

Stress Awareness Month 2024

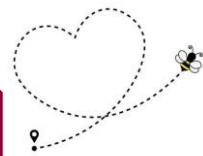
This year's theme is #LittleByLittle, highlighting the powerful impact of consistent, small positive actions can have on our wellbeing.

The resources below can help to understand stress, how it affects your body and reflect on things we can do to manage stress and feel better. There is also a link to support parents.

<https://www.youtube.com/watch?v=i9PTIAe5bVo>

<https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-managing-stress>

[Parent Talk - Support for Parents from Action For Children](#)



April 2024

Wellbeing Newsletter

Stress Ball Craft

Create a Stress Ball using Balloons and flour



Equipment

- One balloon (extra one for reinforcement)
- Small plastic bottle
- Flour
- Paper DIY Funnel
- Pens and wool for decorating

Instructions

1. Using your paper funnel, fill the plastic bottle with flour – not an exact amount, however big you want your stress ball to be!
2. Blow up the balloon and pop over the top of the plastic bottle (do not let the air out).
3. Turn the balloon and bottle over and shake the flour into the balloon.
4. Once all in, carefully remove the balloon (do not let go!) and let the air out SLOWLY. If you, do it too quickly the flour will come out.
5. Once all the air is out, tie a knot and decorate!

https://youtu.be/Fz5iEBdJM84?list=PL2vt_TPKQbZrHVzxljsvdqQUVCnLSP6MR

My Happy Mind

Appreciate



This module teaches children the importance of relating to others and building positive relationships. It emphasises two key skills: active listening, to understand others' perspectives, and stop, understand, consider, to think before acting.

The module encourages children to integrate these skills with the concept of gratitude introduced in previous lessons. By expressing gratitude for the various perspectives offered by others, children learn to value and respect the value of differing viewpoints, thereby enhancing their ability to forge positive relationships.

To access the **My Happy Mind App** visit <https://myhappymind.org/parent-resources> and enter your name and email address. You will then be prompted for an authentication code, which is **111357**

Small Actions To Make Big Changes

CONNECT WITH SOMEONE

Are they okay? - Are you okay? - Check in with your support network - Connect with someone new - A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP

Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time - Make your bedroom a 'tech-free' zone - Create a clean and restful sleep environment - Jot down what's on your mind and set it aside for tomorrow - Avoid caffeine after 4pm.

MOVE IN YOUR OWN WAY

Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE

Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short walk after work. Stimulate your senses and look at the beauty of nature.

BREATHE DEEP

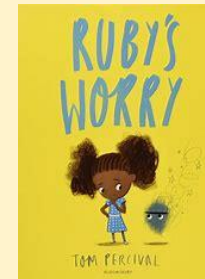
Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS

Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.

#LittleByLittle

Book recommendation



"Ruby's Worry" by Tom Percival is a reassuring and sensitive book that serves as the perfect springboard for conversations with children about sharing their hidden worries.

Active April 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat



29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today

