

## Mental Health and Wellbeing Autumn 2022

I can't believe that Christmas is nearly upon us already – the Autumn term seems to have flown by. We have enjoyed Autumn and Christmas performances from all of the children, not to mention the fund raising of Children in Need and The Rudolph Run!

We appreciate that life can be stressful at the best of times and with the additional pressure of Christmas sometimes it all seems to be too much to cope with. If you find yourself becoming overwhelmed there are many ways to refresh and refocus.

### Top Tips

- 1) Get outside – we all know how daily exercise kept us mentally and physically healthy during the COVID lockdowns. Make sure you go for walks and appreciate nature around you. We are fortunate to have The Wyre Forest, Habberley Valley, Bewdley, Stourport, canal and river walks and parks to go and see nature at its finest for FREE in our locality.
- 2) Reflect and meditate -take slow deep breaths and think about all of the positives that you have in your life (your children, family, health, work etc) and take time to feel blessed. Having a positive mind set contributes to a healthy mental mind set.
- 3) Try not to over spend on things you don't really need – food, presents etc
- 4) Keep warm – you might need to wear more layers around the home to help with the cost of heating.

As always there are many agencies out there offering support and advice. The internet has a huge range of sites that could be of some use.

- Twitter: [@mentalhealth](https://twitter.com/mentalhealth)
- Facebook: [@mentalhealthfoundation](https://www.facebook.com/mentalhealthfoundation)
- Instagram: [@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)
- LinkedIn: [@mental-health-foundation](https://www.linkedin.com/company/mental-health-foundation)



<https://www.citizensadvice.org.uk/>

Citizens Advice have advice on cost of living, bills etc



CAHMS online

The Child and Adolescent Mental Health Service have launched a website for children. This is well worth a visit to help children with anxieties and feelings.

<https://camhs.hacw.nhs.uk/>



Starting Well Partnership

<https://www.startingwellworcs.nhs.uk/>



Anna Freud National Centre for Children and Families

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

Wishing you all a Merry Christmas and a Happy New Year.

Mrs Taylor

