

An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: Stress Awareness
Date: April 2020
Issue: No. 15

Each month, we promote and support specific local, national and international campaigns by providing information and resources to schools, communities and organisations that can improve health and wellbeing for all. Our campaigns also include web link to resources for use in the classroom or at home.

This month we are focusing our bulletin on stress awareness and whilst it was planned for this month, it has proved timely, with many children and parents feeling stressed about the COVID-19 pandemic. The advice and techniques in this month's edition should prove welcome and useful at this time in our history.

For latest updates on Coronavirus (COVID-19) click [here](#).

Essex child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical health, social, emotional and financial issues that may affect the healthy development and future outcomes of young people.

Family wellbeing

Information for parents/carers to be disseminated via your newsletters/parent mail/website

As a parent/carer we often put the needs of our family before ours. If you are feeling overwhelmed and **stressed** please read the advice from the NHS on how to tackle it. Suggestions include:

- Talk to friends or family
- Have some 'me time'
- Try to get enough sleep - see the Sleep Council's free 30 day **Better Sleep** plan.
- Exercise - to do this as a family try the Change for Life **Disney** inspired 10 minute games and activities.

For more support on stress awareness click **here**.

If your child is taking their SATs in May, they may be feeling a little anxious about it, to help them overcome this feeling, encourage them to try some mindful activities such as:

- Exercise, which could include yoga ,tai chi or swimming.
- Gardening
- Mindful walking
- Card making
- Doing a jigsaw puzzle
- Click **here** for more information.

If you would like guidance on how to speak to your child on COVID-19 **UNICEF** have 8 tips on how to comfort and protect children.

For latest updates on Coronavirus (COVID-19)click here.

References

Please use these references to further your reading and find out more information on Stress awareness.

1. NHS (2020). How to deal with stress. Available at: www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress
2. Sleep Council (2020). 30 day better sleep plan. Available at: <https://sleepcouncil.org.uk/30-day-better-sleep-plan>
3. Change 4 Life (2020). 10 minute shake ups. Available at: www.nhs.uk/10-minute-shake-up/shake-ups
4. BBC (2020). Five ways to incorporate mindfulness into your child's day. Available at: <https://www.bbc.co.uk/bitesize/articles/zjvwkmn>
5. NHS (2020). 5 steps to mental wellbeing. Available at: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
6. Stress awareness <https://www.stress.org.uk/>
7. UNICEF. 8 tips to help comfort and protect children and how to talk to your child about Covid-19: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
8. Coronavirus (Covid-19) <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virginicare.co.uk

