family/friends

Classes will run for 8 weeks starting Monday 8<sup>th</sup> February  
Come and join us!

Courtesy of Emma, Trained PT, Aylesbury

To sign up please contact  
Dave Gobran  
07771505185  
dave.gobran@bucksmind.org.uk

# TYPES OF SELF-CARE



## More about Children's Mental Health Week 2021

To give feedback on our resources, please follow this link:  
<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PBzslrNkWWUWHBRLXGf7uvfhBetx5Bovoiqv7VzJUODXRUIUEVBSKzTTkZNMDBGWFfKG@JNNC4u>