



ACTION FOR HAPPINESS

Northamptonshire Action for Happiness Helpful Hints & Tips for Keeping Physically and Mentally Well – Week Nine

Hello All

I'm back in the writing 'driving seat' this week. A huge thank you to Dr David Smart for sharing his experiences for Week Eight. Today, it's all about the younger generation. As I previously mentioned, I am the Vice Chair at Time2Talk, which is one of the youth counselling agencies within our county. Together with Peter Harper and Val Payne (who co-wrote the children's book, '50 Ways to Feel Happy' and are active members of our Steering Group) we have come up with various resources and ideas to help manage this potentially challenging time.

Firstly, **a link for the parents/carers:** The shift to home working has disrupted many of our routines, and many parents are feeling the crunch of blending their professional lives with their parenting duties, not to mention the added stress of home-schooling their children! Staying both focused on work and attentive as a parent can be increasingly challenging in these times, but with a little bit of creativity and a lot of patience, it is possible...

<https://thriveglobal.com/stories/coronavirus-parenting-while-working-from-home-tips-advice/>

For the very young, Save the Children have developed six simple relaxation activities to try at home. This, I am sure, will also benefit frazzled parents 😊

<https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home-with-your-kids>

Another fantastic resource for younger children is from CBeebies - Seven techniques for helping kids keep calm. This covers simple relaxation and mindfulness activities to do together with your children and help them learn to calm down when they feel stressed or anxious.

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

Val has found this fabulous resource developed by Emotional Literacy Support Assistants for slightly older children - Coronavirus 14-day self-isolation activities - it's a 14-day calendar of activities, including mindfulness, crafts and positive thinking, that can help boost wellbeing and keep children occupied in a proactive way

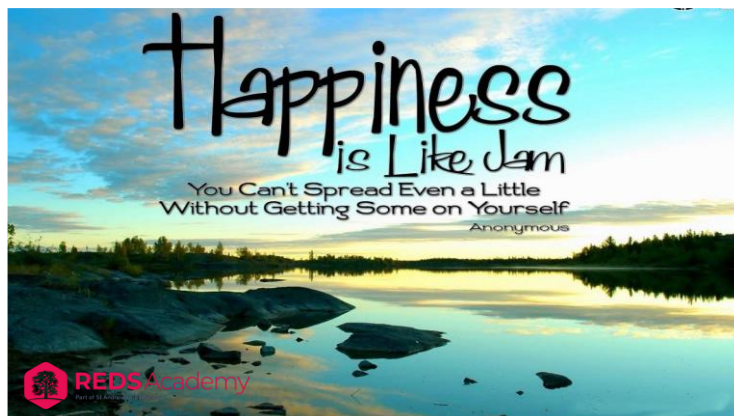
<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-home-challenge.pdf>

And close to my heart, the older children and teenagers. Just before writing this newsletter there was a report on the BBC News about this age group and their mental health. This age group is social media savvy, but we must not forget they are stuck, like us, at home. Those who were due to leave school this year, have had to adjust to no exams, no prom, and no proper goodbyes on their last day at term. For those preparing for exams next year, there may be worries about losing study time. And they still have all the pressures of 24/7 social media. I know, this generation will not be reading this newsletter but please point them in the direction of:

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Also, I have attached a list of opening times and phone numbers for our local youth counselling agencies, who are all still working and there to offer support.

As you know this newsletter is not just written by myself, I get sent lots of links and quotes from lots of other people. This one came from our friends at St Andrews and I really liked the analogy and it seemed to fit in with the theme of children this week. So thank you Stephen.



If you haven't already done so, I encourage you to take the Happiness Pledge:

"I will try to create more happiness and less unhappiness in the world around me"

Take the pledge at: bit.ly/A4HNorthants

Remember: Keep Calm, Stay Wise, Be Kind.