

# The Mental Health Support Team

Covid-19 Newsletter  
June 2020

Welcome to our sixth newsletter! During the current circumstances we wanted to share some resources that parents and carers can do at home when looking after their young people to support their wellbeing.

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



A lot of the activities and ideas we suggest are based around the **5 Ways to Wellbeing**: <https://bit.ly/wayswellbeing>

## Mental Health Support Team Podcasts & Videos!

Our team has created some great podcasts & videos based on mental health & wellbeing

**Podcasts** Include: *100 Self Care Activities, Relaxation, Positive Self Talk, Transitioning from Lockdown.*

**Videos** Include: *Big & Small Emotions, 5 Finger Breathing, Emotional First Aid Kit, Circle of Control*



You can access all of these [here!](#)

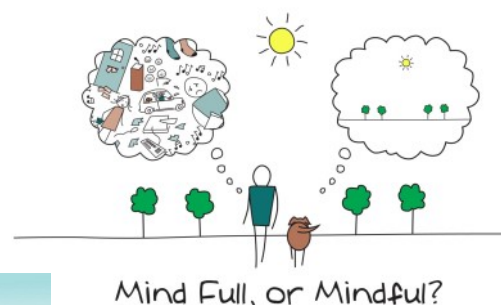
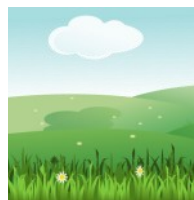


## Mindfulness! *Being present & engaging fully in each moment.*

### Mindful Walks

Research shows that even a short walk can be fantastic for our mental health. However, how often do we actually pay full attention to our surroundings? Try going on a [mindful walk](#) with the intention to notice and appreciate the environment, whether this be a familiar or new location. Be present and notice the sights, smells, and sounds as you walk!

Try this [10 Minute](#) Walking Meditation!



You can find a [mindful colouring sheet](#) at the end of the newsletter.



### Videos & Resources

- ⇒ Headspace [‘Accepting the Mind’](#)
- ⇒ Headspace Mini Meditation [‘Appreciate Nature’](#)
- ⇒ Headspace SleepCast [‘Rainday Antiques’](#)
- ⇒ Calm [Breathe Bubble](#)

Mindfulness

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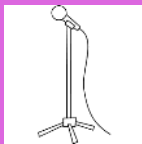
## Creative!



Growing things can be really positive for your mental health — there's nothing more satisfying than watching seeds you have cared for sprout and grow into beautiful plants! Here are a few easy bits of indoor gardening you can try out, and you might even get something tasty out of it at the end!

[Microgreens: the teeny tiny superfoods](#)  
[Unlimited green onions, sprouts in a jar and 18 other fun garden hacks](#)

You can also make one of these plant hangers out of lengths of string using square knots - [this video will teach you how](#). It takes a little bit of focus to get it right, but concentrating on the knots can also be a good activity to practice mindfulness. You can also make [bags](#), [bracelets](#), and decorations out of next to nothing. It's a cool skill to know! →



## Learn to Beatbox!

[This tutorial](#) shows you how to begin with some of the basics of beatboxing and making your own rhythms. When you've mastered the basics [check this recipe out!](#)



## Active!

Exercise is amazing for mental health as it releases chemical endorphins in the brain which are known to improve our mood.

### Skipping Challenge!

Skipping is a fantastic low-impact cardio workout that gets your heart rate up but is also tons of fun! You can even challenge yourself by seeing how many jumps you can do in a minute, if you can skip backwards, or if you can loop the rope around twice in one jump. Have a look at this [30 day skipping challenge](#) for some inspiration!



### Resources

- ⇒ [Beginners Yoga 30 minutes](#)
- ⇒ [10 minute Full Body Workout](#)

be Active!

### Morning Stretches!

Doing some stretches first thing in the morning is a great way to wake yourself up and get moving! Try some of [these](#) stretching exercises to get you started



### Yoga Pose



### Mountain Pose

#### Good for posture & focus!

Stand with your toes touching and heels slightly apart. Ground your feet firmly into the earth. Bring your shoulders back, stand tall and straighten your arms beside your torso, palms facing outward. Alternatively bring your hands together in front of your chest. Breathe deeply.

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## Science!

### Explore Space & The Universe!

Learning can boost your self-confidence and help you to build a sense of purpose which is excellent for mental wellbeing! At the moment it's especially important to stay curious, and learning about the world we live in and the universe is a great way to do this!



**[Nasa Space Place](#)**—Information, Activities & Games!

**[Nasa Solar System Exploration](#)**— Discover all the planets!

### Videos!

[Solar System 101](#) [Crash Course Astronomy](#) [Introduction to Stars Playlist](#)



Make your own **[Solar System!](#)**

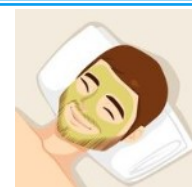


Virtual Tour  
of **[Mars!](#)**

## Fun & Games!

### At Home Spa Day!

A Spa Day is an excellent way to relax and practice self-care, and you can get the whole family involved! Try giving this [printable](#) a go and get making some DIY face masks, hair masks, body scrub and bath bombs!. Making the recipes is so much fun, and after your treatments and some relaxing music you'll feel calm and ready for a long night's sleep!



### Create Your Own Board Game

Have fun designing, making and playing your very own board game! Come up with a concept, get creative with materials found in your home and host a family games night. You can find some quick board templates for making your own Cluedo and Monopoly [here](#), or you could create your own from scratch using [this how-to guide!](#)



## Outside Links

**Parent Survey from Oxford University:** Are you a parent of a child or young person in year 0 (reception/foundation) to year 11? If so please take part in <http://cospaceoxford.com/survey>

**Childline:** under 19s can call **0800 1111** for free, confidential support

**SHOUT:** text 'shout' to **85258** for 24/7 crisis text support

**Emerging Minds:** <https://bit.ly/EMAnxiety>

**[Self Care](#)** Ideas for Children

**Supporting Parents who are Worried About Their Children's Well-being during Lockdown [Booklet](#)**—Guidance for discussing worries, wellbeing tips and more!

**CAMHS Oxfordshire:** <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

### It's a crisis

If it's an emergency, phone 999. This is if your child's life or the life of another child or young person is at immediate risk

Call the Oxfordshire and Buckinghamshire Mental Health Helpline if you need help with a mental health problem. This number replaces 111 for mental health advice in Oxfordshire.

- For children and young people call 01865 904 998



THINK  
Believe  
DREAM  
and DARE

Doodle Art Alley ©

