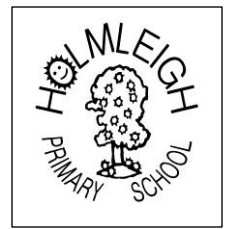
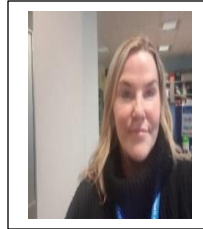
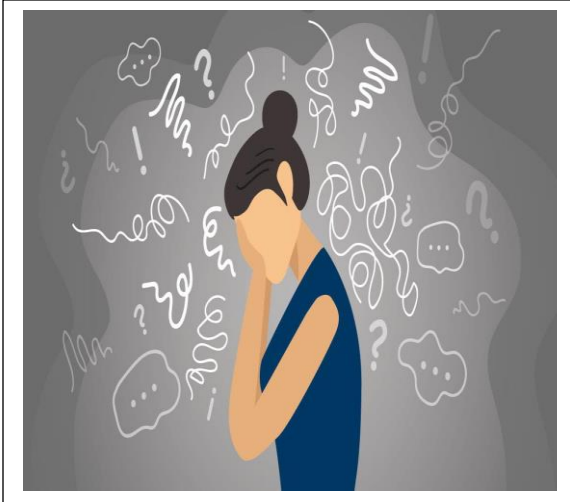


# Wellbeing



## and positive Mental Health at Holmleigh



15 to 21 May 2023

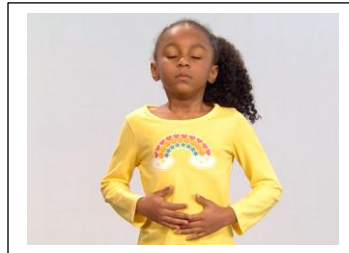
### Mental Health Awareness Week



#ToHelpMyAnxiety

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Lots of things can lead to feelings of anxiety for people of any age, and anxiety is one of the most common mental health problems we can face. Here are some tips to help manage anxiety in you and your children.

#### 1. Focus on breathing



When you're having anxious thoughts try focusing on your breathing, concentrating on the feeling of your body as you breathe in and out. It can help you control the thought. Help your children to do the same. Try the 4-7-8 breathing technique - Close your mouth and quietly breath in through your nose, counting to four in your head. Hold your breath and count to seven. Breathe out through your mouth, making a whoosh sound while counting to eight. Repeat three more times for a total of four breath cycles.

#### 2. Get moving

Exercise is a great way of dealing with anxiety. Remember, activity doesn't have to be vigorous; try some stretches or yoga on YouTube. There is fun yoga for kids too that you could do as a whole family! Or just go for a walk together. Going for a run, swimming, or taking part in a fitness class can give you something else to think about. It needs a bit of concentration, so takes your mind of the anxious thoughts. Any amount of exercise will help, so get moving!

### **3. Keep a diary for anxious thoughts**

It's important that we don't try to ignore our worries or those of our children. Taking the time to keep a record of what's happening in your life and how it's affecting you can help you understand what is triggering your feelings of anxiety. Knowing this can help you better prepare for and manage situations that may cause anxiety.

Sometimes it helps to give yourself a certain time of day to be your 'worry time'. It could be half an hour first thing in the morning for to sit with your worries and write them down in your diary. When that's out of the way, you can move on with the rest of your day. This can help you take control and stop anxiety getting in the way of what you want to do.

### **4. Challenge your thoughts**

Anxiety can lead us to think about things over and over again in our brain. This is called 'rumination' and it's not helpful. When you catch yourself ruminating try to write down the thought and to challenge it. Is what you're worrying about likely to happen? Are you being realistic? Have you had similar thoughts which have not turned into reality? This can make it easier to challenge the thoughts and stop them from overwhelming you.

### **5. Get support for money worries**

A common cause of anxiety for families these days is money. If you're worried about not being able to pay bills, are struggling to repay debt, or aren't sure if you can cover your family's living costs, seek help. Make sure you are claiming all the government supports that you're entitled to. You can also speak to an organisation such as Citizens Advice or StepChange or see information on [mentalhealth.org.uk](http://mentalhealth.org.uk) about looking after your mental health during the cost living crisis.

### **6. Spend time in nature**

We know that spending time in nature has a positive impact on our mental health. It can help us feel calmer and less stressed. This can be as simple as tending some flowers in a window box or going for a family walk in the woods. Any amount of time doing this is good for us, but to really get the benefit, try to spend a significant period of time - maybe an hour or longer - when you can really connect with nature and discuss all the lovely things you see as a family.

### **7. Connect with people and talk about how you feel**

Anxiety can feel very lonely. Connecting with other people can help a lot. If you're able to talk to people about how you feel, it can help to reduce your anxiety. Sometimes saying what's worrying you out loud can take away its power over you.

## 8. Try to get some quality sleep or rest

Resting and having a good night's sleep is hard when your head is full of worries but there are some things that can help.

If anxious thoughts keep you awake, write them down in your diary. If sleep is still not coming, get up and have a drink (nothing with caffeine!) and wait until you're feeling more tired before going back to bed. Keeping a note in your diary of your sleep patterns, what time you went to bed, what you ate, how often you woke up etc can help you work out a routine that will help you get better quality sleep.

## 9. Try to eat a healthy diet

For many of us, feeling anxious might cause us to reach for sugary snacks, junk food or alcohol.

It's important that we don't turn to unhealthy foods or drinks as a way to cope as they will do more damage in the longer term. Eating healthy food regularly helps us to regulate our blood sugar and gives us the energy we need to live well. Remember caffeine in coffee, tea and fizzy drinks can affect your mood and cause sleep problems so it's best to have these in moderation and not too close to bedtime.

*Make every day meaningful this month!*

Meaningful May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

# Poetry About Anxiety

## WHEN I WORRY

*by Kristin Menke*

When I worry, I wriggle and jiggle my toes  
I might start to crinkle and wrinkle my nose  
When I worry, I bite my fingernails small  
Or I second guess my footing and disastrously fall

When I worry, I can't sleep a wink in the night  
The very next morning I can't stand the light  
When I worry, I don't step on cracks as I walk  
Although others may sit to watch me and gawk

When I worry, I dream about things in the future  
Of diseases and injuries requiring a suture  
When I worry, I accomplish none of my goals  
I sit there and stare at the wall full of holes

When I worry it's hard to breathe out and breathe in  
I'm sometimes lightheaded; my brain starts to spin  
When I worry, my heart seems almost ready to break  
As if I can't stand making one little mistake

When I worry, I talk to others about my woes  
I wish they would listen instead of trying to fix those  
When I worry, I can't think of anything else  
It's as if my thoughts are consuming themselves

When I worry, I can't see the beauty outside  
Instead, I want to run away, avoid, and hide  
When I worry, I don't see what's real in my life  
I stay stuck in the mud wallowing in my strife

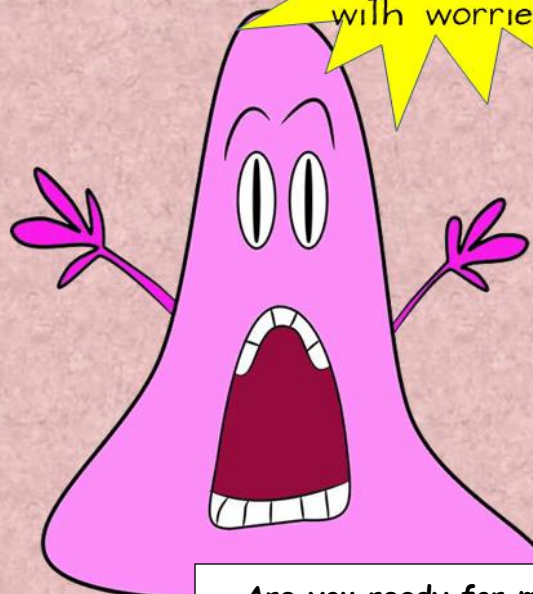
When I worry, I don't see that it doesn't help me  
Or that what I worry about will never come to be  
When I worry, I can't see how I am blessed  
So now, when I worry, I focus on thankfulness



# Worry Monster Poem



Help your child  
with worries



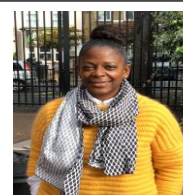
Are you ready for my monthly  
challenge?

## Monthly challenge

**Miss Angie asks...**

What would you do  
if a friend at school  
says they are  
worried?

**TALK ABOUT** my challenge  
questions below with friends in the  
playground. Use the internet to research  
the signs below. Share your answers with  
other children, the grown-ups at school  
and someone at home.



# NSPCC

Do you know  
what this stands  
for?



What do you  
know about this?

Who can you talk to  
about a problem you  
are unable to solve?

