

# Mindful Moments

Dear Parents, Staff and Iver Village Community,

During this time of social distancing and lockdown I have become aware of the impact a simple 'hello' or 'good morning' delivered with a smile can have.

Did you know?

- Smiling releases endorphins (so the more you smile, the happier you will feel).
- Smiling is contagious - when we look at someone who is smiling it stimulates our mirror neurones and triggers us to smile too.
- Smiling reduces anxiety, as well as lowering your blood pressure and heart rate.
- A British study found that one smile generates the same level of brain stimulation as up to 2,000 bars of chocolate!
- On average, children smile up to 400 times a day. Whilst happy people smile 40-50 times a day, the average of us only does so 20 times

Try to keep smiling during this time and spread the smile around!

Warm regards

Mrs Sarah Chapman-Allen



## Self-care

There are a number of well-being apps that are offering free content at the moment.

Here are some suggestions:

- Headspace
- Calm
- Meditainment

Remember to try and reduce the amount of time you spend listening to, reading and watching the news as it has the potential to overwhelm you. Make time to still your mind. You need these moments to protect your mental health.

The University of Surrey conducted a study on birdsong, to ascertain whether it had any restorative benefits and to determine whether it could improve moods. They concluded that out of all the different sounds in nature, birdsong was the most frequently referred to as assisting the recovery from stress and that it enabled restoration and refocussing of attention.



## Caring for your child's Mental Health

If your child is anxious and finding it hard to calm down try these different phrases.

**9 things to say to your anxious child**

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?