



Mental Health and Wellbeing week

1st-7th February 2021

FEELING GOOD WEEK

This week is Hertfordshire's "Feeling Good Week". We all have had to adapt to a new way of working this year, lot of which have been extremely trying. We would like to invite you to take some time this week to consider your own Mental Health and Wellbeing.

"What is the bravest thing you've ever said?" asked the boy.



"Help," said the horse.

5 Ways to Wellbeing

1. Connect with other people. Good relationships are important for your mental wellbeing.
2. Be physically active. Being active is not only great for your physical health and fitness
3. Learn new skills
4. Give to others
5. Pay attention to the present moment

My Teen Brain:

What happens to my brain when I'm a teenager?

<https://www.hertfordshire.gov.uk/services/Schools-and-education/Childcare-and-advice-for-parents/Parents-and-family-support/My-teens-brain/My-teen-brain.aspx>

Understanding your teen:

- Changes in hormones cause mood swings and affect sleep.
- Teens want more independence so they're pushing boundaries.
Brain development is a reason teenagers take risks

Teach your teen

- Don't be too hard on them if they make a mistake - no one's perfect.
- Make sure they learn as much as possible from their mistakes.
Use your own past experiences to help your teen overcome challenges.

Supportive phrases can sound like:

"instead of saying that, try saying this..."

- "I am happy to listen if you need to talk"
- "The sounds really difficult"
- "I would also be struggling to make that decision"
- "I am sorry you're going through this"
- "What I admire about you in this moment is..."
- "You matter"
- "What is the best way I can support you through this?"
- "Your concerns and worries are important to me"
- "I would also feel scared if that happened to me"
- "I want you to know that regardless of the outcome this doesn't change my opinion of you."

Quick tips and tricks

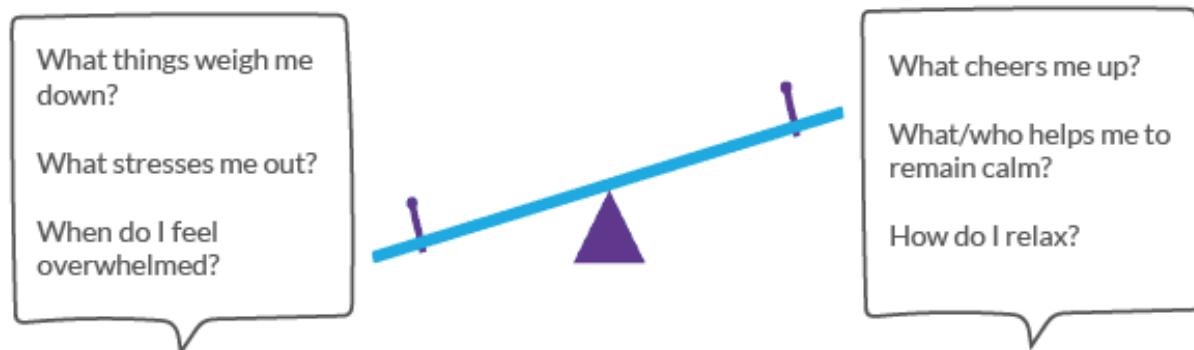
- Find a balloon, inflate it and then put it on your tummy. Take deep breaths in and out and try and make the balloon rise and fall
- Put a feather in front of your mouth, breathe in and blow out onto the feather. Make it flutter.
- Take 10 seconds to remember how far you've come.
- Be kind to yourself and remember doing your best is not always manageable.
- Speak to someone you trust or try ordering your thoughts in a journal. Sometimes our invasive thoughts are easier to manage when we've talked them through.
- Get active- even by getting up and moving around the house
- Sit with your feelings for a while and remember they are valid and important.

Keeping the balance

When considering your mental health during this difficult time, it can be helpful to identify the elements that play a role in affecting it

Thinking of this as a balancing act can enable us to identify times, people and conditions that may help us to cope and feel more settled when things get tough.

1. Think of those times, people and conditions that have a negative impact on you. Are there factors that you can avoid or control?
2. The next step is to ensure that you can have some of the positive elements to counteract some of the negatives. Write down the factors that help to cheer you up, remain calm and the conditions you need in order to relax.
3. Think about when you prioritise your self-care and how you could do this more.



Specific support for your mental health during the coronavirus

1. **Talk** to your child about what is going on. You could start by asking them what they have heard about coronavirus.
2. **Try** to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
3. **Explain** to your child that it is natural to worry sometimes and everyone does it. This feeling, like all feelings, will come and go.
4. Don't try to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
5. **Be aware** that your child will often copy your behaviour, so if you are feeling anxious or overwhelmed, you may need to limit how much you express this in front of them.
6. **Reassure** your child that it is unlikely they will get seriously ill, and if they do feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
7. **Give** some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
8. **Keep** as many regular routines as possible, so that your child feels safe and that things are stable.
9. **Spend time** doing a fun activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. For activities ideas, visit our starting a conversation with your child guide.
10. **Encourage** your child to think about the things they can do to make themselves feel safer and less worried. Help them find things that distract or relax them.
11. **Be aware** that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
12. **Remember** to look after yourself too. If you are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

Support for a Mental Health Crisis

The NHS and our local hospitals are really busy at the moment, so if you're experiencing a mental health crisis, the quickest way to get help at any time of the day or night is to call our freephone number: 0800 6444 101, or call NHS 111 and select option 2 for mental health services.

In the case of serious illness or injury, dial 999 for emergency services

If you are already using our services

If you are already receiving support from us and need help, please contact:

Your care co-ordinator on the number provided to you or if you need help in the evening, weekend, or bank holiday call 0800 6444 101.

Email: hpft.spa@nhs.net for non-urgent enquiries

For a range of self-help information please click [here](#)

Live webchat service

If you'd prefer to speak online, click on the SPA red button [here](#). This service is available Monday-Friday, 7am-7pm.

Alternative Contacts

Samaritans Tel: 116 123, 24 hours a day, every day

Childline Tel: 0800 1111 via [1-2-1 chat](#) between 7.30am and 3.30am every day.

HOPELINEUK (papyrus): Tel: 0800 0684141 Text: 07786209697
Email: pat@papyrus-uk.org, 10am-10pm weekdays, 2pm-10pm weekends and bank holidays.

www.kooth.com - Free online service for children and young people