

Therapy & Wellbeing Newsletter

Bromley Beacon Academy &
Bromley Trust Academy

Summer Term 2018

Edition 2 Volume 3



Dear Parents & Carers,
It is the end of another academic year. As we head into the summer, transitions and change are on the horizon. During times of change, it can be helpful to reflect on what has passed, notice changes and prepare for the future. Reflecting and planning before a change can help us feel less worried and

looked at the impact of stress and some tips to help reduce stress. Across our schools, students had assemblies, practiced breathing exercises in class and were given information about stress.

As part of the **Carnegie Centre for Mental Health Excellence in Schools** award, we

“Progress is impossible without change. And those who cannot change their minds cannot change anything.” – George Bernard Shaw

For more information, resources or support, contact your school therapist:
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potentially even shift our nerves into excitement.

The Trust therapy and wellbeing team have grown this year. We have welcomed a new music therapist and drama therapist to our team.

The school participated the *Time to Change* campaign to de-stigmatise mental health and the ‘Stress’ campaign for Mental Health Awareness week. We

attended the Mental Health Conference in Leicester to share the good practice we are doing and gain more insight from other schools where mental health excellence is prioritised. If you would like to be part of this discussion, please get in contact with your school therapist.

Warmest Wishes,

The Therapy Team

PARENT & CARER SUPPORT GROUP

Please make note of the upcoming Parent/Carer Support Group Dates for Autumn 2018. We look forward to welcoming you! Facilitated by creative arts therapists, the confidential sessions offer a chance to meet and connect with others within a supportive, relaxed environment. Depending on interest, we do host occasional guest speakers. If you do have a particular interest or something that you think could be helpful, please get in touch.

Friday 28th September 2018

1:00-2:30 p.m.

Friday 26th October 2018

1:00 -2:30 p.m.

Friday 29th November 2018

1:00-2:30 p.m.

Friday 14th December 2018

1:00-2:30 p.m.

Location: Community Room, Orpington Fire Station (E41), Avalon Road, BR6 9AX

WHAT IS 'TRANSITION' AND 'CHANGE'?

Transition and changes are something that everyone must manage; nothing ever stays the same no matter how much we may wish for them to do so. Transitions occur every day.

Transitions can often be exciting and positive, but can also be difficult and challenging at times. It is important to recognise our emotions and responses to change, taking notice of our ability to transition from an ending into a new beginning in a safe and healthy manner.

Change - Noun: an act or process through which something becomes different.

Transition – Noun: the process or a period of changing from one state or condition to another.



Change happens to us. Transition is the process of experiencing that change which can be quick or slow, positive or challenging, easy or hard etc.

Some examples of changes

- Education
- Puberty
- Moving home
- Pregnancy
- Sexuality
- Illness/death
- Family Break up
- Emotional / Physical Transitions
- Changes in friendships
- New job

Some examples of how we might respond to changes and experience transitions

- Happy
- Sad

- Excited
- Disappointed
- Low energy
- Avoidance
- Anger
- Fear
- Talking about it
- Staying silent

What changes are you/your family experiencing currently?

How are you dealing with the transition?

Remember it is ok to receive support when we feel unable to cope.



Dealing with change can be stressful and sometimes even scary.

Adults or children may feel overwhelmed and out of control.

Here are 7 reminders when coping with transitions in your life.

Recognise and acknowledge things are changing

Sometimes we can get so caught in resisting change that it can be more stressful than facing and accepting it.

Keep regular routine as much as possible

Keeping to our regular schedule during periods of change can help remind us that some things are still the same and provide a daily anchor to give our brains a bit of a rest!

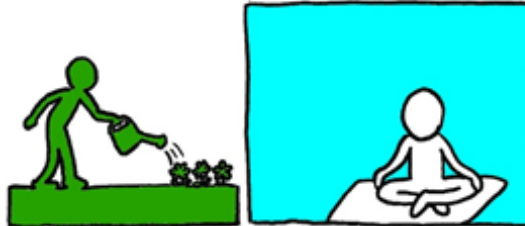
Be kind to yourself

Acknowledge that change can be stressful and it is normal to feel overwhelmed and anxious. Perhaps try to incorporate some fun and laughter into your life. Change is a transition and will itself move onto something new.



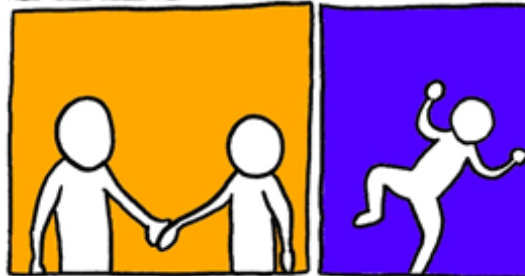
Accept that stress can also come from positive changes

Even transitions generally seen as positive ones, such as a new baby, new job, marriage, can be accompanied by considerable stress.



Look after yourself

Getting a good night's sleep, making sure you are eating healthily and exercising, even if you don't feel like it, will help your body deal with the stress. Try mindfulness or relaxation techniques.



Celebrate the positives

Not all change is bad. Sometimes changes can be an ultimately positive experience and sometimes it is neither good nor bad. Though not obviously apparent, try focusing on the positives that may come from this transition.

Seek support

It is OK to ask for help. Speak to friends or family or a neighbour. Sometimes we may need practical assistance such as an errand, or childcare, or a listening ear. If you would like further support or information on support please contact your school therapist. You are not alone.

Tips to Stay 'Grounded' During Change

Here are five tips to help you feel calm and strong:

- 1) **BREATHE!** – As long as we are alive we are always breathing. In and out, every day. We don't have to think about it. But our breath really can change our mood - just think about the difference in your breath if you are angry or scared or relaxed. For a **simple exercise**: Take a long deep breath in through your nose for a count of 4, hold your breath for a count of 4, then breathe out of your mouth for a count of 6. Repeat!
- 2) **ONE MINUTE BODY 'SCAN'** – Be aware of your body. A 'body scan' can take just ONE MINUTE and is really good to connect your physical body and your emotional world. For a **simple exercise**: Take just one minute and take your awareness to your body. Notice how you are feeling in your head and face, then notice your neck and shoulders, then your arms, your chest and back (along your spine from your neck to your pelvis), then your hips, your legs, your knees, your ankles and all the way down to your toes. Try and make the scan last a minute. See how you feel. Perhaps and make it last for two minutes! Repeat this process whenever you remember: watching telly, in the shower, even in the queue at the Tesco's!
- 3) **EAT WELL** – Find food that you love that's also healthy! BBQ season means healthy grilled meat and salads. Summer is also a wonderful time for fresh fruit – apples, cherries, strawberries, peaches. All of these treats from Nature's Sweet Shop contain vitamins and good stuff for a healthy body and mind.
- 4) **DRINK WATER** – If you're eating right, drink right too! You don't need to ban fizzy drinks, just make sure that you also drink plenty of water. You wouldn't water a plant with Red Bull! Drinking enough water is good for skin, hair, nails, digestion and blood pressure. You'll also have fewer headaches, more energy and a better mood!
- 5) **GO BAREFOOT**– Super simple, and makes us feel better, especially if you walk on grass or sand. It's a perfect Summer exercise for when you are at the park, or the beach, or in the garden if you have one – kick off those shoes and feel the ground underneath your feet.



Change & Transition Related Resources

Mobile Apps:



Catch it (free)

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.

The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being.

Websites:



Supporting Children With Change

Looking at the impact on change for children and resources that can help with this:

<http://licensing.ican.org.uk/sites/licensing.ican.org.uk/files/pdfs/Supporting-children-with-change.pdf>



NHS Moodzone: Anxiety in Children

How to support children who may be experiencing anxiety around changes

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

Books:



Tips from *Keep your Cool: How to Deal with Anxiety and Stress* by Dr. Aaron

Balick

Top tips for children changing classes or schools

<https://www.theguardian.com/childrens-books-site/2014/aug/19/top-10-tips-changing-schools-students-parents>

Local Agencies, Charities and Support Services

Bromley Parent Voice



Bromley Parent Voice

Bromley Parent Voice is a forum that aims to be a voice to inform service providers of the need of children and young people with a disability or additional need and their families in the London Borough of Bromley. <http://www.bromleyparentvoice.org.uk/> 07803 287838

Bromley Changes - Drug & Alcohol Service



A social care and health charity that supports adults, young people and families whose lives are affected by substance misuse, homelessness, poverty, unemployment, domestic abuse, mental health issues and offending. <https://www.changegrowlive.org/what-we-do> T: 02083131107

Bromley Mencap



Bromley Mencap is an award winning, user led service which offers free support across a range of areas for families with a child who has social/communication or learning difficulties. www.bromleymencap.org.uk T: 020 8466 0790

Bromley Women's Aid



Support for Domestic violence. www.bwaid.com T:02083139303

Welcare in Bromley



Welcare is a family-focused charity dedicated to helping children and families overcome challenges and build towards a better future www.welcare.org T:020 7820 7910

Young Minds



YoungMinds is the UK's leading charity championing the wellbeing and mental health of young people. The website also has support for parents and carers. <http://www.youngminds.org.uk/>

Oxleas NHS



Support booklets for parents looking at Family relationships, violent behaviour, and gang affiliation. <http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/nvr/parent-booklets/>