


Parent's Newsletter

February 2021

Coping with uncertainty

The day after we sent out the January Newsletter, we went into our third national lockdown. By the time this goes out to you, it is likely we will still be in the middle of that lockdown and all the uncertainty it brings.

It's hard to know how to plan and best support yourselves and the young people in your life, when the rules keep changing around us. Not having control can have a huge impact on our mental wellbeing and leave us feeling very stressed and overwhelmed.

But there are things you can do to take back some of that control. The list at the right are some examples: 

- **Notice, label, and accept your emotions.** When you feel anxious, recognise it and try to name the thought. This helps you to understand and begin to take back control of the worry.
- **Accept anxiety as a part of you.** Don't ignore it, fight it, reject it or be afraid of it. Don't judge yourself for feeling it. Be kind to yourself. Anxiety is a part of being human and is there to keep us safe.
- **Try and keep things in perspective.** Don't ignore all the good things that are around you. Is there anything going well? Name something you have enjoyed about each day.
- **Focus on your breathing.** Just stopping to literally take a breath can help you to calm. It can help you pause before you react.
- **Talk.** Staying in touch with friends and family is good for you and for them. Feeling close to others reduces anxiety, and has been known to boost the immune system. Even though we're staying home, we can reach out by phone, video chat or social media.
- **Be in nature.** Even 5 minutes spent appreciating nature can lower anxiety and blood pressure.
- **Stay active.** Even though we are staying at home, find ways to be active, even for a few minutes, every day. Exercise relaxes you and releases endorphins (the body's happy hormone). Check out some of the classes and videos online if you are struggling to get out.
- **Keep a routine.** Even if your normal day to day has changed beyond your recognition, some things should stay the same. Get up at the same time, get washed, get dressed into real clothes (not pj's) and eat regular meals. It will help protect your sleep patterns and keep you in good habits of self-care.
- **Know when to reach out for help.** If your anxiety seems overwhelming — if you're having trouble sleeping, eating or interacting in the ways you normally would — get help. Services are still there for you even if they look slightly different.



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.

Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



**WITH
ME
MIND**

Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

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Team Spotlight

This month we're going to explore a little about the crisis care pathway within CAMHS – the Intensive Community Support Team (ICST).

Intensive Community Support Team (ICST)

When a young person is struggling with their mental health and they can no longer keep themselves safe, they may require support from ICST. The intensive community support team aim to support young people recover within their existing support networks by carrying out urgent assessments and providing intensive in reach interventions. Support from the ICST can be requested through Single Point of Access or discussion with the child's CAMHS key worker.

Childrens Mental Health Week – 1 – 7 February

This year the theme of Childrens Mental Health week is "Express Yourself". Expressing yourself is about finding ways to share feelings, thoughts, or ideas through creativity. It is about finding a way to show who you are and how you see the world, that can help you feel good about yourself.

Take a look at our self-care section further down to see some ways you can explore the theme of "express yourself" in your families.



Mental Wellbeing Free Resources (great for home schooling ideas!)



- Sheffield Childrens Hospital - <https://bit.ly/3bznTLj>
- The Anna Freud Centre for Children and Families - <https://bit.ly/3snHEvk>



Self-Care

When we are feeling stressed, worried or low we can neglect our own needs. When we do this it leads to us feeling more stressed, worried and low. That's why it is essential that we need to look after ourselves, especially when we don't think we have time.

Could you explore this months "express yourself" theme and:

-  Try a new hairstyle
-  Paint your nails
-  Be artistic – paint, write a poem, draw...
-  Wear your favourite clothes
-  Try Karaoke at home!

Could you plan some of these self-care activities into your week?

-  Go for a walk
-  Go for a bike ride
-  Have a bubble bath (hot chocolate and candles are optional)
-  Read a book or magazine
-  Listen to your favourite playlist
-  Cook your favourite meal
-  Watch a film