



Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse.

Self-care

We are bringing you all the positive vibes with a self-care and wellness newsletter. This is your weekly reminder to slow down, hit pause and unwind. Have some well earned 'me' time. Wishing everyone a happy and healthy week.

Check out our 'How to improve your mental wellbeing' page on our website: <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

SELF-CARE toolbox



try this at home

Self-care activities

Whether you've got five minutes or an hour, there's always something you can do to support and nourish yourself. You deserve it

one minute

- Close your eyes and breathe deeply.
- Drink a glass of water.
- Light a candle.
- Think of three things you are truly grateful for today.
- Say an affirmation that is meaningful to you.
- Look outside at the world going by and allow yourself to be in the moment.
- Smile.

five minutes

- Use hand lotion and take your time to massage it in.
- Clear out one messy drawer.
- Put on your favourite outfit.
- Watch a funny video online.
- Make yourself a fancy coffee.
- Book that appointment with your GP, dentist, therapist or whoever you need right now.
- Try some gentle stretches for your body.
- Help someone – it could be as simple as holding open a door or picking up groceries for your neighbour.

20 minutes

- Go old-school with pen and paper, and write a letter to a loved one.
- Try meditating.
- Do an exercise video.
- Go through one of your social channels, and unfollow accounts that aren't good for your self-esteem.
- Pick up that book you've been wanting to start.
- Check-in with your emotions. Recognise your feelings without judgment.
- Call a friend.



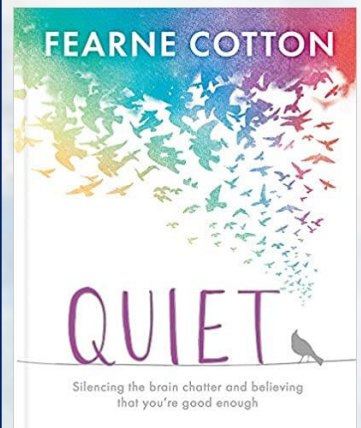
one hour

- Go for a walk and take it all in.
- Unplug from technology.
- Get crafty and make something – try origami, knitting, or sketching.
- Get an early night if you can.
- Clear out your wardrobe, and see what you can donate to charity.
- Create a vision board.
- Get a massage.
- Listen to a podcast.



all-day activities

- Go phone-free for a day. Ease the pressure of always being on-call, and have a day to yourself.
- Try a DIY home spa. Essential oils, facemasks, and time to relax. Idyllic.
- Do something that makes you feel warm inside – it could be watching a movie from your childhood, or visiting a place that makes you feel nostalgic.
- Set a notification to get up every hour and move around. It could be walking to the kitchen to make a cup of tea, or around the block, but it's good to get that blood pumping.
- Donate some time to volunteering.
- Binge-watch a new show.
- Learn something new – start a language course, learn how to flower arrange, or explore photography.



Quiet

Silencing the Brain Chatter and Believing that You are Good Enough

Book by Fearne Cotton



Weekly Wellbeing

24.02.21
Staff and Parents



'Bucks Adult Learning' are offering 5 free online sessions for 'Managing Stress and Anxiety with Mindfulness Techniques'.

Date: Starting 24th Feb

Time: 10am-12pm

For more information email:

debbie.garwood@buckhamshire.gov.uk

james.keen@buckinghamshire.gov.uk



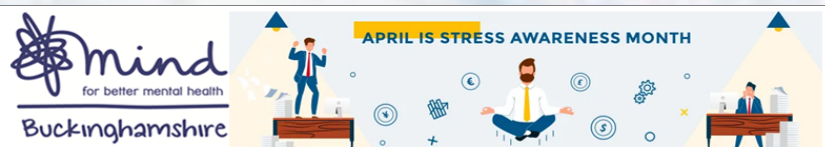
25 Self Care Ideas Video



<https://www.youtube.com/watch?v=4LSTfMANYqk>

To give feedback on our resources, please follow this link.

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsrNkWUuWHRbLXGI7yvfHBe1x5Bovajv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>



Stress Awareness Month 2021

April 2021 marks Stress Awareness Month, and it's certainly been a stressful year!

Would your school like to mark this important date in the mental health calendar? We can deliver workshops and assemblies to children and young people, as well as sessions for parents and staff, on mental health awareness, stress and wellbeing.

Please contact Abbie abbie.reck@bucksmind.org.uk for more information.

Virtual sessions - £90
In person sessions - £100