Weekly Wellbeing Newsletter



Resilience and Courage

The Bucks Mind CYP Team hope this finds you well. With a second round of school closures after an already very challenging year, we will be sending wellbeing resources and uplifting news to help us all look after ourselves whilst remote learning in lockdown.

All our best wishes, from

Alice, Grace, Delphine and Abbie (Children and Young People's Team)

What is resilience?

The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.

Resilience does not mean that we experience less distress, grief or anxiety than other people do, but that we are able to are able to utilise skills and strengths to cope and recover from problems and challenges.

Resilience is not a personality trait, but a skill we can learn to develop!



Reward yourself for your achievements

Resolve conflicts – talk through issues



Practice being assertive and communicating your needs clearly to others

Take breaks away from our normal routine

Be kind to yourself

Get a change of scenery

Take time to relax

Lifestyle

Make time for friends

Forgive yourself – no body is perfect

Use school resources; talk to

Support

network



Engage in hobbies and interests to escape everyday stressors

Healthy eating – fuel your body

Get enough sleep

Physical Health Talk to your GP if you feel you

Building our

resilience

Peer support – talk to

need professional support

Peer support – talk to someone who has shared a similar experience e.g. using Kooth online discussion

teachers, peer mentors

Talk to





Support organisations e.g. The Mix, Kooth, Youth Enquiry Service, Youth Concern



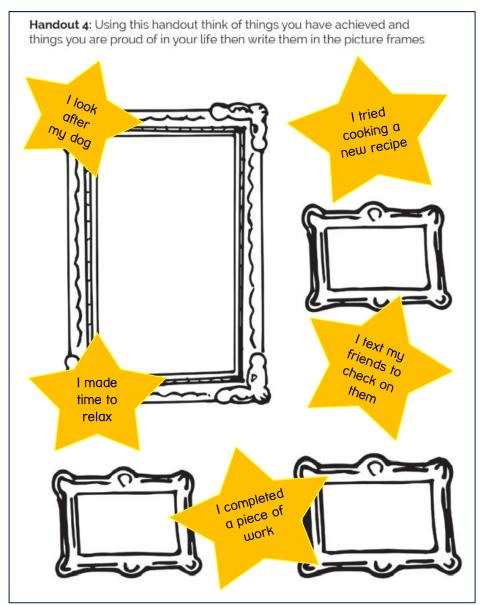
Keep physically active



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Take some time to **acknowledge your achievements** – this can help us to build resilience. They don't have to be big life events; give yourself a well done for the tasks you have completed and for all the ways you are looking after yourself. Examples below:

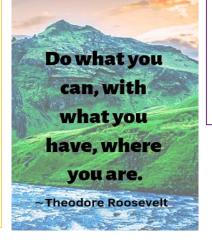




Support and advice for under 25's

Phone: 08080 808 4994

Or use the 1-2-1 chat online www.themix.org.uk/



Wise words form a courageous young person

<u>The power of bravery | Joseph Wang |</u>
<u>TEDxGoodenoughCollege - YouTube</u>

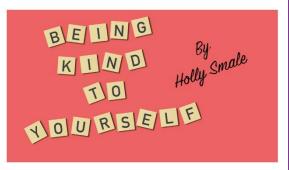


Building resilience through self-love

"Every time you hear that negative little voice in your head saying 'You should be doing that' and 'I can't believe you've achieved nothing today.' Just sit very calmly and say -

'No. Actually, it's OK. I'm doing great. I'm doing enough. And I am OK as I am."

Being kind to yourself by Holly
Smale - BBC Bitesize



We would love to hear your feedback on our resources; please follow this link:

https://forms.office.com/Pages/ResponsePage.as px?id=m2PRzsLrNkWUuWHRbLXGl7yvfhBe1x5Bov ajvxv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQ0

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