Mental Health Week Newsletter

This week (9th – 15th May) is Mental Health Awareness Week, which is an opportunity for us all to raise awareness of general issues surrounding mental health and a chance to strive for further change. The Mental Health Foundation started Mental Health Awareness Day 21 years ago and it is celebrated annually in May.
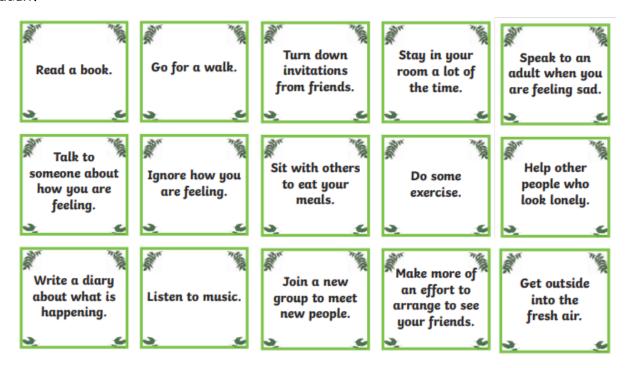
Every year there is a different theme with previous ideas including nature and mental health, kindness, and body image. This year's theme is loneliness, a subject that I think most of us can relate to in some way.

Did you know that, according to The Mental Health Foundation, "One in four adults feel lonely some or all of the time. There's no single cause and there's no one solution. However, the longer we feel lonely, the more we are at risk of mental health problems".

The idea of this year's Mental Health Awareness Week, is to raise awareness of the impact of loneliness on our mental health and the practical steps we can take to address it.

This fun activity, that you can do at home with your children, will enable you to open a dialogue about loneliness and mental health, making it easier to have discussions around this topic in the future.

Think about a time when you have felt lonely. Read the words on the flashcards below and decide whether any of these ideas have worked for you in the past and whether they might work for you in the future. Put the cards into two groups ('will work' and 'will not work') and discuss your reasons with an adult.

Read a book.	Go for a walk.	Turn down invitations from friends.	Stay in your room a lot of the time.	Speak to an adult when you are feeling sad.
Talk to someone about how you are feeling.	Ignore how you are feeling.	Sit with others to eat your meals.	Do some exercise.	Help other people who look lonely.
Write a diary about what is happening.	Listen to music.	Join a new group to meet new people.	Make more of an effort to arrange to see your friends.	Get outside into the fresh air.

Some useful websites where you will find more fun activities to share with your children.

www.youngminds.org.uk/

https://www.annafreud.org/on-my-mind/self-care/

https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself