

Welcome

This is an informal information session that has been developed to help explore and better understand the following subjects:

- **Importance of wellbeing**
- Understanding Emotions
- Mindfulness
- Wellness
- Staying Calm
- Mental Health
- Avenues of Support

We understand that we all parent in slightly different ways, and what one parent does may not work for the other. You need to do what you feel may work best for you and your family. We hope the information in these sessions will be helpful”

Somerset PTSA's

FIP

THE FAMILY PACK

Everyday helpful hints & tips

The Family Pack Wellness

Importance of Wellbeing



Somerset PTSA's
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THE FAMILY PACK
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What do we mean by Wellbeing?

Take a moment to think what this means for you?

What did you think about?

Wellbeing is defined by the Oxford English Dictionary as "the state of being comfortable, healthy or happy" However wellbeing is a much broader concept than moment-to-moment happiness



Now think about what you do to support your own Wellbeing?

The Importance of Wellbeing can be Defined as Follows:

"Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Past experiences, attitudes and outlook can all impact wellbeing as can physical or emotional trauma.....a child's wellbeing will be affected by the wellbeing of their parents, so it is essential that parents take time for themselves in this respect"

Ref: Starjumpz.com

Does anyone else support your own Wellbeing?
Do you support the wellbeing of other people around
If you do? How do you do this?

5 Steps to Mental Wellbeing

- **Connecting With People**

helps you to build a sense of belonging and self-worth

- **Being Active**

raises your self-esteem and causes a chemical change in your brain which can improve your mood

- **Learning New Skills**

research shows that learning new skills can boost self-confidence and builds a sense of purpose

- **Giving To Others**

acts of giving and kindness can create positive feelings and gives you a sense of purpose and self-worth

- **Pay Attention to the Present Moment**

paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness"



Physical Wellbeing

Physical well-being is about the health of our bodies. It includes moving and having the strength and energy for daily tasks. We can support physical wellbeing by getting enough sleep, being physically active and eating a balanced diet.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long term health benefits. Most importantly, regular activity can improve your quality of life

Ref: www.betterhealth.gov

TIP: Aim to take a brisk 30 minute walk each day. Stop at a time of your choice and use all of your senses to observe your surroundings. What can you see, smell, taste, touch and hear? This activity completes TWO of your steps to mental wellbeing! (being active and paying attention to the present moment)

Online Resources

A list of websites and apps that are helpful for managing mental health

NHS Every Mind Matters – www.nhs.uk/everymindmatters

Kooth (11-18 year olds) - www.kooth.com

Childline – www.childline.org.uk

Papyrus – www.papyrus-uk.org

Calm Harm

Young Minds – www.youngminds.org.uk

Headspace (app)



Handouts

Add any links to useful handouts/websites here

www.nhs.uk/mental/health

www.betterhealth.vic.gov

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

https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc_id=EMMParentsSearch&gclid=EAlaIQobChMIjtXBveqE7wIVTbDtCh15xg7_EAAYASA_AEgLmSvD_BwE

<https://www.childrenssociety.org.uk/what-we-do/our-work/well-being>

Challenge Time & Feedback

We are now going to challenge you to put this information into practice with your family. Let's see if it makes a difference?

Think about:

- What was helpful?
- What did you find most useful?
 - Was it realistic for you?
- Would you feel comfortable explaining these ideas to someone else?
 - Any challenges