

Alec Hunter Emotional Wellbeing Briefing – Issue 3

Dear all, welcome to our fortnightly emotional wellbeing update for families. Every fortnight we will send you this briefing, hopefully supplying ideas and support for you and your loved ones.

This week's wellbeing activity is to look at some family photos and talk about them with the young people in your lives and to reminisce about good memories and experiences you have had together.

This is a fantastic way to connect with young people and promote positive emotions, but it also gives them an opportunity to talk with you about what they might feel they are missing out on at the moment. These photos could also go into someone's 'self-soothe box' – see the video below for more details.

What can you do to help support the young people in your lives?

1. **Keep talking to them** – listen to how they feel and do not worry if you do not have all the answers.
2. **Offer reassurance** – remind your children how capable they are and that you will support them.
3. **Make time to be together** – spending time together will improve your connection as a household.
4. **Take a break from screens** – technology can be amazing, but it's so a good idea to limit screen use.
5. **Hug each other** – although you cannot have physical contact with those outside your households, be sure to hug those who live with you and may be missing their usual hugs from others.

Remember to look after yourself as well – be kind to yourself and appreciate that you are also adapting to these different times. Try to maintain your own wellbeing and recognise where you have succeeded.

Where to go for further support?

- NHS - <https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-your-teenager/>
- Action for Happiness - <https://www.actionforhappiness.org/>
- Kooth - <https://www.kooth.com/>
- YoungMinds - <https://youngminds.org.uk/>
For crisis support, text message YM to 85258
- Samaritans - <https://www.samaritans.org/>
For crisis support, call on 116 123
- Childline - <https://www.childline.org.uk/>
For crisis support, call on 0800 1111

IF YOU ARE CONCERNED ABOUT A YOUNG PERSON'S EMOTIONAL WELLBEING OR SAFETY and would like support please contact abooth@alechunter.com Associate Assistant Headteacher

According to a YouGov survey, 32% of parents have noticed negative changes in their children's behaviour since lockdown.

“One of the most important things you can do on this earth is to let people know they are not alone.”

– Shannon L. Alder, Author

This video explains how to make a 'self-soothe box', which may be helpful to your children. https://www.youtube.com/watch?v=TTYIS3u3A_E&feature=emb_rel_pause



Signs of poor mental health and wellbeing

- Continuous low mood.
- Change in appetite or sleeping patterns.
- Talking about feelings of hopelessness.
- Being more irritable and intolerant of others.
- Showing little or no enjoyment of things they were once interested in.
- Increased social isolation or becoming withdrawn.

