

# Children and Young People's Newsletter



In this month's newsletter we look at **Stress Awareness**, feedback received from our interventions and workshops, a closer look into social skills groups, the support we offer, as well as a quick reminder about our upcoming forums.

## Stress Awareness Month

This month has been highlighted as stress awareness month, which is celebrated every year to raise awareness of the importance of managing stress in a healthy manner. This campaign aims to raise awareness about the factors that contribute to stress, the ways to reduce stress, as well as to reduce the stigma that surrounds stress and mental health. Research has indicated that lower levels of stress throughout the day can benefit a healthier lifestyle. Here are some tips that can help you with this:



- **Connect with someone:** Are they okay? Are you okay? Check in with your support network, as a sense of belonging and community can help reduce feels of loneliness.
- **Prioritise sleep:** Wind down before bed by minimising screen time and avoiding caffeine before sleeping. Instead, try listening to calming music, or making a note of what is on your mind and setting it aside for tomorrow.
- **Mindfulness:** Breathing is a powerful tool to aid in stress reduction and relaxation. Short, shallow breaths can heighten anxiety, so take time to breathe deeply and shift your body into relaxation mode. You could try something mindful, like meditating, or listening to calming music.

We hope these tips are useful and if they work, you can share them with others to raise awareness of the importance of sleep and the impact it has on our wellbeing.

## “Your feedback”

Your feedback is the best way for us to keep improving as a service. Here is some feedback we have received from our one to one interventions and parent workshops. Thank you!



Thank you for everything you have done for me and my child. They feel safe and happy to talk to their therapist about issues they are struggling with. The youth center makes them feel safe and finds it extra supportive to have the accessibility of help in the environment.

(Parent)



The service is easily accessible and fast in comparison to external services. I felt like everything was acknowledged so quickly and supported with throughout. It was nice that it was in school and information was relayed

so quickly.

(Young person)



## 1 Minute of Mindfulness



It is natural to feel stressed or tense throughout the day. Take a minute to relax your body. Often when we are stressed, we get stuck in our minds and disconnected from our bodies. The S.T.O.P method is a grounding exercise that helps you reconnect with yourself. Here's how it works:

- (S) Stand up and breathe
- (T) Tune into your body. Notice how it feels, and any physical sensations
- (O) Observe. What is your body telling you?
- (P) Ask what's possible. What new possibilities might emerge if you're able to get back in tune with yourself right now? How might this be the turning point for the rest of the day?

# Social Skills Group

Social skills are an important factor in children's wellbeing and this is something that they will carry with them into adulthood. Social skills are important for communicating with other people, identifying emotions, problem solving and responding appropriately and positively to conflict. The group involves four sessions arranged with the school and consists of 4-10 young people (aged 8-12).

## Session 1

Getting to know yourself and your social skills

## Session 2

Communication

## Session 3

Identifying emotions and problems

## Session 4

Assertiveness

If a school wants to find out more information, please speak with the Educational Mental Health Practitioner, Whole School Approach Advisor or Supervisor from our MHST linked to your school.

# Summer Term Forums

The forums are a great way to share your experiences and contribute to the future development of our service. See below the dates and times of this term's forums. For more information or to show your interest regarding the forums, contact us on [mhsteam@bwwmind.org.uk](mailto:mhsteam@bwwmind.org.uk).

**Staff Forum:**  
04/06/2024  
@4:00pm

**Parents and Carers Forum:**  
05/06/2024  
@4:30pm

**CYP Forum:**  
06/06/2024  
@4:30pm

# Meet Our Team Corner

In this issue I am happy to introduce **Anisa**. She is an **Educational Mental Health Practitioner** in the **Mental Health Support Team**.

## Meet Anisa:

I am a newly qualified Children's Wellbeing Practitioner (CWP) and have recently joined the Mental Health Support Team at BWW Mind (as an Educational Mental Health Practitioner). I've always had a keen interest in psychology and child development. I completed my undergraduate degree in psychology and postgraduate degree in a psychoanalytic observational approach working with children, young people and families. These courses provided me with the opportunity to explore and reflect on the different emotional dynamics that correspond with child development and have a direct impact on my working with young people. During this time, I worked as a nursery practitioner and a teaching assistant in various primary schools. These past experiences highlighted the importance of mental health and having positive role models in a young person's life. Training as a CWP, I had the privilege of making a meaningful difference in the lives of children and families by providing support and guidance during challenging times and it was incredibly rewarding and fulfilling to be a part of that journey. I would like to continue making a difference and look forward to supporting and working with children, young people and families this coming year!

## A few things I like:

I love to read, experiment with new baking recipes and go for walks. I love a good cup of coffee and eating sushi. I've recently started painting and particularly enjoy acrylic and water painting. I like exploring new places with friends and playing board games with my family. I also like makeup, shopping, flowers and animals.

## My perfect day:

My perfect day would start off by going for a long walk with lots of sunshine. I would stop by a local coffee shop for some coffee. I would go home, snuggle up on the couch, reading my favorite book and probably have a second cup of coffee. I would then meet my friends for brunch and spend the afternoon catching up on the latest gossip. After brunch, we would go and do something fun like an escape room, paintballing or laser tag. Everyone would come back to my place for dinner (pasta nights are the best!) and we would finish off the evening watching a movie and ordering dessert.



Thank you for reading!