

## Alec Hunter Emotional Wellbeing Briefing – Issue 4

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 share with in the young people in your lives at least one thing you appreciate about them and how they have acted during the school closure.

This is a wonderful way to show kindness to young people, strengthen their self-esteem and also reinforce positive behaviours you would like to see more of. You could write them a letter detailing how you are proud of them or find a time to talk to them in person to share how proud they have made you.

### 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. **Do activities together** – take this opportunity to find something that you enjoy to do with each other.
3. **Spend time apart as well** – giving each other space is as importance as spending time together.
4. **Check-in with them regularly** – keep connected and be aware of how your children may be feeling.
5. **Discuss safety** – talk about how they can take responsibility for their own safety by following governmental guidelines and continuing to social distance 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](mailto:abooth@alechunter.com) Associate Assistant Headteacher**

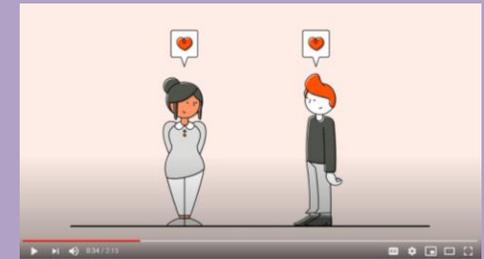
According to the Mental Health Foundation, 72% of adults say it is important we learn from the pandemic to be more kind as a society.

“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate.”

– Albert Schweitzer, Philosopher

This video explains the scientific benefits of being kind to one another.

<https://www.youtube.com/watch?v=O9UByLyOjBM>



### 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.