

Alec Hunter Emotional Wellbeing Briefing – Issue 1

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 try and find time to do a positive activity together as a household.

This is a great way to spend some time together doing things you all enjoy, like board games, walking or cooking. It also gives young people the space and time to talk about how they may be feeling, without having to have a "big chat".

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

1. **Talk to them** – do not worry if you do not have all the answers. Listening to how they are feeling is the most important and reassuring them these feelings will come and go.
2. **Work through their worry** – identify what is worrying them and let go of things they cannot change.
3. **Take a break from the news** – if the news is having a negative impact, limit their intake.
4. **Establish routine** – include sufficient sleep, healthy eating, regular exercise and relaxation time.
5. **Stay connected** – spend time together as a household and stay connected with others via technology.

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 aboorth@alechunter.com Associate Assistant Headteacher

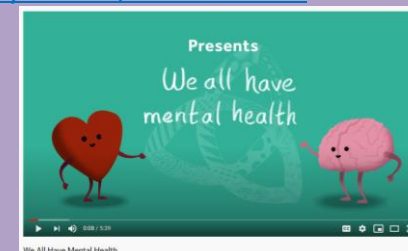
According to a survey conducted by YoungMinds, 83% of young people feel their mental health has worsened in some way since the start of the pandemic.

"A hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles"

– Christopher Reeve, Actor

This informative video may help you and the young people in your life understand and talk about mental health.

<https://youtu.be/DxIDKZHW3-E>



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.