

## This month's wellbeing edition is linked to: New Year, Clear Mind: Kickstart Your Mental Wellbeing

As we begin the new year, it's a great time for parents and carers to focus on mental wellbeing. Secondary school years can be challenging for young people, so supporting their emotional health is vital. Encourage open conversations about stress, self-esteem, and challenges they may face. Help them establish healthy routines, including regular sleep patterns, balanced meals, and time for relaxation. Be patient and understanding as they navigate these formative years. By creating a supportive environment, you can empower your child to manage stress, build resilience, and approach the year with a clear and positive mindset.



"A healthy mind is the foundation for a happy life. By nurturing wellbeing together, we can help our children thrive."



### Mindfulness Moments: Simple Activities for Parents and Teens

#### Music Swap. What to Do:

- Ask your teen to pick a song they like and truly listen to it together - no phones, no talking.
- Then, share your own pick.
- Chat briefly about what you each noticed or liked.
- Music can spark conversation without feeling like a therapy session.
- It's a chance for both sides to see what resonates with the other.

#### Cook & Connect. What to Do:

- Pick a simple recipe - maybe tacos, pasta, or a new dessert.
- Cook together, with each person responsible for a step.
- Keep background music on if you like, but keep devices at bay.
- Cooking side by side provides natural conversation starters (ingredients, techniques, favourite flavours).
- It's less forced than a formal "mindfulness" exercise, but it's still about being present and collaborative.

# App of the month

Clear Fear is a free app to help children and young people manage symptoms of anxiety. It is recommended for 11 to 19-year-olds.

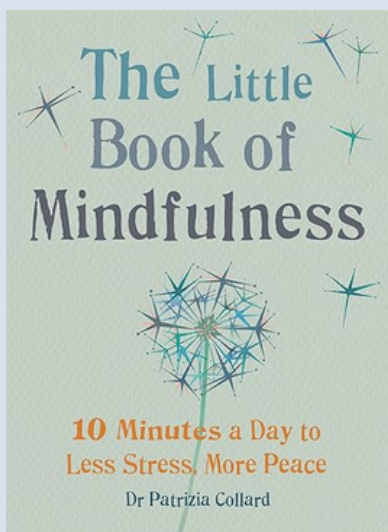


# Useful Website

## A new start

It is believed by a lot of people that once the clock strikes twelve on New Year's Eve, we get a fresh start and a blank canvas awaits - a daunting prospect for many of us. We all cheer, "Happy New Year!" to those that we love, but if you think about it, we are also saying it to ourselves. A new year brings with it a chance to start again, so it's important we think about how we can prepare for this new start.

# BOOK OF THE MONTH



The Little Book of Mindfulness: 10 minutes a day to less stress, more peace (The Little Book Series)

