

Parent's Newsletter

April 2021

April is Stress Awareness Month

The Stress Management Society has conducted some research which identified that 65% of people in the UK have felt more stressed since the COVID-19 restrictions began in March 2020. The three key causes for concern are feelings of disconnection, uncertainty, and a worrying loss of control, so to help with this the theme for Stress Awareness Month 2021 is 'Regaining Connectivity, Certainty and Control'.

Turn to our worksheet page to find out about the "Stress Bucket" which can be really helpful in managing stress.

Check out www.Stress.Org.uk for "Regaining Connectivity, Certainty and Control" resources, including a 30 day challenge. It takes around 30 days to turn "actions" into habits, so are you up for the challenge of making some new positive habits?

Stress Awareness Month April 2021 - Regain Connection, Certainty and Control



Physical	Mental	Emotional
You're working from home, take regular screen breaks - stand up and move!	Keep a thought journal - this will help you to rationalise your thought process	Practice mindfulness - Judy from Balance Time is leading some mini-meditations at www.facebook.com/TimeforBalance
Can't get a good night's sleep, how can you improve your hygiene?	Hannah is running a Yoga for Sleep series at www.facebook.com/hannahherapy	Connect with people - check in with your support network; are they ok? Pick up the phone and call them out!



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:



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/>

Follow us on:



@doncastercamhsnhs

Dr Alex

We are delighted that A&E doctor and ex-Love Islander Dr. Alex George has been appointed as a youth mental health ambassador for the government. He will help to shape policies and offer his advice on support for young people. This has been a fantastic announcement and will make sure that young people's mental health is something we are all talking about and think positively about.

He has bravely shared about his own personal experience of mental illness and why positive mental health and wellbeing is so important.

We can't wait to see what he accomplishes in his new role!

Self Harm

We know that when people become overwhelmed by negative thoughts and emotions, these thoughts can often turn into thoughts of wanting to harm themselves or even thoughts of wanting to end their life. This is quite a common thought people experience when they are struggling, but that doesn't mean it is any less scary for that person or for their family!

When people are struggling with deliberate self harm or thoughts of wanting to harm themselves then "displacement techniques" can be helpful. These are things which may feel the same, but don't cause harm or risk to self. Here are a few examples:



Hit pillows or cushions, or have a good scream into a pillow or cushion to vent anger and frustration



Rub ice across your skin, or hold an ice-cube in the crook of your arm or leg



Put elastic bands on wrists, arms or legs and flick them



Shout or scream



Have a cold bath or shower



Rip up paper into small pieces.

Although thoughts of self harm can be common, that doesn't mean they shouldn't be taken seriously. We need to make sure that young people are safe and we can do this by limiting the risks, such as removing any sharp objects and by cleaning and dressing any wounds.

But we would never expect you to manage this on your own. If you or anyone you know is struggling with thoughts like these please contact mental health services for more support:

Doncaster CAMHS (for children and young people)

 **01302 796191**

Doncaster Talking Shop (for adults)

 **01302 565556**



Distraction

When we become overwhelmed by big thoughts like this then our brains can struggle to think properly and it can be hard to focus and concentrate. One thing that can be helpful at this time is distraction which is doing anything that you can do to take your mind off what you are thinking about and onto something different. What do you enjoy doing to take your mind of things, why not make a list which you can keep handy for when you need it?

UNLOCK YOUR HAPPY

SEROTONIN

- Being outside in nature
- Having a massage
- Breathing exercises
- Practising daily gratitude
- Aerobic exercise

The mood stabilizer

DOPAMINE

- Celebrating success
- Getting enough sleep
- Mindfulness/Meditation
- Listening to music
- Sunlight exposure

The reward chemical

ENDORPHINS

- Creative activities
- Laughter
- Eating cacao rich foods
- Random acts of kindness
- Taking a hot salt bath

The pain killer

OXYTOCIN

- Practising yoga
- Cuddles and hugs
- Petting a dog
- Telling someone how much you care
- Spending time with friends

The love hormone

www.wellbeing.work
www.stress.org.uk



International
Wellbeing Insights
People. Culture & Wellbeing



Stress Management Society
from distress to de-stress

We hope that you enjoy this edition
of our newsletter and find this information useful.
If you've any feedback please let us know by ringing

01302 796191

Stress Bucket

Feeling under pressure is a normal part of life and can help you get motivated and get things done. But sometimes the pressure can feel too much and we can feel overwhelmed by worries. This can begin to affect our mental health and so it is important to learn how to notice and manage what is causing our stress.

Stress Bucket is a method we often use with young people to help them identify their worries and begin to put plans in place to manage them. Stress is represented by water flowing in the top and the holes in the bucket letting out the stress are our coping techniques. The goal is to make sure you are keeping in balance and your bucket doesn't overflow, leaving you feeling overwhelmed.

What are some of your stressors:

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What are your stress symptoms?

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Overflowing =
Loss of control

What does your loss of control look like?

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What are your coping tools?

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