

June 2021

Supporting change

This month's newsletter is looking at supporting change. This may be change at home or in school life, it may even be something in your personal life. Change is normal and something we live with daily. It's ok for change to feel hard and it is important to learn techniques and strategies to help make change more manageable.

Transformation

Transition

New

Adaptable

Shift

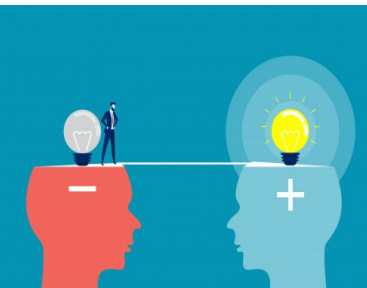
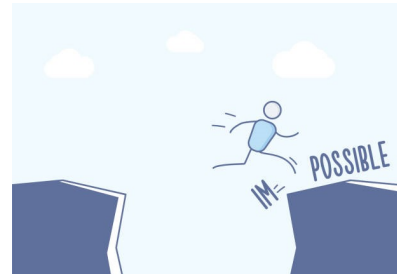
Embrace



Follow us on social media - @lancsmind
Find more resources for Children and Young
People, Adults and Parents on our website:
www.lancashiremind.org.uk

June 2021

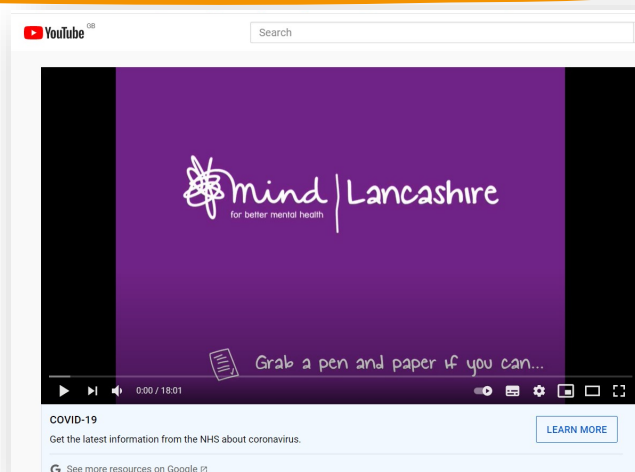
We experience lots of changes during our lifetime. For example, changing classes, moving house or changes to our friendships. You may be experiencing change right now! Over the last year we have all experienced some form of change with the pandemic. This may have felt hard and at times difficult to deal with.



Change can be positive or negative, but no matter how large or small a change is, it's important to look after our wellbeing. In this newsletter we will look at different ways to support our wellbeing before, during and after a particularly difficult task or challenge.

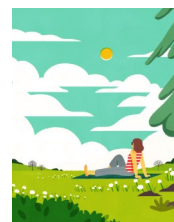
It can be challenging to support your wellbeing when you're dealing with stressful situations. It is important to find techniques and strategies that will help guide you along the way and make the situation feel a bit less stressful and hopefully easier to cope with.

**SMALL
CHANGES
CAN MAKE
A BIG
DIFFERENCE**



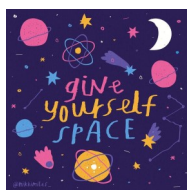
Watch our Youtube video on Coping with Change [here](#)

Six tips to help manage big and small changes



Communicate clearly-

Big changes can seem even more intimidating when heard second-hand or not explained fully. While you don't have to discuss every decision you are making with your children, it's important that they feel part of the conversation when a change may affect them in a significant way.



Give yourself space-

It can take a little while for things to fully sink in. Try to give yourself space if you are having trouble expressing yourself. When you're ready find someone who will listen to your concerns, talk through them. Give yourself the space to think and digest what change is happening.



Have a sense of control-

As a young person you may not be able to have control over big changes or decisions like starting school or moving house, but by giving yourself control of the little things, it can help you to feel less overwhelmed. Remind yourself that you have control over your emotions, choices, and behaviours.

Take notice-

Take a moment to notice what's going on in your daily life. You may be aware of some big or small changes coming up and that's ok. Take the time to sit and acknowledge what you're thinking and feeling.



Stay calm and consistent-

This can be easier said than done, especially if you are worried about big changes. If you can remain calm and consistent despite any changes, it can reinforce the idea that it is natural to feel like this from time to time.



Try using visual tools-

Some young people can find unexpected changes to their routines hard to cope with. Using visual tools may be a helpful way to notice what changes are happening whilst helping yourself to get a better picture of how the changes will impact your routine.

Before you face something challenging

Challenge Negative thoughts You may feel more worried if you imagine the worst thing that could happen. Try to challenge those thoughts by asking yourself these questions:

- What if that didn't happen?
- What else might happen instead?

The 90-Second Rule- Do you feel panic rising? If so, then use these 90 seconds to slow things down. Take some deep breaths in and out to slow your heart rate and calm your body. Write down any worries you have and choose a place to keep them, like a jar or folder. This can help you imagine you're leaving your actual worries behind with your notes.

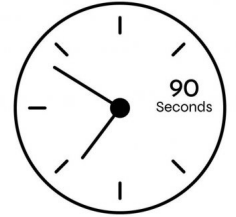
Repeat a Motto for Encouragement- Mottos are often used by athletes before a race and can be a good way to change how you think about something. You can repeat a motto out loud or write it down. Here are some examples you might like to try: 'I am doing the best that I can do.' 'I have done this before; I can do it again.' 'I can make it through this – it won't last for ever.'



Many changes that happen are outside your control, but remember that you can control how you react to them.

The 90-Second Rule

Speak more slowly and reduce the volume of your voice. Take ten deep, slow breaths. If you can, take a short walk for a minute or two to get away from the situation and give yourself time to think. If you can't step away from the situation, try counting backwards from 100 in fives. Taking this time can help you think more clearly.



Move

Exercise can be a good way to relieve stress. Being active makes your brain release feelgood chemicals, called endorphins, which can help distract you from any worries. Think about going for a walk, run, bike ride or taking part in some other sport or exercise.

One Minute for You-Tense and Relax

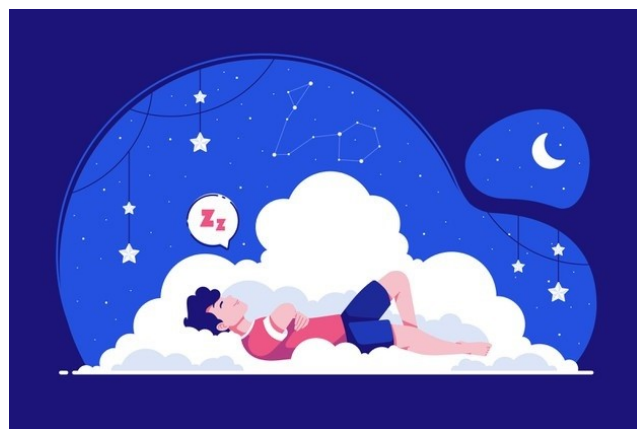
Tensing and releasing your muscles (for example, squeezing your hands tightly and then releasing them) can help you feel more in control of your mood. Breathe in and tense (squeeze) one muscle group (such as your hands, face, shoulders or legs) for five seconds. Breathe out and release the muscle group, imagining any worries you have leaving your body. Relax for ten seconds and move on to a different muscle group. Finally, tense your entire body and then relax. Take a deep breath and focus on feeling calm.



After care

Get a Good Night's Sleep

Sleep has a really important role in helping you recover from anything you've found difficult. Not getting enough sleep can affect your mood, concentration and energy levels. Make sure that you are going to bed at a reasonable time and that you have a chance to unwind without technology before bedtime.



Put Worries on Paper

Writing down any worries or concerns you have can be a powerful way of clearing your mind. Keep a notepad by your bed and set aside five minutes at the end of the day to jot down your thoughts.



Find What Works for You

Everyone is different and so different activities will suit different people. Try a range of activities, such as going for a walk, calling a friend or reading a book, and see which ones make you feel refreshed and recharged. You could make a list of the activities that help you recharge and feel more like yourself.



Re focus

If you sense difficult, uncomfortable feelings, switch your attention to something else. Focus on a simple task, for example doing some tidying up or mindful colouring. Switching your attention in this way – or taking a 'break state' – can help you to refocus.



After care continued

Mindfulness

Mindfulness is something you can learn which involves making a special effort to notice what's happening in this moment – in your mind, body, and what's around you – without judging anything. It aims to help you feel more self-aware, calmer and less stressed. It can also help you feel more able to choose how to respond to your thoughts and feelings, including difficult and unhelpful ones. For example, try seeing if you can breathe in through your nose for four counts, hold it for two counts and breathe out through your mouth for seven counts. Repeat this for as long as you want.



After a challenging situation

Make sure that you make time to relax. Reflect on what happened today. You could write down your thoughts if you would like to.













Think about three things that were difficult. Recognise that although they were difficult, you got through them.

Reflect on three things that you feel pleased about and celebrate your achievements.

Focus your attention on something different. How will you rest and recharge? Can you watch your favourite programme, get lost in a book, play outside or do some mindful colouring?

Wellbeing bingo

Wellbeing bingo is a great way to check in on how you are feeling in the moment. It can also help you prioritise what tasks you need to do along with boosting your wellbeing.

 Help someone.	 Do some exercise.	 Read a book.	 Get a good night sleep.
 Treat yourself.	 Manage the time spent online.	 Spend time with friends.	 Listen to music.
 Eat a healthy and balanced diet.	 Practise mindfulness.	 Spend time in nature.	 Watch a film or TV show.

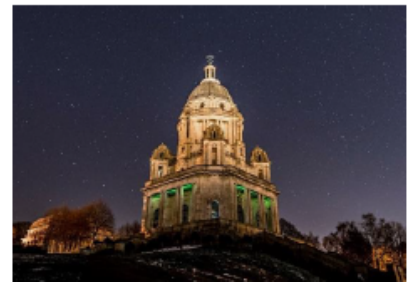
Love from Lancashire

competition



Can you help us create Lancashire's largest collection of photos? We need you to help us capture images from across Lancashire for everyone to enjoy. It's easy to get involved.

Take a photo
Share on social media (ask a parent or carer)
Add the hashtag #LovefromLancsMind
Tag Lancashire Mind using the social platform you are on
OR
Take a photo (ask a parent or carer)
Email it to emmabateson@lancashiremind.org.uk



images provided by Love from Lancashire 2020 entrants

Love from Lancashire is all about bringing people together to celebrate Lancashire whilst helping Lancashire Mind work towards our vision of Mental Wellbeing for All.

Anyone can take part in the competition, whether you are new to photography or have been taking photos for years. You can use a phone, tablet or camera. The most important thing is getting outside, getting involved and enjoying it.



images provided by Love from Lancashire 2020 entrants

We want you to use the competition as an opportunity to 'Take Notice', which is one of the five ways to wellbeing.

Share images from a walk you go on.

Find a moment to appreciate and capture the beauty in your garden

Reflect on the sights you see when out with family or friends.

We are looking forward to seeing your photos!

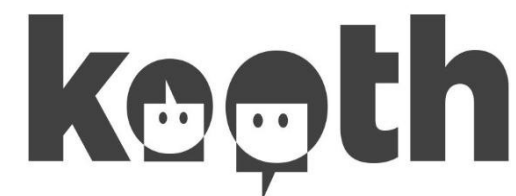
It is very normal to feel overwhelmed with all the changes we face at present and how this could lead to a feeling of stress. To help make things feel less scary it is important to use things that help us feel good. Below are useful webpages that have great resources on them and can be an extra addition to your mental health tool kit. Click on the picture to be sent directly to the page



Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome.



We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.



XenZone is a provider of online mental health services for children, young people and adults.

Kooth, from XenZone, is an online counselling and emotional well-being platform, accessible through mobile, tablet and desktop and free at the point of use.



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

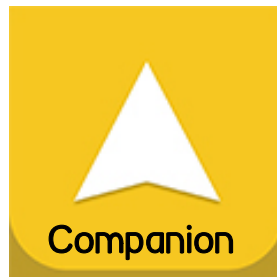
It is very normal to feel overwhelmed with all the changes we face at present. Below are useful apps that have great resources on them and can be an extra addition to your mental health tool kit. You can also look on the NHS library for more suggestions.



InsightTimer



STOP, BREATHE
& THINK



Links to helpful information & resources

Page II

General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.kooth.com/>

<https://wellbeingpassport.org.uk/>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356