

# July 2024 - Looking After Your Wellbeing

Welcome to another of our 'Mental Health & Well-Being for All' sheets. The aim of these sheets is to help sign-post and look at strategies for managing our mental health and well-being. If you can take the time to read through this sheet with your child each month that would be great! The purpose of these sheets however is NOT just about our student's well-being, it is about each and every member of the Dormston Communities Well-being. If you come across anything that you think may be useful to share or have found any really good mental health strategies or signposts please feel free to email [kotton@dormston.dudley.sch.uk](mailto:kotton@dormston.dudley.sch.uk). We are not Mental Health experts, but hopefully by learning and working together on this subject we could really make a difference to the Dormston Community!

## Jump Back Up July 2024 Calendar

Please see our **Jump Back Up July 2024 Calendar**.

If you want to know more why not take a look at this video


[How can we build resilience, even in challenging times? Jump Back Up July with Vanessa King \(youtube.com\)](https://www.youtube.com/watch?v=...)

### Top 3 Tips for a Jump Back Up July 2024

Our focus in July is on Resilience.

- What are our fundamental beliefs. Hunt for the good in the world!
- Find silver linings in difficult circumstances and if there are no silver linings look for what can be learnt from the experience;
- 3 by 3 by 3 breathing. Breathe in for 3, hold for 3, breathe out for 3.

Jump Back Up July 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8	Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15	Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22	Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29	Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together

# July's Mental Health Message

July can be an excellent time to focus on mental health due to the break from school and academic pressures. Here are some specific ways to support your child during this month:

## Encourage Outdoor Activities

Take advantage of the summer weather by encouraging outdoor activities. Nature walks, swimming, and sports can be great for physical and mental well-being.

## Plan Family Time

Use this time to strengthen family bonds. Plan activities that you can enjoy together, such as cooking meals, playing games, or taking short trips.

## Set Goals Together

Help your child set personal goals for the summer. Whether it's reading a book, learning a new skill, or starting a creative project, having goals can provide a sense of purpose and accomplishment.

## Maintain a Routine

While it's good to relax, maintaining some structure can help your child feel more balanced. Encourage a consistent sleep schedule and daily routine.

Supporting your child's mental health is an ongoing process that requires patience, understanding, and active involvement. By creating a supportive home environment and being attentive to your child's needs, you can help them navigate the challenges of adolescence more effectively. Remember, taking care of your own mental health is equally important, as it sets a positive example and ensures you are in the best position to support your child.

Please see our website for useful resources.

*Mrs Elliott*

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**Deputy Headteacher**