

AUTUMN

NEWSLETTER

2021

We hope you all had a relaxing, fun summer and are ready for the next academic year. In our summer edition we focused on transitions, giving tips and advice for starting a new school or a new year group. Now is a good time for 'new beginnings' and starting a habit that will help you manage stress and worries. Here are some suggestions that we can all try.

## DID YOU KNOW?



Spending time outdoors is proven to reduce feelings of stress and anxiety



Take time to move - this will increase our 'feel good' hormones and improve physical and mental health



Practice mindfulness to find calm – find some suggestions within this newsletter.



Have a digital detox - phones and social media can cause us to feel anxiety and pressure. Taking short, daily breaks can be really helpful



Talk it out - if you are worried about your mental health talking to someone you trust is a great way to feel better

FOLLOW OUR TOP TIPS ON THE NEXT PAGE TO FEEL RESTED AND RELAXED.



**WORLD**

**MENTAL HEALTH**

**DAY!**

**10TH OCTOBER, 2021**

This year's theme is 'mental health in an unequal world'. It's easy to compare ourselves to other people who may have more material possessions than us, appear more confident, or are good at something we would like to be good at. We can all find something that we are grateful to have that other children and young people in other parts of the world may not. Send us a picture, video or short letter explaining what you are thankful to have in this unequal world to the usual email address of [stsft.mhadminteam@nhs.net](mailto:stsft.mhadminteam@nhs.net) or alternatively share with your school / college healthy minds team link worker when they are in school. We will share these in our winter newsletter.

## CLIENT RESPONSES

The Healthy Minds Team are always ready to help and provide support. Here are some responses following work completed at school and remotely.



Working together effectively has had a positive impact on our families and children and look forward to continuing to work together in promoting and support the mental health of the children and parents.

**Teacher**



I have better control of my emotions, I feel like a 9 out of 10.

**Young Person**



It is really productive to have a Healthy Minds Link person to contact for support. It means the children receive more timely intervention and support.

**Teacher**



I was listened to and she understood and it really helped me.

**Sibling**



TRY THIS

MINDFULNESS

EXERCISE!

Mindfulness doesn't have to be colouring in or meditation – have you tried PLT?

## PAUSE...LINGER...TASTE

### WHEN IT'S TIME TO EAT

#### Pause

Even if it's just for a minute. Give yourself permission to focus your mind completely away from stresses or worries and onto the act of eating.

#### Linger

over the first mouthful. Make sure you chew slowly and focus further.

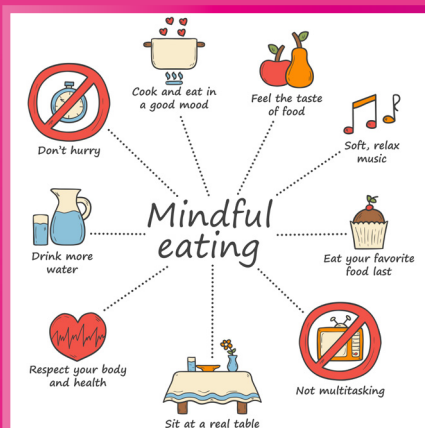
#### Taste

what you are eating – ask yourself questions, name what you enjoy about the taste.

Having a PLT (Pause, Linger, Taste) can reboot your brain and body and set you up for a calmer day.

## CONTACT US

The Healthy Minds Team continues to provide a free and confidential NHS service for children, young people and families in South Tyneside. If you are a parent /carer or young person you can speak to your teacher or school staff and they will complete a request for support form. If you want support but do not want to speak to your teachers or school, you or your parents / carers can contact our Single Point of Contact team on 0191 283 2937.



Visit our website at: [Healthy Minds Team | \(southtynesidelifecyclemetalhealth.nhs.uk\)](https://www.healthyminds.org.uk)

Or follow us on twitter at [@HealthyMindsST](https://twitter.com/HealthyMindsST)