



VIBES & MINDS

Monthly Newsletter

Welcome!

In this issue:

- ◆ Welcome to our Newsletter
- ◆ What is Mental Health
- ◆ Tips on talking to your children about Mental Health
- ◆ How to start a conversation about feelings
- ◆ Relaxation
- ◆ Communication
- ◆ Upcoming Events

This is our first **VIBES & Minds** Wellbeing Newsletter.

Below are ideas to support your child’s wellbeing and details of our upcoming events and regular sessions.

What is Mental Health?

How we **Feel, Think** and **Behave**—we all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have small feelings every day, these can sometimes feel strong and overwhelming whether happy or sad, but they go away before too long.

Sometimes we experience big feelings; these feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

Tips for talking to your child about their Mental

Make conversations about mental health a normal part of life:

Anywhere is a good place to talk - walking the dog, in the car or cooking together. Model everyday talk about feelings by talking about a TV character’s feelings.

Give your full attention:

We all know it’s horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

Check your body language:

Try to keep it open and relaxed and make sure you come down to the child’s level.

Take it seriously:

Don’t downplay what the child is saying or tell them they’re “just being silly”. Resist the urge to reassure them that everything is fine.

Ask open questions:

Like “How did your day go today?” This will help to extend the conversation.

Calmly stay with the feelings that arise:

It can be our automatic reaction to steer away from difficult emotions.

Offer empathy rather than solutions:

Show that you accept what they are telling you but don’t try to solve the problem.

Remember we are all different:

Respect and value the child’s feelings, even though they may be different to yours.

Look for clues about feelings:

Listen to the child’s words, tone of voice and body language.

“My daughter loves coming to the sessions at Vibes & Minds. She uses her breathing beads a lot at home. Her favourite part of the session is the yoga – highly recommended”

-Sarah Earney





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How to start a conversation about feelings.....



“How are you feeling at the moment?”
 “You don’t seem your usual self. Do you want to talk about it?”
 “Do you fancy a chat?”
 “I’m happy to listen if you need a chat.”

During disasters and emergencies, alongside the stories of loss and grief, we also hear extraordinary stories of how different individuals, families and communities come together and act with kindness, courage and initiative.

We can encourage children and young people to share their own personal stories about ways in which their community helped each other.

For example, collecting for a local charity, helping a friend in their community, collecting items for disasters abroad e.g. Ukraine.

You can sit and reflect on what might have changed possibly for the better or what has maybe brought people closer together and why.

Carrying a positive sense of calm in the palm

1. First ask your child to trace their hand on a sheet of paper or use template provided..
2. Then ask your child to think of a positive memory that would help them feel safe and calm.
3. Tell them to remember their positive memory – explain this is to help them during stressful and triggering situations.
4. Write each of the five senses (seeing, hearing, tasting, touching, smelling) on each of the five fingers.
5. The child (or adult can write it down for the child) will draw and / or write about the memory in the palm of the hand.
6. Encourage your child to identify how the memory is experienced using each of the five senses on each finger and write or draw a picture for each.



RELAXATION



Find activities that promote connectivity and resilience. If your children are struggling to relax and unwind - you could try Yoga?

Yoga is a fantastic and fun exercise that improves posture, flexibility, strength and balance. It can also help children to relax and encourage positive thinking.

Why not try it out? Grab a mat, blanket or towel find some loose clothing to wear and click on one of the following links.

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I>
<https://www.youtube.com/watch?v=0ImHIWzP49M>

For older children:

<https://www.youtube.com/watch?v=0eJoUIBhLkE>
https://www.youtube.com/watch?v=sM5MGLMNN_E

COMMUNICATION

Remember communion is important!

You can communicate any concerns or worries you have about your child’s emotional behaviour or wellbeing. This can be done to us or with school.

Remember there are lots of things that we can do to help and support you. Please speak to us, we are here to support you and your child.

Raydown Offices, Edington BA13 4NW

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Upcoming Events & Workshops



BE YOU! Easter Workshop
Friday 22nd April 9.30am -2.30pm
@ Raydown Offices, Edington BA13 4NW

Vibes & Minds Day Retreat
Saturday 21st May 10am - 4pm
@ Found Outdoors, Townsend Wood,
Great Cheverell SN10 5TW



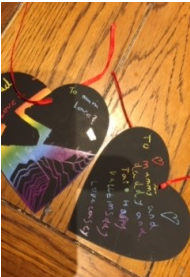
Vibes & Minds Weekly Workshops

Good Vibes Workshops
Monday from 4.15 - 5.15pm
Age Range: 5—10 years
@ Raydown Offices, Edington BA13 4NW



Express & Connect Workshops
Sunday from 6 - 7pm
Age Range: 10—16 years
@ Raydown Offices, Edington BA13 4NW

Vibes & Minds Monthly Workshops



Parenting & Child Workshops
Sunday from 10.30am—12pm
@ Raydown Offices, Edington BA13 4NW

Parenting Workshops
Sunday from 1—2pm
@ Raydown Offices, Edington BA13 4NW



FEEDBACK

We would love to know if this newsletter has been useful to you or if there are any other support ideas you might need.

Please let us know via email to debs@vibesandminds.org

Take care, stay safe and well

Debs
Vibes & Minds

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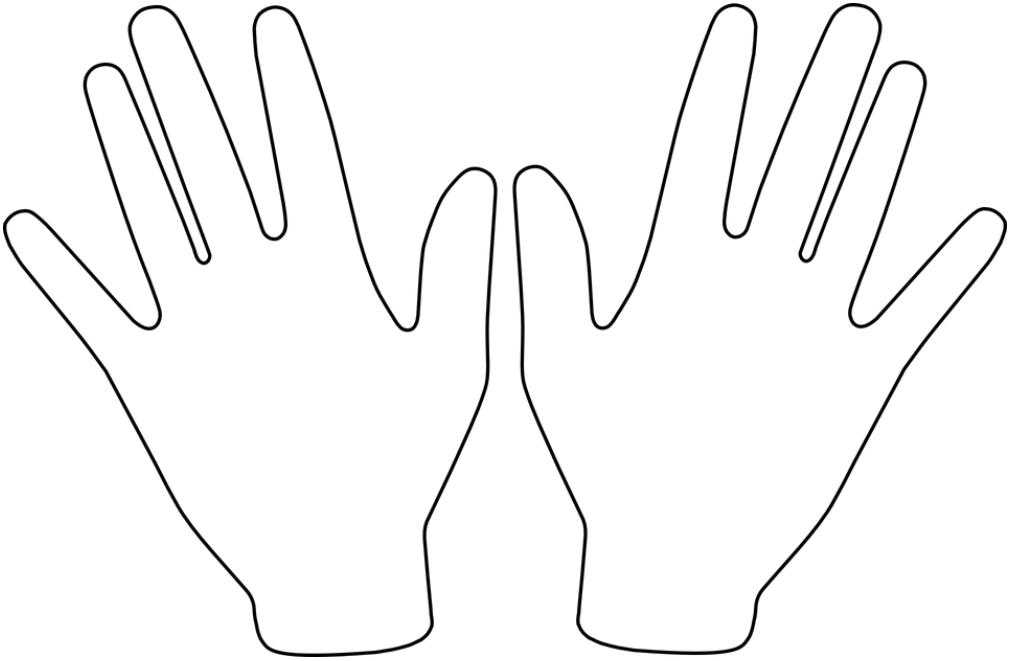
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Hand Template for “Calm in the Palm” Exercise



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