

The Mental Health Support Team

Covid-19 Newsletter
June 2020

Welcome to our sixth newsletter! During the current circumstances we wanted to share some resources that parents and carers can do at home when looking after their young people to support their wellbeing.

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



A lot of the activities and ideas we suggest are based around the **5 Ways to Wellbeing**: <https://bit.ly/wayswellbeing>

Mental Health Support Team Podcasts & Videos!

Our team has created some great podcasts & videos based on mental health & wellbeing



Podcasts Include: *100 Self Care Activities, Relaxation, Positive Self Talk, Transitioning from Lockdown.*

Videos Include: *Big & Small Emotions, 5 Finger Breathing, Emotional First Aid Kit, Circle of Control*



You can access all of these [here!](#)



Mindfulness! *Being present & engaging fully in each moment.*

Progressive Muscle Relaxation: Try this routine to get relaxed!

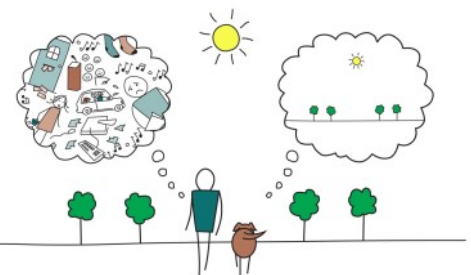


Our bodies respond automatically to stressful situations and thoughts by becoming tense. By relaxing our body we can trick our minds into being relaxed too! Progressive muscle relaxation relaxes each muscle group by first tensing and then releasing the muscle.

Lie down on your back on a bed, sofa or the floor; or you can try this sat in a chair.

Play relaxing music or go without. Focus your attention on different parts of your body in sequence. Do the sequence 3 times:

1. **Tense & release:** Tense that body part, hold it for a few moments, then relax.
2. **Lightly tense & release:** Tense that body part with just enough tension to notice, then relax.
3. **Release only:** Just pay attention to each muscle group and decide to relax it.



Mind Full, or Mindful?

You can find a [mindful colouring sheet](#) at the end of the newsletter.



Videos & Resources

- ⇒ What is [Progressive Muscle Relaxation](#)
- ⇒ [Guided Progressive Muscle Relaxation](#) [Relaxation](#) (all ages!)

Mindfulness

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Creative!

Blow Painting!

Blow painting is so much fun, and you can make all sorts of shapes and pictures! This [article](#) will help you to get started, but all you need is paint, paper and straws. You could try making a hedgehog, a jellyfish, a butterfly, or just have fun and mix a bunch of colours!



Make a Tiny Book!



People have been making tiny books for hundreds of years! This [article](#) gives you instructions and ideas to make your own! You could try making a tiny fact book on your favourite topic, a tiny sketchbook, or a pocketbook filled with encouraging words when you need reminding of how amazing you are! Check out the article to see some favourite authors have a go at making a tiny book!

David Walliams' Marvelous Musical Podcast!



Join David Walliams on a [marvellous classical musical journey](#) and meet some familiar names along the way –from Ludwig van Beethoven to John Williams! There are 10 fantastic episodes to catch up on!



Active!

Exercise is amazing for mental health as it releases chemical endorphins in the brain which are known to improve our mood.

Skipping Challenge!

Skipping is a fantastic low-impact cardio workout that gets your heart rate up but is also tons of fun! You can even challenge yourself by seeing how many jumps you can do in a minute, if you can skip backwards, or if you can loop the rope around twice in one jump. Have a look at this [30 day skipping challenge](#) for some inspiration!



Resources

- ⇒ [The benefits of exercise](#)
(Interactive learning site)
- ⇒ [Family Fun Workout!](#)



Morning Stretches!

Doing some stretches first thing in the morning is a great way to wake yourself up and get moving! Try some of [these](#) stretching exercises to get you



Yoga Pose



MOUNTAIN

Good for posture & focus!

Stand with your toes touching and heels slightly apart. Ground your feet firmly into the earth. Bring your shoulders back, stand tall and straighten your arms beside your torso, palms facing outward. Alternatively bring your hands together in front of your chest. Breathe deeply.

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Science!

Explore Space & The Universe!

Learning can boost your self-confidence and help you to build a sense of purpose which is excellent for mental wellbeing! At the moment it's especially important to stay curious, and learning about the world we live in and the universe is a great way to do this!



[Nasa Space Place](#)—Information, Activities & Games!

[Nasa Solar System Exploration](#)— Discover all the planets!

Videos & Resources

[Solar System 101](#) [Space Compilation](#) [Introduction to Stars Playlist](#) [The Moon](#)



Make your own [Solar System!](#)



Fun & Games!

At Home Spa Day!

A Spa Day is an excellent way to relax and practice self-care, and you can get the whole family involved! Try giving this [printable](#) a go and get making some DIY face masks, hair masks, body scrub and bath bombs!. Making the recipes is so much fun, and after your treatments and some relaxing music you'll feel calm and ready for a long nights sleep!



Create Your Own Board Game

Have fun designing, making and playing your very own board game! Come up with a concept, get creative with materials found in your home, and host a family games session. Instructions can be found [here!](#)



Outside Links

Parent Survey from Oxford University: Are you a parent of a child or young person in year 0 (reception/foundation) to year 11? If so please take part in <http://cospaceoxford.com/survey>

Childline: under 19s can call **0800 1111** for free, confidential support

Emerging Minds: <https://bit.ly/EMAnxiety>

BBC Bitesize [Parent Toolkit for Wellbeing](#)

[Self Care](#) Ideas for Children

Supporting Parents who are Worried About Their Children's Well-being during Lockdown [Booklet](#)—Guidance for discussing worries, wellbeing tips and more!

CAMHS Oxfordshire: <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

It's a crisis

If it's an emergency, phone 999. This is if your child's life or the life of another child or young person is at immediate risk

Call the Oxfordshire and Buckinghamshire Mental Health Helpline if you need help with a mental health problem. This number replaces 111 for mental health advice in Oxfordshire.

- For children and young people call 01865 904 998

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JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

THURSDAY

4 Show your appreciation to those who are helping others

FRIDAY

5 Smile and be friendly, even while you're social distancing

SATURDAY

6 Notice the upsides during the lockdown, however small

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

8 Write a letter to thank someone for what they did

9 Find the joy in music today: sing, play, dance or listen

10 Take a photo of something that brings you joy and share it

11 Say positive things in your conversations with others today

12 Make a plan with friends to do something fun together

13 Appreciate the joy of nature and the beauty in the world around

14 Do three things to bring joy to other people today

15 Rediscover a fun childhood activity that you can enjoy today

16 Ask a loved one what they feel grateful for at the moment

17 Be kind to you. Treat yourself the way you would treat a friend

18 Send a positive note to a friend who needs encouragement

19 Create a list of favourite memories you feel grateful for

20 Make time to do something playful today, just for the fun of it

21 Enjoy trying a new recipe or cooking your favourite food

22 Share a happy memory with someone who means a lot to you

23 Look for something to be thankful for where you least expect it

24 Thank a friend for the joy they bring into your life

25 Eat food that makes you feel good and really savour it

26 See the upside in a difficult situation you learnt from

27 Watch something funny and enjoy how it feels to laugh

28 Create a playlist of your favourite songs and enjoy them

29 Take time to do something that makes you happy today

30 Make a list of the joys in your life (and keep adding to them)



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

June 2020 Calendar from Action for Happiness!

If you need some more joy in your life then try giving these suggestions a go! Just doing one of these a day could really make a huge difference to your own wellbeing and the wellbeing of those around you. You could even see if you can go the whole 30 days!



THINK

Believe

DREAM

and DARE

Doodle Art Alley ©

