

The Mental Health Support Team

Covid-19 Newsletter

We know the end of term is near. If you would like to continue receiving our newsletter over the summer, please follow this link to sign up with your email address:

<https://www.surveymonkey.co.uk/r/PBDHLL2>

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.*

Imagine that each thought you have is like a cloud in the sky..

There are countless clouds in the sky. These clouds come and go throughout the day, in the same way that your thoughts may come and go throughout the day. If you have a negative thought, observe it without judgement. Don't try to push it away, or get caught up in it. Thank your brain for considering it but tell yourself it is not a helpful thought. Notice it as a cloud passing through the sky.

Always remember - **you are not your thoughts!**

This is absolutely crucial—you are the sky and your clouds are the thoughts.

Videos & Resources

- ⇒ [Meditation and Yoga for Anxiety](#)
- ⇒ [Headspace: Changing Perspective](#)
- ⇒ [20 minute Grounding Meditation for Teens \(voice only\)](#)
- ⇒ [Mindfulness—Youth Voices](#)



Mind Full, or Mindful?



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



Mindfulness

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Creative!

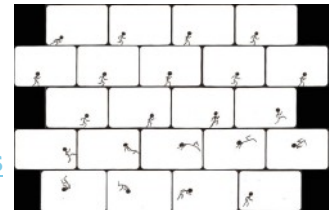


Flip books are super simple and fun to make: it's animation made easy! Have a look at these links to find out more, and try making your own unique story!

[3 simple animations](#)

[Digital flip books](#)

[NY Film Academy techniques](#)



Rainbow
Cloud



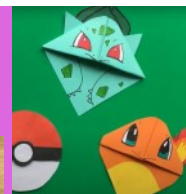
Unicorn



Ocean Themed!



Safari Animals



Pokémon



Create your own Corner Bookmarks!

Have fun making some bookmarks for your favourite books!

Active!

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

Balloon Tennis!

Play a fun game of balloon tennis or volleyball to keep active! Don't let the balloon touch the ground!

To make paddles, glue large popsicle sticks/cardboard to the back of a paper plate.



Videos

- ⇒ [30 minute dance and cardio kickboxing workout](#)
- ⇒ [Teens' Yoga for Beginners](#)
- ⇒ [Morning stretches \(from bed!\)](#)

be Active!

Charades is a popular game which can be played with the whole family and get you moving! It can be played with any word or phrase—you may find that movie titles and TV shows work best! Try [sports charades](#)!



Yoga Pose

reverse tabletop



Great for core strength, arms and legs!

Sit with your legs straight in front of you. Bend your knees, and place your feet flat on the floor. Place your hands flat on the floor behind you.

Straighten your arms, and lift your hips up towards the ceiling, so your chest and legs are parallel to the floor. Relax your neck so it is in line with your spine.

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Science!

Scientists estimate that up to **91%** of ocean species are yet to be classified, and that up to **95%** of our oceans remains unexplored... that's a lot of work for the next generation of marine biologists and oceanographers!

Here are some places you can find out more about life beneath the waves, and don't forget to check out the Blue Planet BBC series if you haven't already :)



[This time-lapse video](#) will show you some of the strangest creatures that can be found beneath the waves...

[Blue Planet](#)

[World Atlas—the 5 oceans of the world](#)

[Marine Biology 101](#)



...and you can also [take this quiz](#) to find out how much you know about the underwater world!

Fun & Games!

Mission Impossible Maze Game!

Get active and creative by making your very own [laser style maze](#) in a hallway at home! Children will love the challenge of navigating through the maze, challenging others, or trying to beat their best time! This is great fun for all the family and only requires crepe paper and masking tape!



Who Am I?

A fantastic family game that only requires post it notes and a pen!

How to Play: Write down a famous character or celebrity name on a note. Stick the note on a player's forehead so that they cannot see what is written on it. The players then ask questions to his group member for which they should either answer yes or no. They should finally try to guess the character. Each player gets a maximum of three attempts to guess the name!



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

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

BBC Bitesize [Parent Toolkit for Wellbeing](#)

[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

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June 2020




RESILIENCE CALENDAR: JUMP BACK JULY 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>We can't control what happens to us, but we can choose how we respond</p>			<p>1 Be willing to ask for help when you need it today (and always)</p>	<p>2 Make a list of things that you're looking forward to</p>	<p>3 Adopt a growth mindset. Change "I can't" into "I can't... yet"</p>	<p>4 Find an action you can take to overcome a problem or worry</p>
<p>5 Avoid saying "must" or "should" to yourself today</p>	<p>6 Put a problem in perspective and see the bigger picture</p>	<p>7 Shift your mood by doing something you really enjoy</p>	<p>8 Get the basics right: eat well, exercise and go to bed on time</p>	<p>9 Help someone in need and notice how that gives you a boost too</p>	<p>10 Don't be so hard on yourself. It's ok not to be ok</p>	<p>11 Reach out to someone you trust and share your feelings with them</p>
<p>12 When things go wrong, be compassionate to yourself</p>	<p>13 Challenge negative thoughts. Find an alternative interpretation</p>	<p>14 Set yourself an achievable goal and make it happen</p>	<p>15 Go for a walk to clear your head when you feel overwhelmed</p>	<p>16 When things get tough, say to yourself "this too shall pass"</p>	<p>17 Write your worries down and save them for a specific 'worry time'</p>	<p>18 Let go of the small stuff and focus on the things that matter</p>
<p>19 Notice something positive to come out of a difficult situation</p>	<p>20 Ask yourself: What's the best thing that can happen?</p>	<p>21 If you can't change it, change the way you think about it</p>	<p>22 Make a list of 3 things that you can feel hopeful about</p>	<p>23 Remember that all feelings and situations pass in time</p>	<p>24 Choose to see something good about what has gone wrong</p>	<p>25 Notice when you are feeling judgemental and be kind instead</p>
<p>26 Get back in touch with a supportive friend and have a chat</p>	<p>27 Write down 3 things you're grateful for (even if today was hard)</p>	<p>28 Catch yourself over-reacting and take a deep breath</p>	<p>29 Think about what you can learn from a recent challenge</p>	<p>30 Ask for help from a loved one or colleague. Be specific</p>	<p>31 Remember that you are not alone. We all struggle at times</p>	

ACTION FOR HAPPINESS







actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

July 2020 Calendar from Action for Happiness!

This month is jam packed with ideas for building up mental resilience, which gives us a strong foundation for our mental health. Sometimes it can be difficult to accept the things we don't have control over, but it can help us to focus on the way we deal with difficult situations - which is something we can change!



Just doing one of these a day could really make a huge difference to your own wellbeing and the wellbeing of those around you. See if you can go the whole 30 days!

