

WELL-BEING



For further advice and support,
please feel free to contact us.
Helen.Wallace@derbyshire.gov.uk



Be Kind, Be Curious, Be Connected...

Mindful moments

- Take a few minutes every day to pause. Use slow and steady breaths to help you focus on the present moment.
- Slow down and tune into your senses and how your body feels.
- Pay attention to yourself and listen carefully to loved ones.
- Don't argue with reality- just accept what is.
- Be kind to yourself! Remember 'You are enough!'

Feel Good

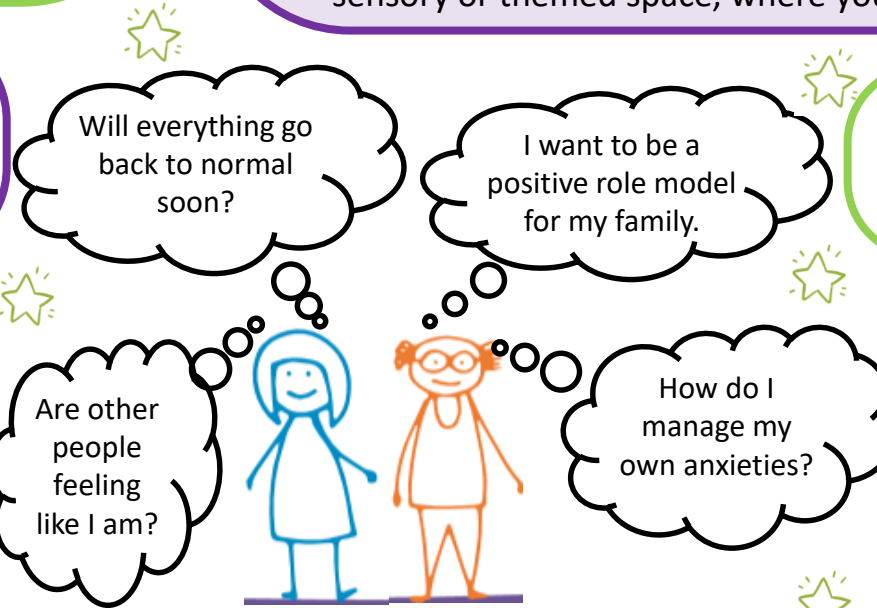
- Around the house, have photos, pictures or messages of positive reminders e.g. Something you have loved doing as a family, a happy memory or an achievement.
- Have a board in the house to send positive and good feeling messages to each other.
- Take regular, physical exercise outdoors. Use your senses to connect with nature.
- Create a special place in the home, garden or community. This could be a magical, sensory or themed space, where you feel calm, safe and makes you feel happy.

Be kind

Remind yourself that you are doing a great job! Why not create your own support group for parents? Or reach out to reassure parents that may be struggling?

Reflect

Studies have shown that having a positive reflection of your day can improve your mental health. Make **GLAD** part of your/ you child's bedtime routine – reflect and think of one thing from your day you're **Grateful** for, one thing you have **Learned**, one thing you've **Achieved** and one thing that's brought you **Delight** today.



"Imperfections are not inadequacies; they are reminders that we're all in this together."

Brené Brown

Sleep

- Feeling relaxed is important for sleep.
- Before going to bed, fill your mind with happy news and thoughts to help stop it being on overdrive (goodnewsnetwork.org).
 - Read a book or listen to relaxing music.
 - Try herbal teas instead of caffeine after 6p.m.
 - Avoid screens 1 hour before bed.

PARENTS/CARERS

