

Stronger Together Newsletter



Dear Caregivers

This week our workshop was centered around self-compassion. We have talked about how important it is to be your own best friend and to respond kindly to yourself especially when you are not feeling your best. We have talked about the importance of self-love and that we cannot expect others to love us if we first do not love ourselves.



Workshop Ten.

Self Compassion. I am my own best friend.



Brain Box

The analogy of being instructed to put our own life jacket on first when on a plane, can be applied to us looking after our own mental wellness as a priority. Unless we are physically and mentally strong ourselves we cannot support those around us.

Your child has also been taught some peer massage. Not only is this a way of being kind to someone, but it is also an amazing exercise for releasing those feel good, relaxation chemicals. Massage activates the calm response, reconnecting the prefrontal cortex and calming our monkey brain. It also neutralizes the adrenaline in our system, that can often stop us sleeping and being able to relax.



Try it, Teach it

Encourage your child to show you the peer massage techniques they have learnt at bedtime or during a quiet moment. Massage is great for keeping that sense of connection, particularly for older children who have outgrown snuggles. Also use this time to ask what types of activities help them when they are feeling stressed, overwhelmed, sad or worried.

Here is a list of the massage strokes that have been taught:

The Baker (Shoulders)

Cupping Arms

Swirling Emotions (Hand on the back)

Hearts

Forehead Stroke

Shower of Happiness

Warm Wishes (Rubbing hands)

A Mindset Matters sheet will come home with some of the ideas that were shared today. Remind your child that sometimes the best form of self-help is to reach out and talk to someone, whether that's you or another adult in their life.



You Do It Too

It would be great if you could share the strategies you use when you feel yourself getting stressed or overwhelmed, angry or down. Your child will learn far more from what they see you DO, rather than the advice you give them. Do you ring a friend, run yourself a bath, exercise, read or meditate? It is important to stress that it is all about finding what feels right for the individual.