

MHST - Mental Health Support Team in SEN Schools Hertfordshire and West Essex

Hosted by PALMS



Stress Awareness Month: April 2021

It has been a very stressful year for everyone this year and it is so important to look after ourselves in this time. Here are some lockdown wellbeing tips from The Stress Management Society:

1. Maintain your network

Get talking, pick up the phone and have a natter with friends and family. It's vital to maintain connections to help us stay grounded. Reaching out will benefit you and those around you who may be struggling.

2. Take time

Always feel caught up in a whirlwind? Take time to slow down, prioritise time and set achievable goals. This will help identify what's important and the best place to spend your most valuable resource, time. Try to recognise your values & strengths to get the most out of 'me' time, even if that's just 10 minutes a day.

3. Tune in

How are you feeling? Happy, content, sad, lonely, tired etc.? Understanding yourself and your emotions is a key skill that helps us move forward.

4. Be present

Looking forward can be scary in a world with so much uncertainty. We can't predict everything and so it can be helpful focusing on the present and what is currently in our control. If thinking ahead is causing anxiety, break the day down into smaller chunks and take one step at a time.

Thinking about emotions with our children

- **Model** how you are feeling when around your children 'I feel so tired today'
- **Explain** how you think they feel 'I can hear you're talking fast, you might be excited/anxious'
- **Talk** about how all emotions are normal to experience but we should try to calm ourselves to reduce big exploding emotions!



De-stress together!

And finally, here are some ideas for some fun family evenings to de-stress together!

Family time ideas:

- Family movie night
- Sensory play with sand/water trays
- Pillow fights
- Making dens
- Treasure hunts
- Planting seeds
- Baking
- Music time

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The MHST in SEN Schools



Would you like to help us develop our service?

To keep our service relevant and useful we would like to design and develop our service with the help of our parent/ carers, children, and school staff. This is called 'co-production'.

Co-production could be:

- Short email responses to questions
- Online surveys
- Telephone conversations
- Face to face meetings (Covid-19 restrictions allowing) .
- Online or face to face Focus groups (Covid-19 restrictions allowing)



We will email each time to ask if you or your child would be able to participate. You can opt in or out on each occasion, and can request to come off our contact list at any time.

If you or your child would be willing to help us, please let your clinician know or email us at hct.mhst@nhs.net.

We will store your details securely, and only for the purpose of contacting you about design and evaluation opportunities.



*If you would like more information about the MHST, please contact the Mental Health Lead at your child's school.
Alternatively please contact us directly on the details below.*