

Happy

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Today is the **fifth** day of #MentalHealthAwarenessWeek2020 (18th-24th May).

The topic this year is **kindness**.

We all have mental health!!!

We all have mental health, just as we all have physical health! It's important we take care of both as they are part of our overall wellbeing.

Experiencing a mental health problem can affect thinking, mood, and the ability to relate to others as one usually would.

Actually, it may surprise you to hear how common mental health problems are. 1 in 4 of us are affected in any year. (It's 1 in 10 young people, or 3 people in the average classroom – not a new socially distanced one!). So, even if your family isn't affected directly, you or your children will likely know someone who is going through the experience right now.

Considering all of this, you would think we would speak about mental health more, wouldn't you? But it's still often a topic we might avoid.

If discussing mental health isn't everyday and ordinary in your house, you're not alone. It's really important though, and just being open to speaking and listening as a parent can make a real difference.

You don't have to be an expert to talk about mental health.

Talk, but listen too: **simply being there will mean a lot.**

Keep in touch: **meet up (at a safe distance), phone, email or text.**

Don't just talk about mental health: **chat about everyday things as well.**

Remind them you care: **small things can make a big difference.**

Be patient: **ups and downs inevitably happen.**

15 TIPS TO DEVELOP GOOD MENTAL HEALTH



Exercise regularly and stay active



Talk to friends



Don't be afraid to tell people how you feel



Get into a good sleep routine



Take part in something that makes you happy



Make sure you are eating well



Relax - practice some deep breathing



Challenge your negative thoughts



Learn what your stress triggers are



Invest time in developing your confidence



Share your feelings with friends and family



Learn how to problem solve effectively



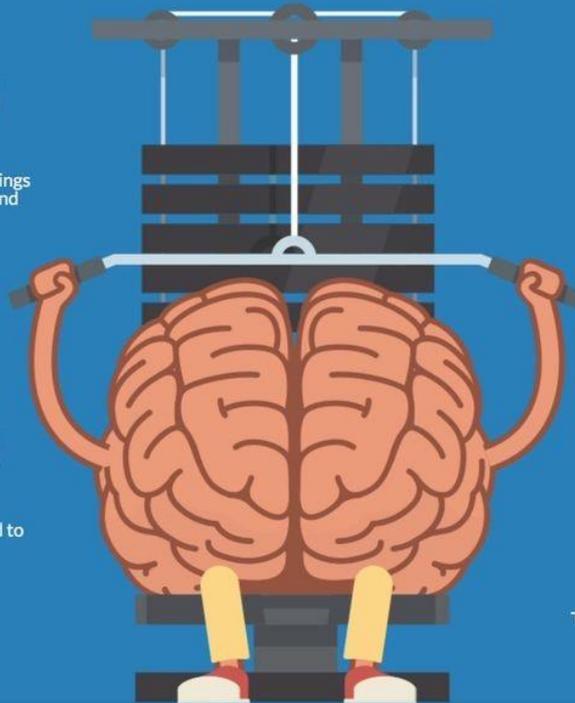
Don't be afraid to seek help



Learn some strategies to manage your stress



Take time to relax and reflect



Find out more about mental health and how to be there for someone at time-to-change.org.uk

Have you done [something kind](#) for yourself or someone else today?



The five ways to well-being!



www.amh.org.uk

Follow us on [social media icons]

Did you know you can create your very own Mental Health poster using if you follow this link:

[MAKE A POSTER HERE!](#)

Yesterday I suggested that you try to give yourself just 15minutes each day to do some of the tasks on the lists, did you have a go? How did they make you feel?

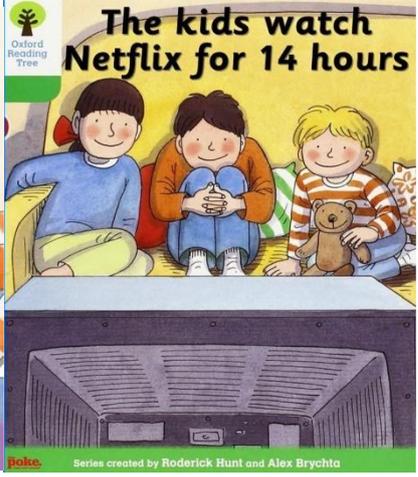
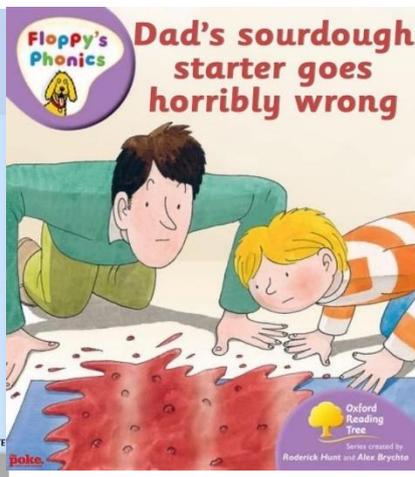
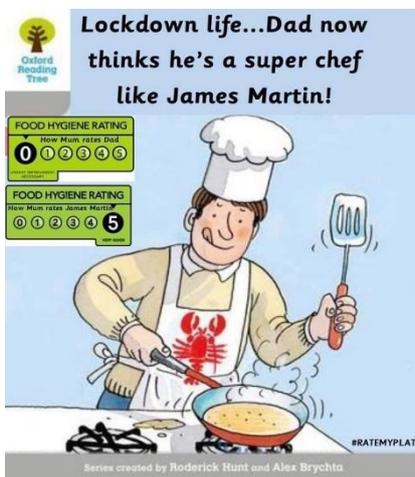
Sometimes it can be really hard to find the motivation to get things done, that's okay! How about learning a new skill? Some of our children have taken up sewing, British Sign Language or knitting! My own personal challenge has been to teach myself how to solve a Rubik's cube!

Or perhaps you could try a free, short course?

Take a look at some here:

[First aid at home](#)

[Understanding how to support children during COVID-19](#)





Need more advice? [Click me!!](#)

Don't forget – you do not need to suffer in silence, if you are experiencing a personal crisis, are unable to cope and need support, text [SHOUT](#) to 85258

I hope you have a very calm and relaxing half-term break! I will be enjoying cake for breakfast on Monday for my birthday! I would love to hear about some of the things you get up to! Remember, I am here for you or your child if you ever need me!

Best wishes.

From Miss A Nabdo
Family Liaison Officer

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