

Parent's Newsletter

January 2021

New Year's resolutions



January is the time of year when we like to set new goals, but most don't make it to February 1.

Setting goals is so important to improving and looking after our mental health and wellbeing. It helps us monitor how we are feeling and achieving our goals gives a boost to our mood, confidence and self-esteem. It's really important that our young people have things to strive for and try to achieve and it's our job as adults to help them, without doing it for them!

If a New Year's resolution is important to you or you feel the need to set yourself, or your young person, a new goal, then there are some things you can do to help make it stick:

- Write them down – we stick to things much better if we have a physical reminder of them
- Make sure your goals are "SMART"
- Make them public – let your friends and family know what you are trying to achieve. Having support and regular feedback helps keep you on the right track
- If you are struggling to come up with a goal, it might help to spend some time brainstorming ideas, try to answer the question "what do I want my life to look like in 5 years' time"
- Make sure you reward yourself when you've achieved your goal
- Think about things that might get in the way and try to plan around them, don't wait until the morning you need to be somewhere then realise you don't have any money to catch the bus!

SMART Goals

Specific - what exactly do you want – "to feel better" won't cut it

Measurable - how will you know when you've done it – can you track it some how?

Achievable - do you have everything you need to be able to do it?

Realistic - is this something you can actually do or do you need to break it down into smaller goals?

Timed - how long is it going to take you to achieve, set a date to aim to get it done by



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.



Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

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Team Spotlight

This month we are going to explore a little about one of the therapy pathways within CAMHS – the Art Therapy team



Art Therapy Team

Art Therapy is a form of psychotherapy that uses art as a way of expressing and communicating difficult, confusing or distressing feelings. Sessions offer a safe space to reflect and focus on these feelings that might feel unmanageable or too difficult to speak of.

We offer individual sessions at Doncaster CAMHS for young people. You are provided with a wide range of art resources in which to

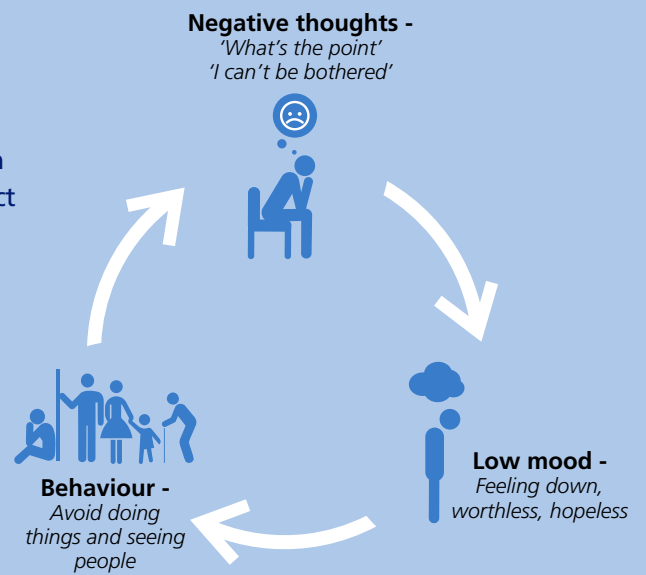
express yourself, yet to be offered this therapy you do not need to be good at art – just a willingness to participate and engage.

Referrals to art therapy would come following initial support from the teams in schools to access specialist support to improve the mental wellbeing of the child.

Doing is important!

Feeling low in mood can leave you feeling tired, run down and unmotivated. This means that your activity level drops and you can spend more time sat around not doing much. This in turn can affect your confidence and self-esteem which will affect your mood – creating a vicious cycle. Activity is a good way to break away from this cycle. Physical activity gives you a natural energy boost, and can also make you sleep better at night. It takes your mind off the negative thoughts and helps you achieve your goals which can build your confidence back up.

Why not use this daily planner to help build up activity levels and achieve your goals.



		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Am	What							
	When							
	Where							
	With							
	Who							
Am								
Am								