

February 2021

# Newsletter for professionals

## Importance of Self-Care

Last month we shared a little about how important it is to look after yourself to be able to best support our young people. This has become even more difficult with the latest pressures of another lockdown. Make sure you are all taking the time to look after yourself and that you are managing to keep up with your own self-care, whether you are at home or in school.



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If you are working from home please remember these steps from NHS.UK.

These simple tips can help you while working at home, to feel more productive and take care of your mental health in these difficult times:

- Set and stick to a routine – meal times make great milestones
- Make a dedicated workspace – preferably not your bed
- Give yourself a break – tea or coffee is essential!
- Stay connected – working in isolation doesn't mean you have to be isolated
- Set boundaries – turn the laptop off and hide it under the stairs
- Be kind to yourself!



If you do feel like things are becoming overwhelming, please don't struggle with this alone. There are lots of services that can support you. <https://www.educationsupport.org.uk/> has a lot of great resources.

## 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's about finding a way to show who you are and how you see the world that can help you feel good about yourself. When our young people see us express ourselves and our feelings we can start conversations around mental health and wellbeing.



If you have not already accessed the Anna Freud Mentally Healthy Schools resources, please take a look at them. The website is full of really useful information and resources around exploring Mental Wellbeing in school and promoting conversation. They have recently launched "5 Steps to Mental Health and Wellbeing Framework" which explores whole school approach. The latest was a seminar on Supporting Staff and had some really useful and particularly timely information. You can access these through this link: <https://bit.ly/2LoGf7f/> One idea discussed in that seminar was promoting discussions about self-care with young people by exploring your own coping techniques and stress relievers. A school in Sheffield produced a display where staff shared their own coping techniques, which prompted a natural discussion throughout the entire school. What a simple and profound way to start to break down the stigma and literally start the conversations.



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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