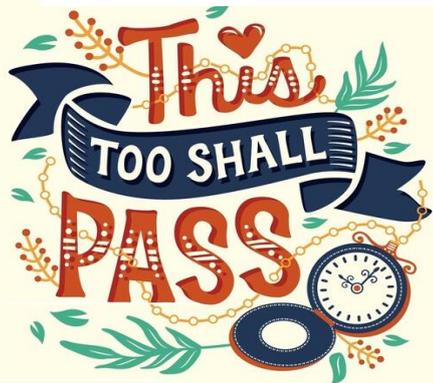


# Parent Newsletter

## Happy New Year & Welcome Back

You weekly wellbeing from the Children and Young People's  
Team at Buckinghamshire Mind



Hello all,

Since returning to work there have been requests from the schools that we work with to provide our weekly wellbeing newsletters and resources once more.

It is such a pleasure to feel that this small act is providing support and comfort to many of you, and we hope to continue doing this whilst we all steer our way through this third national lockdown.

As always, if you have any questions or concerns about your own or a loved one's mental health then please do not hesitate to get in touch with our organisation.

The Bucks Mind CYP Team x



### Remember it's okay not to be okay...

A reminder from our CYP Team Member - Delphine Greene

By now it is likely that you have probably been asked, or asked others, 'How do you feel?' about the current situation we find ourselves in. And even though we may have seen lockdown no.3 coming, it doesn't make it any easier to navigate.

Something I've been thinking about in recent months, are feelings of shame and guilt that many people will battle against because of the sadness, fear or frustration they feel towards 2020 and yet another lockdown. I have had conversations with people about my own feelings, only to be told, 'To look on the bright side, and to remember that there's other people far worse off.'

And yes, that is of course very true, and I am extremely thankful for what I do have. Nevertheless, am I not allowed to be upset or angry about a pandemic with endless negative news cycles, that has stopped me from going out to work, left me feeling disconnected from the people I care about, cancelled my wedding, and made me anxious about catching a virus that could impact my pregnancy? Truthfully, on occasion talking to others has left me feeling misunderstood, because I haven't lived up to their expectation of feeling particularly grateful at times.

Whilst I do my best to look after my own mental and physical health and I understand the benefits of, 'The 5 Ways to Wellbeing', I also recognise that I am human, and having good mental health isn't just about feeling happy, positive or motivated. It is also about allowing ourselves to feel low, stressed, or anxious from time to time, whether that is because of what's happening around us or for no reason at all.

I am in no way minimizing the fact that many families have faced the stress of being keyworkers, the loss of loved ones, financial struggles, challenges of juggling work and home schooling and much more during this time, and the compassion I feel for those people adds to the overall sadness about this pandemic. Nonetheless, this is a reminder to be kind to yourself, and to try not to compare your feelings and circumstances to other peoples'. Your experiences are also valid, and you deserve to feel and sit with your uncomfortable emotions without comparison. We are all different and each of us will be dealing with the constant ebb and flow of a global pandemic in our own way, and that is okay.

Remember there is plenty of support available should you need it. You are not alone, especially during these difficult and uncertain times. Love, Delphine x

To give feedback on our resources, please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfhBe1x5Bovajvxv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>

StarLine was established to support parents and pupils with home learning during the first lockdown.

The line has since closed but StarLive, the home learning series, is available on the Starline YouTube Channel.

<https://www.youtube.com/c/StarLineSupport>

## Why try Dance Meditation?

Last week my colleague Sophia shared a social media post promoting the benefits of dance meditation. Dance meditation fuses music, movement, yoga, and meditation into one session. It can help shift stagnant energy, release emotion, de-stress and above all is fun.

Lately, I have found myself lacking the motivation to get up and get on with the day. It has even been a struggle to get out the door and go for a walk, even though I know I will feel much better for doing so. Because of this, I decided to try a dance meditation session that I found on YouTube.

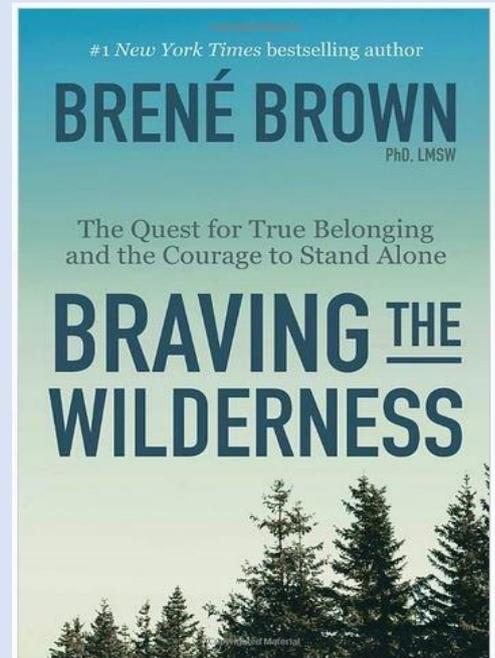
I can honestly say it felt a little strange to begin with but 2-3 minutes into the video I was already feeling the benefits of moving on my mind and body. So why not give it a go – after all, they do say that movement is medicine 🧘.



## Question of the week

*What is the best mental health advice you were ever given?*

## Lockdown Reading



"True belonging doesn't require us to *change* who we are. It requires us to *be* who we are."

Social scientist Brené Brown has sparked a global conversation about the experiences that bring meaning to our lives--experiences of courage, vulnerability, love, belonging, shame, and empathy.

In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging.

Need help with online learning?



[Click Here to access Twinkl resources and support](#)