Weekly Wellbeing



Moving Forward

After 3 months of newsletters, this will be our last weekly wellbeing issue. With restrictions slowly lifting, we think it is a good time to take stock and allow ourselves the chance to reflect on our recent experiences. Warm wishes, the Bucks Mind CYP Team.

Reflections

Some questions to think about, for personal reflection. You may also want to discuss this with your children. The CYP team have added some of our own thoughts.



Not being able to see my loved ones.

Exercise, being outside, talking to my colleagues, music

What has made you feel anxious or stressed during the pandemic?

The uncertainty, not knowing how long we will be in this situation

Lots of walking and reading all the Harry Potter books!

Video calls with my family and friends

> Seeing the community spirit and kindness

What has helped you to relax?

What positive experiences have you had?

Slowing down to appreciate the little things in life.

More opportunities to be creative

Those who are working out in the community to support those most in need.

> Extra time to spend with my dog

Appreciate the important people in my life and spend as much time with them as possible

What have you felt grateful for during lockdown?

What life lessons can you take away from this time?

I am in charge of my own happiness and that part of that is looking after myself, listening to my body and accepting the things that I have no control over.

My health, good food, lovely sunny weather, my home, my husband and my dog, my team at work and coffee!

I am more creative than I thought I was and that there are lots of kind people in the world

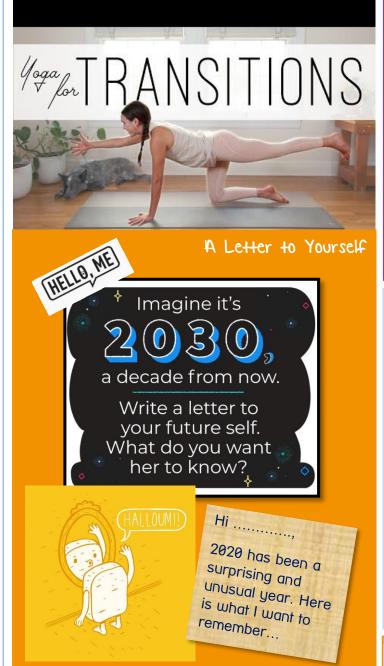
What do you want to be the same or different in the future?

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Have you been able to take

Slow but steady

advantage of the slight eases to lockdown, support bubbles or the opening of 'non-essential' shops?

This weekend, I was able to support a local small business that has reopened after over 3 months of closure (and get a coffee and cookie in the process!)







... IF YOU STRUGGLE TO STAY POSITIVE. ... IF YOU DON'T TRY TO PLEASE EVERYONE. ... IF YOU ARE A WORK IN PROGRESS. ... IF YOU FEAR YOUR POTENTIAL. ...IF YOU HAVE SOME BAD HABITS. ... IF YOU MISS YOUR OLD SELF. ... IF YOU COLOR OUTSIDE THE LINES. ... IF YOU FEEL EXHAUSTED TODAY. ... IF YOU HAVEN'T LET IT GO YET. ... IF YOU ARE OVERTHINKING IT. ... IF YOU WONDER WHY YOU'RE YOU. ... IF YOU RUSH THROUGH MOMENTS.

Bucks Mind are here to support you.

https://www.bucksmind.org.uk/services/



Online counselling, telephone befriending, Friends in Need social group, employment support, Safe Haven crisis support, suicide bereavement support...

See our online guide to local mental health resources at: https://www.bucksmind.org.uk/buckinghamshire-mind-quide/

We would really appreciate your feedback: https://forms.office.com/Pages/ResponsePage.aspx?id=m2PR zsLrNkWUuWHRbLXGl7yvfhBe1x5Bovajvxv7VzJUODlXRUlIUEV RSkZTTkZNMDBQWiFKQ0JNNC4u



Support for parents

... IF YOU DON'T KNOW THE ANSWER.

https://www.actionforchildren. org.uk/support-for-parents/

We're on hand to support parents, when they need us. As coronavirus puts extra pressure on families, we're offering even more online parenting support. You can find advice and resources on coronavirus, explore our online advice sites below, or speak to one of our parenting coaches in a 1-to-1 live chat.