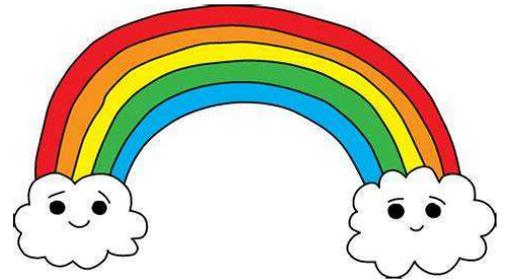




Mental health and wellbeing during lockdown

The rainbow has become a sign of hope and gratitude, especially for all those key workers who are doing an incredible job for all of us. But we must remember that we are all doing our bit too - by staying home and keeping our distance - we also need to be thankful to ourselves: to all

parents/carers that are having to juggle their own work, parenting, home schooling, cleaning, washing, cooking...the list goes on. Some of you may be dealing with difficult circumstances – financial/employment difficulties caused by the lockdown, the poor health of family and friends or the sad loss of a loved one. When things happen beyond our control, we can only do our best. Here are also some reminders about supporting your own wellbeing, as well as those of your children.



R

Routine – it can help to keep some things consistent each day – morning routines, bedtimes - and setting small goals or tasks to achieve by the end of the day. Keep them small and achievable and remember to be kind to yourself – congratulate yourself for completing a task each day!

A

Active - Keep active and be creative – is there something you have always wanted to try and never had time to do. Maybe try a new recipe or baking (if you can get the flour!), painting, puzzles, learn to knit or make a fort/den out of boxes, chairs and sheets.

I

Inclusive - a family staying indoors all the time creates an incredible amount of cooking, cleaning and washing! This shouldn't be taken on alone. How can everybody share this? This is a wonderful opportunity for children to be involved/responsible for a job or task – and at the same time learning new life skills, caring for each other, developing social or organisation skills – and recognising that they are part of the family unit and need to help contribute to that.

N

Network - You are not alone. This is a time we can be thankful for the internet and the technology it supports – keep connected with friends and family, to feel connected at a time when we have to stay isolated.

B

Body - Look after yourself – eat balanced meals, drink plenty of water and get exercise. I'm sure you have seen on the News the things people are doing, such as the man who climbed the equivalent of Everest on his stairs or Captain Tom Moore aged 99 doing 100 laps of his garden. We should all try to take some time in the day to raise our heart rate and feel energised.

O

Outlook – Try to keep a positive outlook. When there are so many things that are difficult, you have the power to look with a different perspective and to see a positive side. Try to also take it day by day – try not to be weighed down with what may or may not happen in the next few weeks let alone months. Also take time to relax - try breathing techniques or mindfulness activities. Listen outside through the window, what can you hear? Make a note of every bird, voice and sound to help clear the mind of the jumble of thoughts that may be there.

W

Workload – Try not to worry about what your child/ren have or haven't done in their school work or if they are having too much screen time compared to the norm. In these unprecedented times, the children won't fall behind from not doing a piece of work. The important thing is that the children feel happy, secure, engaged with you and home life.

S

Share - Talk about your feelings with somebody you trust - whether that's family member, a friend or an organisation – with such a change to our lives it will undoubtedly have an impact on our thoughts and feelings. After this all finishes, the most important thing we can do for our children is for them to have been able to understand and express their feelings, to acknowledge difficult or unhelpful thoughts, rather than burying them inside. If they find it difficult to talk about them, they could draw an emoji face for each day and write down why they feel that way.



Any questions or concerns? If you have any concerns regarding your child's mental health or wellbeing during the next few weeks, please don't hesitate to contact our ELSA, Lorraine Watkins, through the wellbeing email address and she can share some ideas and resources online:

wellbeing@emmanuel.camden.sch.uk