We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.
https://secureforms.oxfordhealth.nhs.uk/mhst/

We know the end of term is near. If you would like to continue receiving our newsletter over the summer, please follow this link to sign up with your email address:
https://www.surveymonkey.co.uk/r/PBDHLL2

A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing: https://bit.ly/wayswellbeing

Mental Health Support Team Podcasts & Videos!
Our team has created some great podcasts & videos based on mental health & wellbeing

Podcasts Include: 100 Self Care Activities, Relaxation, Positive Self Talk, Transitioning from Lockdown.
Videos Include: Big & Small Emotions, 5 Finger Breathing, Emotional First Aid Kit, Circle of Control

You can access all of these here!

Mindfulness! Being present & engaging fully in each moment.

Imagine that each thought you have is like a cloud in the sky..

There are countless clouds in the sky. These clouds come and go throughout the day, in the same way that your thoughts may come and go throughout the day. If you have a negative thought, observe it without judgement. Don’t try to push it away, or get caught up in it. Thank your brain for considering it but tell yourself it is not a helpful thought. Notice it as a cloud passing through the sky.

Always remember - you are not your thoughts!
This is absolutely crucial—you are the sky and your clouds are the thoughts.

Videos & Resources
⇒ Meditation and Yoga for Anxiety
⇒ Headspace: Changing Perspective
⇒ 20 minute Grounding Meditation for Teens (voice only)
⇒ Mindfulness—Youth Voices

You can find a mindful colouring sheet at the end of the
Active!

Exercise is amazing for mental health as it releases chemical endorphins in the brain which are known to improve our mood.

Balloon Tennis!

Play a fun game of balloon tennis or volleyball to keep active! Don’t let the balloon touch the ground!

To make paddles, glue large popsicle sticks/cardboard to the back of a paper plate.

Videos

⇒ 30 minute dance and cardio kickboxing workout
⇒ Teens’ Yoga for Beginners
⇒ Morning stretches (from bed!)

Creative!

Flip books are super simple and fun to make: it’s animation made easy! Have a look at these links to find out more, and try making your own unique story!

Videos

⇒ 30 minute dance and cardio kickboxing workout
⇒ Teens’ Yoga for Beginners
⇒ Morning stretches (from bed!)

Yoga Pose

Great for core strength, arms and legs!

Try sports charades!

Charades is a popular game which can be played with the whole family and get you moving! It can be played with any word or phrase—you may find that movie titles and TV shows work best!
The Mental Health Support Team

Science!

Scientists estimate that up to 91% of ocean species are yet to be classified, and that up to 95% of our oceans remains unexplored... that’s a lot of work for the next generation of marine biologists and oceanographers!

Here are some places you can find out more about life beneath the waves, and don’t forget to check out the Blue Planet BBC series if you haven’t already :) 

This time-lapse video will show you some of the strangest creatures that can be found beneath the waves...

Blue Planet    World Atlas—the 5 oceans of the world    Marine Biology 101

...and you can also take this quiz to find out how much you know about the underwater world!

Fun & Games!

Mission Impossible Maze Game!

Get active and creative by making your very own laser style maze in a hallway at home! Children will love the challenge of navigating through the maze, challenging others, or trying to beat their best time! This is great fun for all the family and only requires crepe paper and masking tape!

Who Am I?

A fantastic family game that only requires post it notes and a pen!

How to Play: Write down a famous character or celebrity name on a note. Stick the note on a player’s forehead so that they cannot see what is written on it. The players then ask questions to his group member for which they should either answer yes or no. They should finally try to guess the character. Each player gets a maximum of three attempts to guess the name!

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Outside Links

Parent Survey from Oxford University: Are you a parent of a child or young person in year 0 (reception/foundation) to year 11? If so please take part in http://cospaceoxford.com/survey

Childline: under 19s can call 0800 1111 for free, confidential support


BBC Bitesize Parent Toolkit for Wellbeing

Self Care Ideas for Children

Supporting Parents who are Worried About Their Children’s Well-being during Lockdown Booklet—Guidance for discussing worries, wellbeing tips and more!

CAMHS Oxfordshire: https://www.oxfordhealth.nhs.uk/camhs/oxon/
The Mental Health Support Team

RESILIENCE CALENDAR: JUMP BACK JULY 2020

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>We can’t control what happens to us, but we can choose how we respond</td>
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<td>Avoid saying “must” or “should” to yourself today</td>
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<td>Put a problem in perspective and see the bigger picture</td>
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<td>Shift your mood by doing something you really enjoy</td>
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<td>Get the basics right: eat well, exercise and go to bed on time</td>
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<td>Help someone in need and notice how that gives you a boost too</td>
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<td>Don’t be so hard on yourself. It’s okay not to be okay</td>
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<td>Reach out to someone you trust and share your feelings with them</td>
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<tr>
<td>Notice something positive to come out of a difficult situation</td>
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<td>Challenge negative thoughts. Find an alternative interpretation</td>
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<td>Set yourself an achievable goal and make it happen</td>
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<td>Go for a walk to clear your head when you feel overwhelmed</td>
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<td>When things get tough, say to yourself “this too shall pass”</td>
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<td>Write your worries down and save them for a specific worry time</td>
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<td>Let go of the small stuff and focus on the things that matter</td>
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<td>Get back in touch with a supportive friend and have a chat</td>
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<td>Notice something positive to come out of a difficult situation</td>
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<td>Ask yourself: What’s the best thing that can happen?</td>
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<td>If you can’t change it, change the way you think about it</td>
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<td>Make a list of 3 things that you can feel hopeful about</td>
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<td>Remember that all feelings and situations pass in time</td>
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<td>Choose to see something good about what has gone wrong</td>
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<td>Notice when you are feeling judgemental and be kind instead</td>
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<td>Write down 3 things you’re grateful for (even if today was hard)</td>
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<td>Catch yourself over-reacting and take a deep breath</td>
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<td>Think about what you can learn from a recent challenge</td>
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<td>Ask for help from a loved one or colleague, be specific</td>
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<td>Remember that you are not alone, we all struggle at times</td>
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July 2020 Calendar from Action for Happiness!

This month is jam packed with ideas for building up mental resilience, which gives us a strong foundation for our mental health. Sometimes it can be difficult to accept the things we don’t have control over, but it can help us to focus on the way we deal with difficult situations - which is something we can change!

Just doing one of these a day could really make a huge difference to your own wellbeing and the wellbeing of those around you. See if you can go the whole 30 days!