

# NEWSletter

## Contents

Pg. 1 – Looking after you and your family.

Pg. 2 – Importance of Self-Care.

Page 3 - Feelings of Safety Connection and Laughter

Page 4 – Just for Fun

Hello everyone, we are very pleased to welcome you to the 1<sup>st</sup> edition of our NEWSletter. Our aim is to keep you up to date with the latest information related to mental health and emotional wellbeing. With the current global situation, this newsletter will be dedicated to the things that you can do to keep yourself and your families emotionally well during this time. We hope you enjoy, from all at NEWSolutions.

## **Looking after you and your family**

During such periods of uncertainty, it is normal to feel worried. Lengthy periods of time at home with your children, supporting them with any worries they may have alongside providing a home-based learning environment may feel overwhelming. The most important thing at this time is you and your child's mental health and wellbeing. Creating feelings of safety and connection with your child is paramount. Having fun together and daily doses of laughter can reduce stress levels and increase production of endorphins - the feel-good hormones.

In the current outbreak, there is an abundance of meme's circulating widely on social media. For many this may be helping to reduce stress by providing an outlet for a shared sense of humour and a good giggle together. It is also a way that people are keeping connected with others. In these coming weeks, having opportunities for laughter and shared fun together with your child/ren will be extremely important and is a great strategy for looking after you and your family's mental health and wellbeing. In future NEWSLetters, we will consider ways to manage big feelings but for now, the focus is feelings of safety, connection and laughter.



Looking after yourself is not a luxury, it is a necessity. When you travel on a plane, the safety briefing requests that in an emergency, you put on your own oxygen mask before that of small children. This is handy advice for parenting or caring for others in general; to be the best you can be and to have the energy to care for your children and meet their needs, you need to take good care of yourself. This is particularly relevant in the current period of increased stress and uncertainty. Practicing self-care helps to keep your oxygen levels topped up.

# The Importance of Self-Care



## Top 12 Self-Care ideas

1. Try to get plenty of sleep & where possible maintain a regular sleep routine.
2. Do something you enjoy; maybe start up an old hobby or activity that you just haven't had time for.
3. Nourish your body – eat regular meals and snacks.
4. Meditate – Headspace has great 5 minute daily meditations where you can just pause and let go of everything - <https://www.headspace.com/meditation/5-minute-meditation>
5. Have a daily dose of exercise – go out for your walk or partake in a free online exercise class - <https://ownyourgoalsdavina.com>
6. Be realistic with yourself – in these difficult times don't place too high expectations on yourself and be forgiving if you don't meet your expectations.
7. Practice, practice, practice self-compassion; remember you are doing your best in very difficult times.
8. Pick up a good book or read something that is comforting to you.
9. Write in a journal or do some mindful colouring.
10. Enjoy a relaxing bath or shower.
11. Connect with friends or loved ones on social media or phone.
12. Switch off from negative social media and look to credible sources for facts and information.



# Feelings of Safety & Connection

For most children & young people, life has changed dramatically over the last few weeks. Whilst there may be lots of worry and uncertainty, fortunately there are many things that adults and children & young people themselves can do to maintain good emotional health and wellbeing during this time. This week we will focus on three things – feelings of safety, connection and laughter.



By providing a home environment where the 3 R's – Reassurance, Routine and Regulation are practiced, adults can help create a sense of physical and emotional safety for children.

**Reassure** – Children need reassurance about their safety and that of loved ones. They need to know that the adults will keep them safe and also things they can do to keep themselves and others safe.

**Routine** – when the world as children know it is ever changing, establishing and keeping routines is helpful. This provides predictability and consistency and can convey a sense of safety. Keeping regular bedtime and meals and having a daily schedule for learning and play will be helpful.

**Regulate** – When children are stressed, their bodies activate their stress response systems and it may seem they are having big reactions to little problems. Naming their feelings will be helpful for children to connect what they feel in their bodies with the emotion – 'I know you might feel really anxious just now'. The next thing to do is encourage your child to engage in activities that help them self-regulate – exercise, deep breathing, mindfulness and meditation are some ideas.

More info can be found at:

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

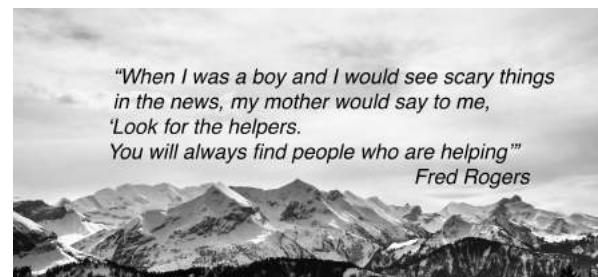


Children, Young People & Families will most likely be spending more time together than they ever have. Whilst this is a strange and unusual time for everyone, it is the perfect time to do special and fun things together that can really build a sense of connectedness.

Having the time for fun and shared enjoyment will release the feel-good hormones – endorphins and oxytocin and reduce stress levels. Board games, Lego, baking, learning a new skill are all great examples. Helping around the house is also another idea and is teaching important life skills.

Whilst children and young people may feel more connected to family, for young people particularly they may feel an increased sense of isolation from their friends. Try to encourage young people to spend time with the family but also recognise that social media and gaming will help them to feel connected to their friends.

The next NEWSletter will have a section specifically dedicated to young people, and their wellbeing and also self-regulation strategies that are helpful to all. In the meantime, there are lots of links to helpful websites on our webpage - <https://www.newsolutions.co.uk>



# Just for Fun

Fun things to do at home during lockdown that requires little preparation –

**Build a Den** – Spark children's imagination - what will they use and how will they build it?

**An indoors scavenger or treasure hunt** - Hide items around the house and give the kids a list. For older children, creating cryptic clues will make more challenging.

**Junk challenge** – Give children cardboard boxes and other junk items and see what they can create.

**Origami** – All that is required is some paper for hours of fun.

**Exercise** – take part in an online PE Class – check out Joe Wicks – Daily on YouTube at 9.00am or make up your own adventure course in the house.

Remember, it's OK for children to sometimes be '**bored**', there are many benefits to this – for example it sparks creativity and imagination.

The internet is full of ideas for low cost, fun activities for children and their families. Some links below –

The Imagination Tree - <https://theimaginationtree.com>

Good to Know -  
<https://www.goodtoknow.co.uk/family/things-to-do-with-kids-66855>

Parade -  
<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

Origami - <https://www.origamiway.com>

Psychology Today -  
<https://www.psychologytoday.com/gb/blog/inviting-monkey-tea/201801/can-i-let-my-child-be-bored>



One of this week's themes has been **connection**. Just for fun, we would love to see some photos, pictures, poems, memes or anything else that people can create that reflects for them what connection means in this time. Get the kids involved.

Find us on **Facebook – New Solutions CIC** - it would be fab to see some of your creativity, your inspiration and to help us keep connected. We look forward to seeing your ideas ☺

## Competition Time

We need a name for our children and Young Person's page in our NEWSLetter.

Calling all Children and Young People to think of a name - send to our Facebook Page; winning name will be announced on Friday 10<sup>th</sup> April 2020 –

Prize for the winning name.

