

# Weekly Wellbeing

## Moving Forward

After 3 months of newsletters, this will be our last weekly wellbeing issue. With restrictions slowly lifting, we think it is a good time to take stock and allow ourselves the chance to reflect on our recent experiences. Warm wishes, the Bucks Mind CYP Team.



### Reflections

Some questions to think about, for personal reflection. You may also want to discuss this with your children. The CYP team have added some of our own thoughts.

Not being able to see my loved ones.

What has made you feel anxious or stressed during the pandemic?

The uncertainty, not knowing how long we will be in this situation

Exercise, being outside, talking to my colleagues, music

Lots of walking and reading all the Harry Potter books!

What has helped you to relax?

Video calls with my family and friends

Slowing down to appreciate the little things in life.

What positive experiences have you had?

Seeing the community spirit and kindness

More opportunities to be creative

What have you felt grateful for during lockdown?

Those who are working out in the community to support those most in need.

My health, good food, lovely sunny weather, my home, my husband and my dog, my team at work and coffee!

Extra time to spend with my dog

What life lessons can you take away from this time?

Appreciate the important people in my life and spend as much time with them as possible

I am more creative than I thought I was and that there are lots of kind people in the world

I am in charge of my own happiness and that part of that is looking after myself, listening to my body and accepting the things that I have no control over.

What do you want to be the same or different in the future?



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## Slow but steady

Have you been able to take advantage of the slight eases to lockdown, support bubbles or the opening of 'non-essential' shops?

This weekend, I was able to support a local small business that has re-opened after over 3 months of closure (and get a coffee and cookie in the process!)



## A Letter to Yourself



Imagine it's  
**2030**,  
a decade from now.  
Write a letter to your future self.  
What do you want her to know?



Hi .....,  
2020 has been a surprising and unusual year. Here is what I want to remember...



- ... IF YOU STRUGGLE TO STAY POSITIVE.
- ... IF YOU DON'T TRY TO PLEASE EVERYONE.
- ... IF YOU ARE A WORK IN PROGRESS.
- ... IF YOU FEAR YOUR POTENTIAL.
- ... IF YOU HAVE SOME BAD HABITS.
- ... IF YOU MISS YOUR OLD SELF.
- ... IF YOU COLOR OUTSIDE THE LINES.
- ... IF YOU FEEL EXHAUSTED TODAY.
- ... IF YOU HAVEN'T LET IT GO YET.
- ... IF YOU ARE OVERTHINKING IT.
- ... IF YOU WONDER WHY YOU'RE YOU.
- ... IF YOU RUSH THROUGH MOMENTS.
- ... IF YOU DON'T KNOW THE ANSWER.

Bucks Mind are here to support you.

<https://www.bucksmind.org.uk/services/>



Online counselling, telephone befriending, Friends in Need social group, employment support, Safe Haven crisis support, suicide bereavement support...

See our online guide to local mental health resources at:

<https://www.bucksmind.org.uk/buckinghamshire-mind-guide/>

We would really appreciate your feedback:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXG17yvfHBe1x5Bovajvxv7VzJUDIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>



## Support for parents

<https://www.actionforchildren.org.uk/support-for-parents/>

We're on hand to support parents, when they need us. As coronavirus puts extra pressure on families, we're offering even more online parenting support. You can find advice and resources on coronavirus, explore our online advice sites below, or speak to one of our parenting coaches in a 1-to-1 live chat.