

The Mental Health Support Team

Covid-19 Newsletter

April 2020

Welcome to our first MHST Oxfordshire newsletter! During the lockdown and disruption to schools we wanted to share some resources that parents and carers can do at home to look after their young people. This newsletter is full of loads of interesting activities and links to outside websites that can help you plan what to do to support 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 or young people themselves:

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



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

We've included a coping calendar at the end of the newsletter with some fab ideas to boost your wellbeing!



5 Steps to Wellbeing!

A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing. A link to this on the NHS website can be found here: <https://bit.ly/wayswellbeing>

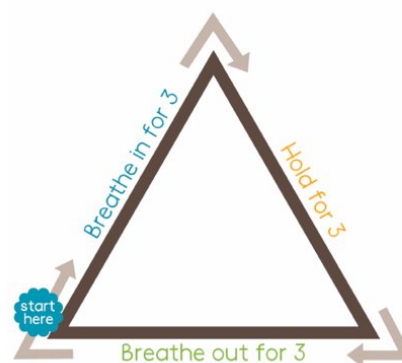
A link to our first podcast around how we can use the 5 Ways can be found here: <https://bit.ly/5WaysPod>

Mindfulness!

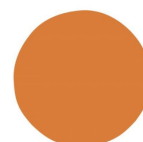
Being present & engaging fully in each moment.

Simple Breathing to Reduce Worry & Promote Calmness:

- ⇒ **Game: Blindfolded Taste Test.** It's easy to scarf down food without paying attention to the taste. You can do this activity to tune in with your taste buds.
Blindfold the person and give them a small bite of food, like a strawberry or a banana. Tell them to smell it before and hold it in their mouth before biting down. You can make this more fun by doing this with your siblings and having them guess—you could even throw some surprises in there!
- ⇒ **Video:** This Mountain Meditation [video](#) contains guided meditation, music and imagery to help you to feel calm and relaxed!
- ⇒ **Apps:** There are plenty of great apps for guided meditation and relaxation for example: Headspace, Mindshift CBT and Calm.
The NHS have also recommended a bunch of really useful more general [mental health apps](#), and most of them are free!



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



HEADSPACE®



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Creative!

Journaling is an excellent way to process and release feelings during difficult times. Here are some journaling [tips](#) and [prompts](#) to get you started. You can make it fun by adding colour and drawings, or even by making it partly fictional!

- ⇒ If you're not into writing then another excellent way to document your time is using an app like [1SE](#). It's a video diary app where you document one second from every day - and best of all it's completely free! It's an excellent way to encourage you to do something fun or interesting every day!



audible
an amazon company

- ⇒ **Amazon Audible** have kindly made hundreds of their audiobooks [free](#). You can stream them from many different types devices. Maybe you'll even be inspired to write a story of your own!!

Active!

In this current lockdown it seems harder to fit exercise into our day; however exercise is as important as ever at the moment. Exercise is not only good for our physical health, but also releases good hormones such as endorphins which can help boost our mood. It is also great for our immune system!

Home Workout Videos

In addition to his P.E lessons, Joe Wicks has a range of home workout videos on his Youtube 'The Body Coach TV'.

- ⇒ Fantastic 25 Minute At Home [Workout!](#)
- ⇒ If you want more fun with your workout you can add some [music](#).



You could also try the [TikTok dance challenge](#); this way you can get your parents and siblings involved too!



Yoga Pose

Downward Dog

Trying this pose first thing in the morning and/or before bed is great, even before and after a workout. Benefits of downward dog include; decreasing anxiety, and it calms the brain which can help to relieve stress and improves circulation!

TIP

Keep both toes pointed towards the front of your mat and sink your heels toward the floor.



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Fun & Games!

Make Kinetic Sand!

This [article](#) shows you how to make kinetic sand with only a few ingredients! This is a sand-like substance with special properties so that it is easily moulded when held but is free flowing when released. Moulding and manipulating the sand can be incredibly calming—so much so that there are hundreds of Instagram and TikTok channels that include [videos](#) of it being used!



Virtual Movie Night

Just because you're not all in the same place doesn't mean you can't get together for a movie. Organise a night when you and your friends can watch a flick on [Netflix Party](#). The site synchronizes video playback and has a group chat feature—or you could use a group video chat app like [Houseparty](#) at the same time! (a link to online safety using Houseparty can be found [here](#))

Follow accounts
on Instagram
like



@upworthy,
@thehappynewspaper and
@the_happy_broadcast for
some good news and uplifting
stories!

Virtual Tours

This [webpage](#) includes virtual tours of museums, zoos and galleries around the world, streaming of music concerts and operas, online podcasts, online lessons for teaching yourself how to draw, sing, craft, mental health resources and prayer resources – all sorts of cool stuff to pass the time!

Create a 'Future Plans' Jar

Whenever you or someone in your family really wants to do an activity like 'visit grandma's house' or 'go out for pizza' write it on a piece of paper and put it into the jar. Then when the lockdown is lifted pick them out and do them one by one. You can decorate the jar any way you like – be creative and make it your own!



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 at: <http://cospaceoxford.com/survey>

Emerging Minds: <https://emergingminds.org.uk/recommended-resources-supporting-children-and-young-people-with-worries-and-anxiety-links/>

Action for Happiness: www.actionforhappiness.org

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

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

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Coping Calendar

This excellent calendar from Action for Happiness has 30 suggested actions to improve the wellbeing of yourself and those around you. Give them a go—you could even try doing one a day for 30 days!



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

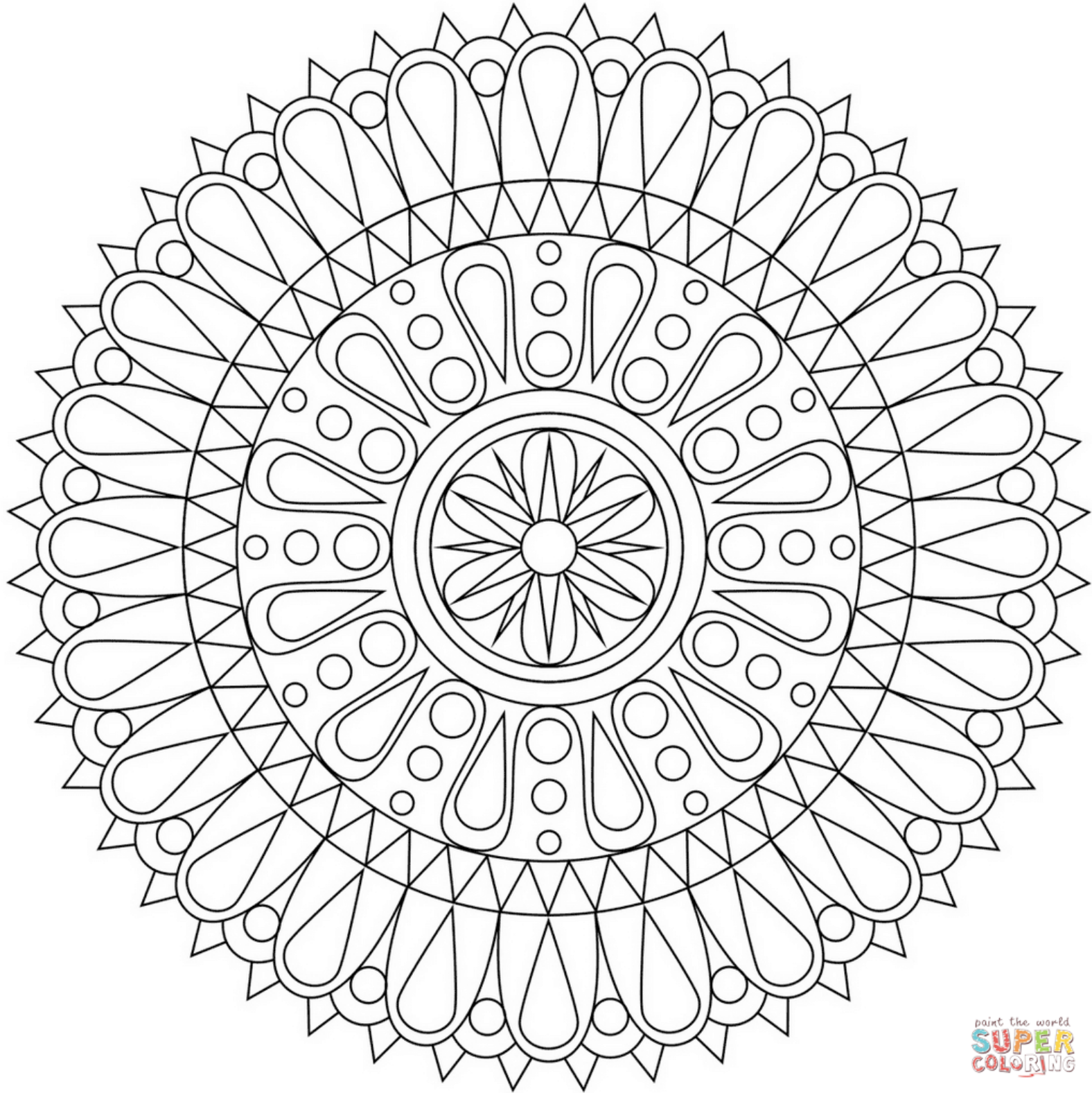
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|--|---|--|--|--|--|---|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time | <p>“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl</p> | | | | |



ACTION FOR HAPPINESS



www.actionforhappiness.org



paint the world
SUPER
COLORING

