

# Lancashire Mind's weekly wellbeing newsletter



18th May 2020

This week is Mental Health Awareness Week. The theme is kindness.

Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from the research that kindness and our mental health are deeply connected. The research shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.

## Children and Young People

### This week, why not have a go at 'Counting Kindness'?

Sometimes we can find it easier to pay attention to the difficult things in our lives. This challenge encourages to be aware and alert to all the acts of kindness that also surround us. In the bubbles on [page 2 below](#), why not try to write down one act of kindness for each day this week. It may be something you see on tv, online, at home or even something you've done yourself! *e.g. a kind message from a friend, helping from a loved one, a positive news story*

## Staff

### 'Crisis to Kindness'

To mark the week the Anna Freud Centre are holding a series of three seminars called *From Crisis to Kindness*. The seminars ask how we can bring together what we have learned in the last seven weeks and embed it in our future work. More information and registration for each seminar can be found on [page 4](#).

## Parents

### 'Positive affirmations'

Being kind to ourselves is really important for our mental health and wellbeing. But sometimes we can find this hard to do. So, it can be helpful to practise celebrating the things we like about ourselves. Have a go using our template on [page 3 below](#).

Follow us on social media channels!

Find more resources for Children and Young People, Adults and Parents on our website:

[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)



18th May 2020

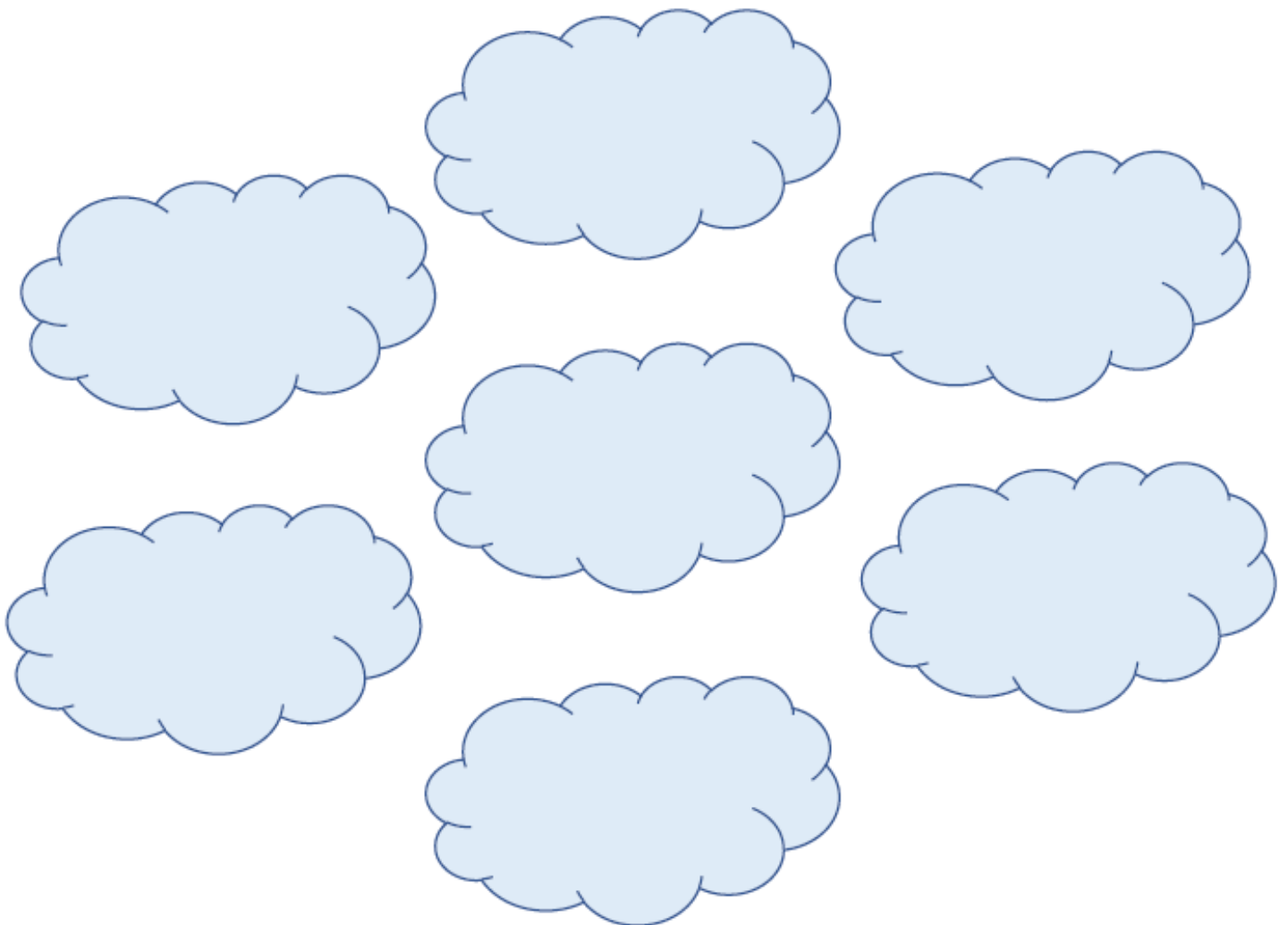
# Weekly Wellbeing Challenge:

## Counting Kindness

Sometimes we can find it easier to pay attention to the difficult things in our lives. This challenge encourages to be aware and alert to all the acts of kindness that also surround us.

In the bubbles below try to write down one of act kindness for each day this week. It may be something you see on tv, online, at home or even something you've done yourself!

*e.g. a kind message from a friend, helping from a loved one, a positive news story*



Think about sharing what you've noticed with your friends and family!

## Positive affirmations

Being kind to ourselves is really important for our mental health and wellbeing. But sometimes we can find this hard to do. So, it can be helpful to practise celebrating the things we like about ourselves.

Positive affirmations are a great way to build our confidence and self-esteem by taking time to name the things we're proud of and that we like about ourselves. Each day this week try finishing the 'I am' statements below with kind words and phrases.

e.g. funny, a good friend, creative...

	I am...	I am...	I am...
I am...	I am...	I am...	I am...

Once you've made your positive affirmations try repeating them to yourself throughout the day and see how it makes you feel.

You could also put them in places you see a lot to keep reminding yourself of them e.g. over your bed, on the bathroom mirror or even as the background on your phone!

# Seminars for Mental Health Awareness Week Page 4

*Registration for each seminar, which focus on early years, education settings and young people with complex needs, is free and open to non-members of the Learning Network so please share with relevant colleagues and networks.*

**From crisis to kindness: The pandemic, mental health and early years**  
Monday 18th May: 17.30 - 19.00

**Registration link:** <https://www.annafreud.org/training/training-and-conferences-overview/conferences-and-seminars/from-crisis-to-kindness-the-pandemic-mental-health-and-early-years/>

The seminar will look at compassion-focused therapy and how the compassionate mind can support and nurture parent-infant relationships and how we can build a society in that enables mothers to be kinder to themselves. After the talk the audience will be invited to contribute their own thoughts on three questions which will be shared and a report will be fed back to them. The three questions will focus on how we embed 'kindness' including self-kindness into our support for families and the early years.

1. How well did in perinatal/early years care address parent, infant and toddler mental health before the lockdown?
2. What have we learned from the experience of lockdown?
3. What do we want to change when lockdown is over? (how do we embed 'Kindness' in our support)?

**From crisis to kindness: The pandemic, mental health and education**  
Tuesday 19th May: 17.30 - 19.00

**Registration link:** <https://www.annafreud.org/training/training-and-conferences-overview/conferences-and-seminars/from-crisis-to-kindness-the-pandemic-mental-health-and-education/>

In June schools and colleges will start to reopen their gates to pupils and students. But will schools and colleges ever be the same again? Do we want them to? Before the lockdown schools were already heavily engaged with mental health, but these seminars will ask if there is more that we need to do to embed mental health in our education system. The transition back to school will be complicated enough. Children and young people will have been out of school for a minimum of two months. Some will have felt the loss of friendship; some may have experienced bereavements; some may feel disappointed that the exams they worked so hard for will not take place. Others may feel relieved and worry about going back. After the talk the audience will be invited to contribute their own thoughts on three questions which will be shared and a report will be fed back to them. The three questions will focus on:

1. How well did schools and colleges address C&YP mental health before the pandemic? (Please give examples).
2. What have we learned about children and young people's mental health from the pandemic?
3. What would you like to see changed when lockdown is over and schools and colleges return?

**From crisis to kindness: The pandemic, mental health and young people with multiple needs**  
Thursday 21st May: 17.30 - 19.00

**Registration link:** <https://www.annafreud.org/training/training-and-conferences-overview/conferences-and-seminars/from-crisis-to-kindness-the-pandemic-mental-health-and-young-people-with-multiple-problems/>

The seminar draws together some of the issues raised in earlier seminars and asks some fundamental questions. If we want to become a kinder society, how can we work as a society and as professionals to reach out to young people with complex needs and change our mindset as well as supporting them to tackle the problems that they face? The seminar will draw on mentalization theory and practice, the importance of a professional team and call for a shared understanding of each other as a way forward to creating a more holistic, supportive and kinder society.

# Links to helpful information & resources

## General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

## NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

## Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

## Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungminds.scot.nhs.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

## Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

## Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribbles Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston 01772 647024	01772 773433	
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356