



MHST Monthly Round up - Jan 2022

Contact us: spnt.mhst.earlyhelpse@nhs.net

Happy New Year from your Mental Health Support Team (MHST)!

We hope you have had a restful Christmas break.

January can be a hard month as it is cold, dark and the excitement of Christmas is behind us. This means it is more important than ever to take care of ourselves and make sure we are doing the things that make us happy.

This newsletter might be helpful at giving you some ideas about what you can do to help look after yourself in the cold, winter weather.

If you notice your worries or mood are starting to take over, talk to an adult about a referral to the MHST. We offer face-to-face and online sessions.

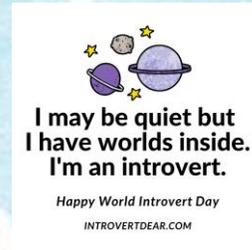
Remember to be kind to yourself and stay safe 😊

Celebrating our differences 🌟

Everybody is different and unique. We all deserve to be accepted and included. In this section we celebrate some of our amazing differences each month.

Some people are naturally more shy than other people, some people are naturally more confident. Some people are naturally louder, some people are naturally quieter.

Whichever way you are, that is ok. We should respect each other and understand that we are all different.



<https://nationaltoday.com/world-introvert-day/>

Mental Health Heroes 🦸

We all have people that we look up to in life, be it family, friends or celebrities. Think about your Mental Health Heroes this month and to let us know who they may be!



This month our Mental Health Hero is ... *Anne Marie*

Anne-Marie is a singer and songwriter. She has been open about her experiences of anxiety and has previously supported a number of campaigns, including Time to Talk Day

She has recently published a book called "You deserve better - a guide to finding your happiness"

A reminder of what the MHST can support you with:

- Sleep difficulties
- Anxiety
- Worry
- Phobias
- Panic
- Low Mood
- OCD
- Single Event Trauma

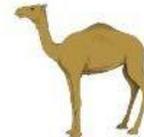
Activities

Wild Animal Word Search

E L I O C R O F F E G E
 Z E B R A H L L L H I L
 G O E H M G I R A F F E
 I P L I E I O H M L E P
 R A E N L R N I I F L H
 A R P N E A L N N E R A
 A D H Z O F E N G L P N
 F L H E R F O R O E H T
 H I A B H I P P O P A H
 I O C R I N A F L A M I
 P O R R N O A C A M M P
 C R O C O D I L E H I P

Words

- Lion
- Giraffe
- Elephant
- Leopard
- Zebra
- Hippo
- Rhino
- Crocodile
- Flamingo
- Camel



New Year's Resolutions Guide

We know it can be tricky to stick to New Year's Resolutions. The Five Ways to Wellbeing are a helpful tool for sticking to your resolutions. You could even use the January dates to link in to each area.

Give

- Give somebody a compliment
- Give old toys to charity
- Hold the door open for somebody

Keep Learning

- Listen at School
- Learn to build something new with Lego
- Make a new recipe with a parent/carer
- Learn a new fact about squirrels

Take Notice

- Look out for daisies when you are outside
- Make an effort to notice things that make you feel happy, eg drinking hot chocolate!

Connect

- Give somebody a hug
- Make a new friend
- Spend quality time with your family every week

Be Active

- Go for a walk outdoors every week
- Take up a new active hobby or join a club



January Dates

- 18th - National Thesaurus Day
- 21st January - National Hugging Day and Squirrel Appreciation Day
- 24th January - National Compliment Day
- 28th January - National Daisy Day
- 29th January - National Puzzle Day

ChildLine- Call 08001111 9am- Midnight Everyday - Free telephone support for children to discuss any concerns or worries.

Shout— text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.

Kooth - <https://www.kooth.com/> - 24/7 online counselling