

January 2021

Newsletter for professionals

Happy New Year! Looking for a resolution?

January is a great time to set some New Year's resolutions, so why not make this year's about self-care. You are all so important in ensuring that our young people are supported and managing their mental wellbeing the best they can. But you can't be that person for your students if you aren't looking after yourself. It's a cliché but you really can't pour from an empty cup!



The Young Minds website is a brilliant resource for everything to do with mental health and has some good tips for self-care: <https://bit.ly/2LOynf1>

"Well begun is half done"

Setting a goal and goal planning can have a positive impact on our mental health and it's important to remember the power of goals when supporting young people. We have made this the focus of our parents' newsletter this week and explored SMART goals.

Here is a resource from Action for Happiness (an amazing website) with some advice around goal setting and how to achieve your goals: <https://bit.ly/34lfE0L>



Cuppa and a chat

We can see how tough it is at present to be working in such difficult and ever changing times and can see how this means we all need to think a little differently about how we can best support our young people.

To help with this we would like to offer you all a virtual "cuppa and a chat". We would normally be coming into school and would have that time with you to chat things over and we feel we have lost that not seeing you all face to face like we used to.

This doesn't have to be about cases or anything specific. We can just listen to what is going on for you in school and offer advice and support, or we can just have a chat (you need to provide your own tea and cake though!)

We will be sending out some dates for Microsoft Teams meetings for you and your colleagues to come along to.

