

Mental Health and Wellbeing Newsletter

April 2022 – Parents

Be active over the month of April to boost wellbeing

Active April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>4 Eat healthy and natural food today and drink lots of water</p>	 <p>5 Turn a regular activity into a playful game today</p>	 <p>6 Do a body-scan meditation and really notice how your body feels</p>	 <p>7 Get natural light early in the day. Dim the lights in the evening</p>	<p>1 Commit to being more active this month, starting today</p>	<p>2 Spend as much time as possible outdoors today</p>	<p>3 Listen to your body and be grateful for what it can do</p>
<p>11 Set yourself an exercise goal or sign up to an activity challenge</p>	<p>12 Move as much as possible, even if you're stuck inside</p>	<p>13 Make sleep a priority and go to bed in good time</p>	<p>14 Relax your body & mind with yoga, tai chi or meditation</p>	<p>8 Give your body a boost by laughing or making someone laugh</p>	<p>9 Turn your housework or chores into a fun form of exercise</p>	<p>10 Have a day free from TV or screens and get moving instead</p>
<p>18 Try a new online exercise, activity or dance class</p>	<p>19 Spend less time sitting today. Get up and move more often</p>	<p>20 Focus on 'eating a rainbow' of multi-coloured vegetables today</p>	<p>21 Regularly pause to stretch and breathe during the day</p>	<p>15 Get active by singing today (even if you think you can't sing!)</p>	<p>16 Go exploring around your local area and notice new things</p>	<p>17 Be active outside. Dig up weeds or plant some seeds</p>
<p>25 Have a 'no screens' night and take time to recharge yourself</p>	<p>26 Take an extra break in your day and walk outside for 15 minutes</p>	<p>27 Find a fun exercise to do while waiting for the kettle to boil</p>	<p>28 Meet a friend outside for a walk and a chat</p>	<p>22 Enjoy moving to your favourite music. Really go for it</p>	<p>23 Go out and do an errand for a loved one or neighbour</p>	<p>24 Get active in nature. Feed the birds or go wildlife-spotting</p>
	<p>30 Make time to run, swim, dance, cycle or stretch today</p>	<p>29 Become an activist for a cause you really believe in</p>				

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

Awareness Update A-Z – Autism

April is Autism Awareness and Acceptance month

Those of us with autism are more likely to experience mental health problems than the general population. Autism is not a mental health problem. It's a developmental condition that affects how you see the world and how you interact with other people.

According to Autistica, seven out of ten autistic people have a mental health condition such as anxiety, depression or OCD.

Understanding Autism



Amazing Things Happen - by Alexander Amelines

[Amazing Things Happen - by Alexander Amelines - YouTube \(youtube-nocookie.com\)](https://www.youtube.com/watch?v=...)

The Amazing Things Happen film (link above) gives an introduction to autism for young audiences, aiming to raise awareness, understanding and tolerance in future generations. This is a great video to share with young people, siblings etc.

Some common traits many autistic people experience include:

- difficulty recognising or understanding other people's emotions and expressing their own
- being over- or under-sensitive to things like loud noises and bright lights, and finding crowded noisy spaces challenging
- preferring familiar routines and finding unexpected changes to those routines challenging or distressing
- having intense and specific interests in things
- difficulties reading body language, understanding sarcasm and facial expressions

Ways to support positive wellbeing

- encourage healthy eating
- encourage healthy sleep routines
- plan and talk about change
- labelling 'real' emotions (for example I can see that you are angry)
- understand emotions (for example how did you feel when this happened)
- talk through difficulties with a trusted member of staff

Parent Carers - Do you need additional support?



To find support in your area, contact Burton District 0121 2623555. [Ambitious About Autism](#) have information about making the most out of your visit to a psychiatrist. [National Autistic Society](#) have a directory of support for people with autism and mental health problems.

[Counselling Directory](#) can help you find a therapist with experience working with people with autism. These counsellors would be paid for.

Please see our page on [finding a therapist](#) to consider which option is right for you.

Further information, support and signposting is available on our website [Mental Health and Wellbeing - Two Rivers Federation \(tworiversschool.net\)](https://www.tworiversschool.net)