

1st September 2020

This week's theme is Positive Goal Setting

Why are we focusing on this?

Setting goals can be a really important part of supporting your wellbeing. You might be back in school, or preparing to return, and this may create feelings of anxiety as we work with changes in our daily routine, caused by COVID-19 and adjustments of the Autumn term. These thoughts might be affecting the way we think and feel about the future. This newsletter will talk you through how to manage some of those feelings by helping you to set some positive goals for the future.

Children and Young People

'I feel uncertain'

With all the changes that have happened this year, it is normal to feel uncertain about how things will go in your return to school, and beyond. It can be difficult to decide what to focus on, but setting some goals can help you feel more positive about the future. Take a look at [page 2](#) for our tips.

Staff and Parents

'How can I manage my mood and motivation?'

During the Coronavirus pandemic, some people experience anxiety due to a loss of opportunity: money, jobs, family, health, change in routine etc. Other people process anxiety by feeling stressed and more peer pressure to accomplish things during this unique period of time: start a business, launch a new product, repaint their home, etc. Setting some goals for yourself can help manage those feelings, and we have put together some tips on [page 3 and 4](#).



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Find more resources for Children and Young People, Adults and Parents on our website:
www.lancashiremind.org.uk

Pupils

Setting goals is beneficial to us in lots of ways; it can help us take on new challenges, learn new skills, or just keep us motivated when we feel a bit low. Goals can be as big or as small as you want, but the important thing is that you can fit them into your daily life.

Keep Learning

We have talked about the 5 ways to wellbeing in a previous newsletter, but this week we are going to focus on Keep Learning.

Keep Learning can improve your wellbeing by:

- Boosting self confidence
- Giving you a sense of purpose (feeling that what you are doing is important and worth doing)
- Helping you to connect with others

Source: NHS, 2019



Setting SMART goals

When you are deciding on goals, it is important to think about how to make them manageable. Making sure they are SMART is a good way to do this.

SMART means:

Specific - clear about what you want to do!

Measurable - you can prove when you have achieved it, and you can track your progress on the way

Actionable - can you break it down into smaller steps?

Realistic - is this likely to happen (doesn't mean it's got to be easy!)

Time bound - have you set a time for it to be completed?

What are SMART goals?

Watch this animation for an explanation of SMART goals <https://www.youtube.com/watch?v=U4IU-y9-J8Q>



Useful Resources

<https://www.themix.org.uk/work-and-study/how-to-manage-your-time-better-and-achieve-your-goals-30064.html>

<https://www.actionforhappiness.org/take-action/set-your-goals-and-make-them-happen>

<https://youngminds.org.uk/blog/all-the-revision-and-exam-tips-you-ll-ever-need/>

Parents and staff

What is important to remember is that whatever you are feeling is a thought. Your thoughts are ideas you can learn to manage and control. Anxiety is a thought about your loss of control and right now, worries are probably something you worried about before, but are amplified in the extreme circumstances we find ourselves in. Setting goals that are achievable can help you create that control, which can help manage anxiety.

Why set goals?

Setting goals can help us move forward in life. Goals give us a roadmap to follow. Goals are a great way to hold ourselves accountable, even if we fail. Setting goals and working to achieving them helps us define what we really want in life.

Setting goals also helps us prioritise things. If we choose to simply wander through life, without a goal or a plan, that's certainly our choice. However, setting goals can help us live the life we truly want to live.

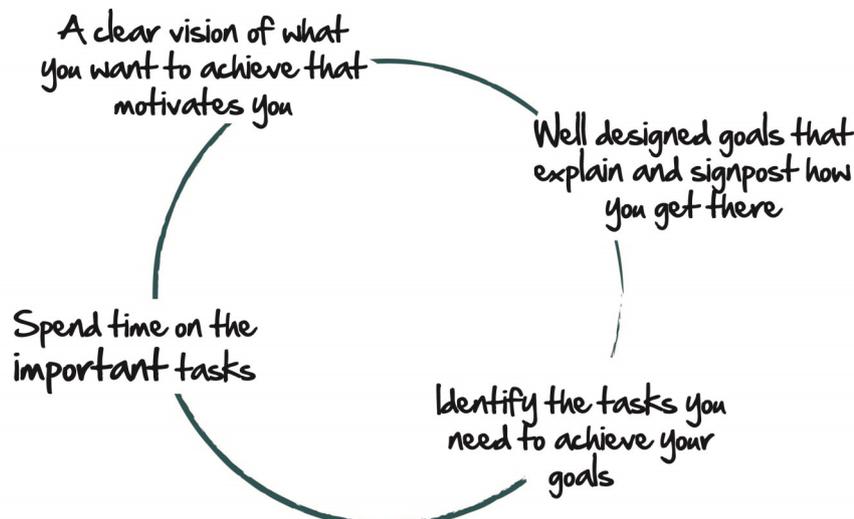
Having said that, we don't have to live every single moment of our lives planned out because we all need those days when we have nothing to accomplish.

However, those who have clearly defined goals might just enjoy their downtime even more than those who don't set goals.

How do I do it?

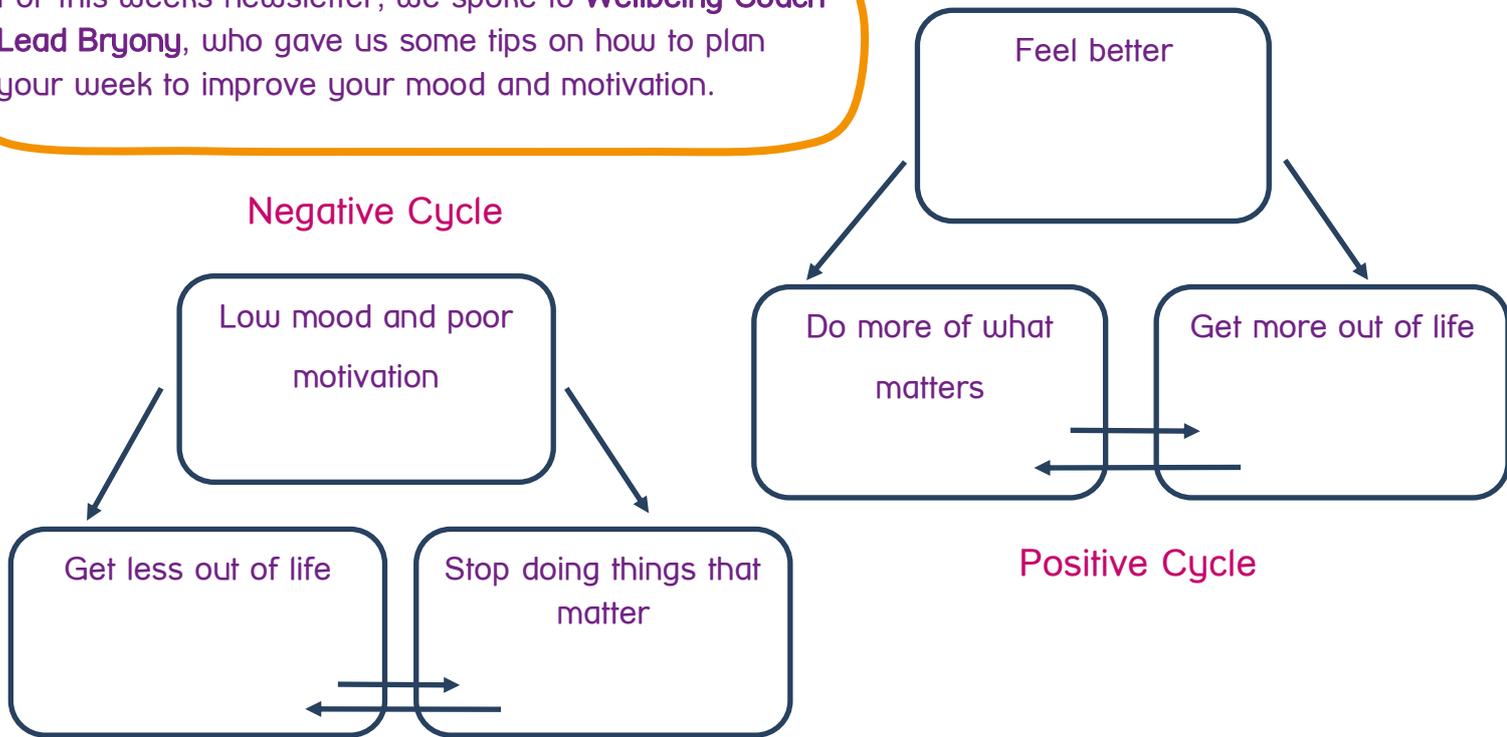
1. **Set 3 goals.** While enthusiasm is a good thing it is important not to rush into too much too soon. By limiting the number of goals you initially set there is less chance that you will become overwhelmed by the tasks ahead.
2. **Focus on short-term and realistic goals.** Setting short term goals such as "I will learn to make pancakes by next week" enables more frequent opportunities to review and acknowledge your achievements.
3. **Make your goals positive!** Reframe negative goals such as "I want to stop eating so much junk food" into more positive terms like "I want to feel healthy and will change my diet in order to do so".

Source: <https://positivepsychology.com/goal-setting/>



Improving your mood & motivation

For this weeks newsletter, we spoke to Wellbeing Coach Lead Bryony, who gave us some tips on how to plan your week to improve your mood and motivation.



Its understandable that when we don't feel like ourselves because of challenges with our mental health, we stop doing engaging in activities that we would normally enjoy. In these times, its important to keep to our routine, even though we might not feel like it!

The table below helps us to plan time for necessary routine and enjoyable activities. By allowing a balance of these throughout each day in the week, our routine becomes easier to maintain, productive and we feel better!

TIP - Make sure that after a day of doing something necessary or routine you plan in something easy that you enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Work 9-4pm (Necessary)	Work 9-4pm (Necessary)	Day at the park with mum (enjoyable)	Work 9-4pm (Necessary)	Look after family dog (routine)	See friends Gym (enjoyable)	Watch film
Walk after work (enjoyable)	Listen to a Podcast (enjoyable)	School work/ chores (routine)	Reading, yoga, gardening (enjoyable)	Cook nice meal with family (enjoyable)	Work 1-5pm (Necessary)	Pamper nigh - bath & face mask

Links to helpful information & resources

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.healthyyoungminds.scot.nhs.uk/information/children-and-young-people>

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

Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

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 & Ribbles 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