



VIBES & MINDS

Monthly Newsletter

Welcome!

To **VIBES & MINDS** Monthly Wellbeing Newsletter.

9-15th May

Mental Health Awareness Week.

The Mental Health Awareness Week theme this year is Loneliness.

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health.

In this issue:

- ◆ Mental Health Awareness Week
- ◆ Why Is It Important To Express Feelings?
- ◆ Ways For Your Child To Express Their Feelings
- ◆ Take Time To Reflect (Celebrating Resilience)
- ◆ Five Day Kindness Challenges
- ◆ Exam Stress
- ◆ Upcoming Events

A variety of information ranging from podcasts, inspiring stories, and information about getting help if your child, you, or a member of your family are struggling can be found on the Mental Health website:

www.mentalhealth.org.uk

Why is it Important to Express Feelings?

Expressing our different feelings helps us to recognise and manage them. It helps us recognise when we might need help with our feelings. Expressing feelings can help stop strong or intense feelings from taking over our minds and bodies.

Ways for your child to express their feelings

- ◇ Writing – diaries, poems, stories, blogs
- ◇ Talking to others
- ◇ Acting, dancing, and singing
- ◇ Listening or making music

Take time to reflect (celebrating resilience)

Make time each day for your child and the rest of your family to reflect on what went well.

It is important to recognise your successes and the things you are grateful for, no matter how small.

You can ask your child to start a diary where they write two or three things, they have been proud about or are grateful for that day.

Mindfulness techniques can also help you focus on the present rather than dwelling on negative thoughts.

Below are two mindful breathing exercises that you can do with your child. Search on YouTube:

- * **Fiver Finger Breathing**
- * **Rainbow Breathing**



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Five Day Kindness Challenges.....



THEME – MUSIC & KINDNESS

Day 1 - Music is a wonderful thing – but it’s very easy to get stuck to listening to the same kind of music.

Go to www.randomlists.com/random-songs and give at least five different songs a chance. You may be surprised by what you find!

Day 2 - Do you know the favourite songs of everyone in your household?

Find out everyone’s favourite song, and then make a playlist out of them!

If your household is small, ask everyone for 2 or 3 songs, so that you get a playlist that doesn’t repeat too often.

Day 3 - Music is an essential part of all cultures. Every country and people around the world have their own type of music.

This is usually called a ‘genre’, go to www.musicgenreslist.com and find at least two music genres that you’ve never heard of before.

Once you’ve found your two genres, try, and find songs from that genre and listen to them.

Day 4 - We listen to music nearly every day. But we also make music every single day – whether that’s a beat from tapping on the desk when you’re bored, whistling in the shower, or simply breathing out at a certain tempo!

Record a short song of your own. You can sing, play, or make any kind of noise you want, as long as you have a song around a minute long at the end.

Day 5 - Spend some time looking up and finding songs that you think your friends will like and send them to them!

Sharing music can be an amazing way to connect with other people, and your friends will definitely appreciate it if you send some good music their way!

EXAM TIME STRESS

For all those with children sitting exams at the moment please take the time to remind them that no matter what they are AMAZING.

Always encourage your children to work hard and do the best of their ability but if they fail its no big deal just so long as they have tried.

So many children out there are feeling stressed or depressed and under pressure and it’s affecting their mental health.

Let’s remind them that it’s ok to not do well so long as they have tried .

Mindfulness within **YOU** to help with Exam stress:

Be present in your day, focussing on 1 day at a time.

Journaling really helps to set your day ; write down your thoughts, when we visual see our thoughts we can connect with our urgent & not so urgent, prioritising is key plan your time; put a schedule together.

Remember to get some **YOU TIME**; go for a walk, some friends, making time for the things you enjoy.

Mindfulness: do some yoga, meditation, breathe work, using these techniques **REALLY** help with **EXAM** pressures!

And **REMEMBER** if you are feeling overwhelmed **TALK** to someone - parents, friend, teacher.

Remember **YOU ARE AWESOME**

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Upcoming Events & Workshops



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



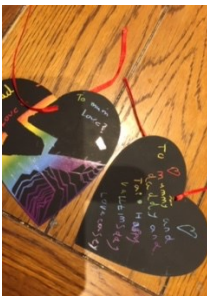
Express & Connect Workshops

Sunday from 6 - 7pm

Age Range: 10—16 years

@ Raydown Offices, Edington BA13 4NW

Vibes & Minds Monthly Workshops



Parenting & Child Workshops

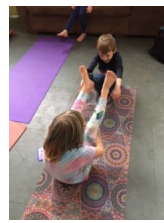
Sunday from 10.30am—12pm

@ 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

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