

Mental Health and Wellbeing Newsletter

February 2022 – Parents

Things to try over the month of February to boost wellbeing

Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Send a message to let someone know you're thinking of them	 2 Ask a friend how they have been feeling recently	 3 Do an act of kindness to make life easier for someone	 4 Organise a virtual 'tea break' with a colleague or friend	 5 Make time to have a friendly chat with a neighbour	 6 Get back in touch with an old friend you've not seen for a while	
7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today						
						

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Signs that your children/ teenagers are struggling with their mental health and wellbeing:

- persistent low-mood or lack of motivation
- not enjoying things they used to like doing
- becoming withdrawn and spending less time with friends and family
- experiencing low self-esteem or feeling like they are 'worthless'
- feeling tearful or upset regularly
- changes in eating or sleeping habits

Ways to help a child who's struggling include:

- letting them know you're there for them and are on their side
- being patient and staying calm and approachable, even if their behaviour upsets you recognising that their feelings are valid and letting them know it's okay for them to be honest about what it's like for them to feel this way
- thinking of healthy ways to cope you could do together, like yoga, breathing exercises or mindfulness
- encouraging them to talk to their GP, someone at their school or [Childline](https://www.childline.gov.uk).