

Loseley Fields Wellbeing Newsletter

Issue 1

'Never has there been a time when knowing how to manage your own wellbeing and how to support our children in doing this has been so vital.' Tina Rae, 2020

Welcome!

In a time of uncertainty and unexpected change, support from any angle is always welcome. To help support our young minds during this difficult time, we are putting together weekly wellbeing newsletters to help support those children from every family, whether at home or in school.

Teaching children the skills of resilience and providing them with opportunities to bounce back and renew themselves in the face of adversity becomes a fundamental ability. We know that stress and anxiety disorders are an increasing problem for our children and that we do need to therefore work more at a preventative level to support the development of key skills and strategies to manage such issues.

To start with we would like to share some common strategies to help manage anxiety more effectively:

- **Support them to accept uncertainty** – through discussions and questioning, this will help them to become more accepting of uncertainty.
- **Be a role model** – If you can manage your own anxiety, children will see that it can be managed and incorporate your strategies into their own behaviours. This will help reduce the child's anxiety.
- **Balance reassurance with new ideas** – when a child comes to you with something they are worried about, listen and understand what is happening. Explore with them what they could do to manage their fear.
- **Share some relaxation techniques** – deep breathing and meditation can be helpful ways of learning how to better manage physical anxiety symptoms. Generally, these techniques work better when they are practiced over several weeks.
- **Encourage plenty of exercise and sleep** – when people are well rested and relaxed, they will be in a better place to handle fears and worries.
- **Make time for things that the children enjoy and find relaxing** – these could be simple things like playing or listening to music, reading books or going for walks.
- **Encourage help-seeking when needed** – make sure that children and young people know there are people who can help if they find that they can't handle a problem on their own. Knowing that they can call on others for support if needed will make them feel less anxious about what might happen in the future.

External Support:



Qwell

Feeling overwhelmed about your child's wellbeing?

You're not alone! Explore this with other parents in our supportive discussion boards and make use of our free counselling service.

- Chat online to qualified counsellors
- Read and write articles
- Get online support from the Qwell community
- Set personal goals and record how you feel

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The graphic features an illustration of a man and a child holding hands, with a yellow speech bubble containing the text above.

Next issue – Self-regulation for wellbeing