

The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

The focus this half term is Mental Health. Sometimes you might feel sad, angry upset or sometimes no feelings at all. This is a sign that you need some self-care.

Self-care is doing activities that make your mind and body feel happy and calm. When you feel upset or stressed you will know what you need and you will be able to cope well and get through it.



Understand and share your feelings

The first thing to do is to try and understand what you are feeling and figure out when that feeling started.



Talk to someone who understands and will listen to you.

Ideas for Self-care

Self-care is doing more of what makes you happy. This could be...

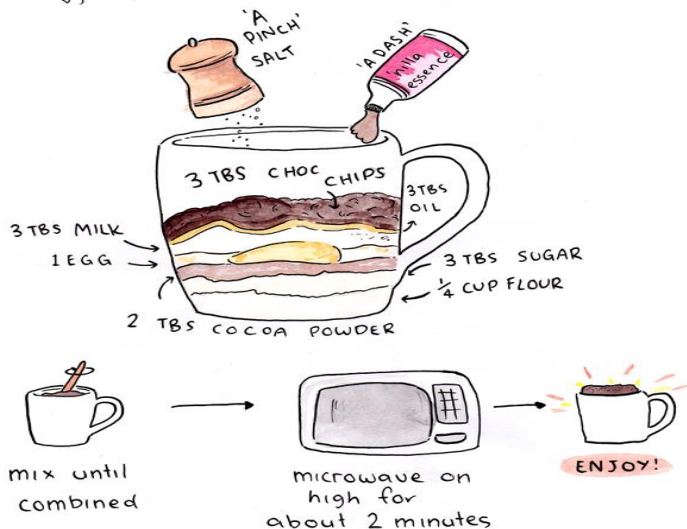
- A bath with a bath bomb or bubbles
- A walk in the woods
- Playing football
- Watching your favourite film
- Talking to your best friend
- Eating Chocolate cake...



Talking of Chocolate Cake, below is a super easy recipe made in a mug. It takes minutes and tastes delicious!

microwave mug cake

by Lani Fernance
hellopilgrim.tumblr.com



If you need help...

Family Information Service (help with finances, wellbeing, housing)

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=32>

Restore Hope - 01494 765555

MIND - 01296 43732

Chiltern Foodbanks - 0808 2082138

Employment Support - 01494 463364 EXT 2

Safe Haven Crisis support - 01494 218098

Don't forget we are also here to help.

Have a break

If you start to feel overwhelmed, stop what you are doing, turn off the T.V, tablet and phone. Your homework can wait a little while. Sit comfortably and concentrate on breathing deeply. Imagine you are blowing big bubbles. Or you could also try the calming star.

