

# The Mental Health Support Team

Monthly Newsletter

December 2020

Welcome to our monthly newsletter! After the newsletters provided to you during lockdown and the summer, we have decided to continue sharing resources for students, parents and carers to support wellbeing during these uncertain times!

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



A lot of the activities and ideas we suggest are based around the **5 Ways to Wellbeing**: <https://bit.ly/wayswellbeing>

## 5 Ways to Wellbeing at Christmas!

### Connect

Due to covid it may be harder to connect with people this Christmas but there are still things you can do. **Keep up your Christmas traditions** even if you are apart from family, make use of online platforms like zoom. **Do something fun with your family**, bake, do a quiz, make cards, play board games. Try to connect with who you can in the run up to x-mas, do so safely. This has been a tough year for everyone, so connecting with anyone we can even if that is over zoom is so beneficial.

### Be Active

**The 12 days of Christmas exercises:** try one activity to do on each of the 12 days of Christmas.

Example: Hold a standing yoga pose for 1 min, Do a 2 minute jog on spot, Run up & down the stairs 3 times, 4 Push ups, 5 sit ups, 6 toe touches, 7 squats..... 12-star jumps.

### Learn

Learning a new skill has been shown to improve our wellbeing by boosting our self-confidence and self-esteem. It builds a sense of purpose and can help you connect. You could **learn to do some X-mas baking, sewing, make some Christmas cards**. Get creative, there is so much you can learn to do and create at Christmas.

### Give

Some people may be less fortunate at this time of year. Doing good for others and giving is a big contributor to wellbeing & community no matter how big or small.

**Salvation Army Christmas appeal:** collecting donated new Christmas gifts – e.g. dolls, puzzles, books, gloves, scarves. <https://www.salvationarmy.org.uk/christmas-present-appeal>

Think about those around you who might be struggling with their wellbeing – **send a Christmas card to a neighbour or phone a friend**.

### Pay attention/Notice

**Go on a mindful Christmas walk with your family**. Pay attention to all of your senses. Is it cold? What can you smell? Can you see any Christmas lights? Which house nearby has the best Christmas lights. Which house has the most?

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## Reflecting on 2020

This year has been hard and challenging, we may want to just forget all about it and write it off but it can be useful to reflect. Focussing on the positives can help boost our mood and keep us motivated for the new year.

### Reflect

- Think about the good things that have happened in 2020, both before lockdown and during lockdown for example: maybe you got to spend more time with your siblings, or you learned a new skill, started a new job, moved to a new house or even got through lockdown when you thought you couldn't !
- Write down any of the thoughts from 2020 that impacted you, describe how you overcame any challenges and dealt with your feelings.

### Look ahead

- Think about new years resolutions and what you want to achieve in 2021 – a new language? Instrument? Sport? What is happening next year that you can look forward to?

## Useful X-mas links

- **Useful website for single parents and tips about Christmas, covid etc.:** <https://www.gingerbread.org.uk/coronavirus/>
- **Link for Christmas games:** <https://www.mykidstime.com/parties/festive-christmas-party-games-for-kids/>
- **Activities for kids and parents:** <https://www.mykidstime.com/things-to-do/101-of-the-best-christmas-activities-for-kids-and-their-parents/>
- **Father Christmas' tips on how to have a covid safe Christmas:** <https://www.bbc.co.uk/news/uk-54099810>

## Outside Links

**Childline:** under 19s can call **0800 1111** for free, confidential support

**SHOUT:** text 'shout' to **85258** for 24/7 crisis text support

**Emerging Minds:** <https://bit.ly/EMAnxiety>

**Self Care** Ideas for Children

**Supporting Parents who are Worried About Their Children's Well-being during Lockdown [Booklet](#)**—Guidance for discussing worries, wellbeing tips and more!

**CAMHS Oxfordshire:** <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

### **It's a crisis**

If it's an emergency, phone 999. This is if your child's life or the life of another child or young person is at immediate risk

Call the Oxfordshire and Buckinghamshire Mental Health Helpline if you need help with a mental health problem. This number replaces 111 for mental health advice in Oxfordshire.

- For children and young people call 01865 904 998

MERRY CHRISTMAS

