

Mental Health



The challenges of returning to School

Aims

To understand the impact stress and worries can have on our well-being and the importance of recognising this in ourselves (as parents and caregivers).

To identify ways to support our children and young people (with their mental health) as they prepare to come back to school.

We will all have different responses depending on our own experiences, circumstances and current well-being.

Recognising our own Mental Health Challenges.

“ The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet”

Rachel Remen

Find opportunities for self-care (no matter how small)

Looking after ourselves is such an important aspect of resiliency; those who adequately meet their own needs can cope better with everyday stresses

If we don't look after ourselves, we can't look after others safely or effectively

If we don't practice regular self-care we risk 'burnout' and may not recognise the symptoms of 'secondary trauma'

Practical strategies



Ways of supporting our
children and young
people.....

1. Notice.....

Wonder and be curious about
what you are seeing or sensing.

2. Pause.....

Where are you in this?

Can I stay open and supportive or are my own feelings and emotions getting in the way?

Is this the most appropriate time to be attempting to support my child?

3. Regulation



Do I need to help my child and (or) myself regulate?

Are we able to reflect emotionally or is sensory soothing needed at this point?

4. Curiosity and understanding

Make sense of what you see (or have seen previously)

Normalise emotions and worries.

What's your best guess at what your child may be feeling – no judgement

Stay curious

5. Acceptance and Empathy



How can I let them know I get it?

6. Problem Solving

How can I help?

Name the ways they are being (and will be) looked after.

Identify times they have managed this before – gathering ‘you can do this evidence’

Name all the supportive adults who are ready and able to look after them

7.

You are loved and cared for

Say it out loud

Dig for gold



