

Alec Hunter Emotional Wellbeing Briefing – Issue 2

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 share a memory of a time you overcame a challenge with the young people in your lives.

This is an excellent way to remind young people that there are times in life when each of us will face difficulties, but that we also have the potential to overcome these challenges if we believe in ourselves and accept support from those around us.

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.
1. **Discuss online safety** – make sure you know and are happy with the sites they are accessing and who they are communicating with.
2. **Establish boundaries** – be clear with young people about how to stay safe when they are outside.
3. **Celebrate success** – when they do something well, let them know and share how proud you feel.
4. **Have fun** – try and make time to relax as a household and enjoy each other's company.

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 YoungMinds, 67% of parents are concerned about the long-term impact of the coronavirus on their child's mental health.

“However difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up.”

– Stephen Hawking, Scientist

This informative video may help you and the young people in your life find some ways to relax. <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>



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.