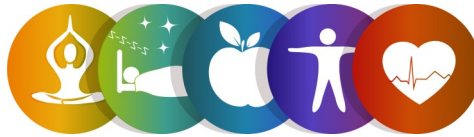




THE AVENUE INFANT SCHOOL

Mental Health & Wellbeing Newsletter

April 2023



STRESS AWARENESS MONTH APRIL 2023



#ACTNOW



The Stress Awareness Month

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

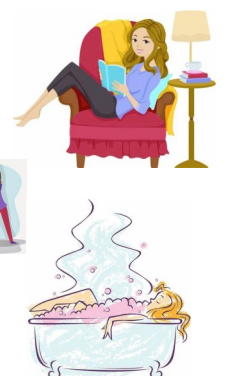
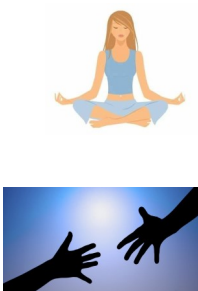
Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

What else could you do for Stress Awareness Month?

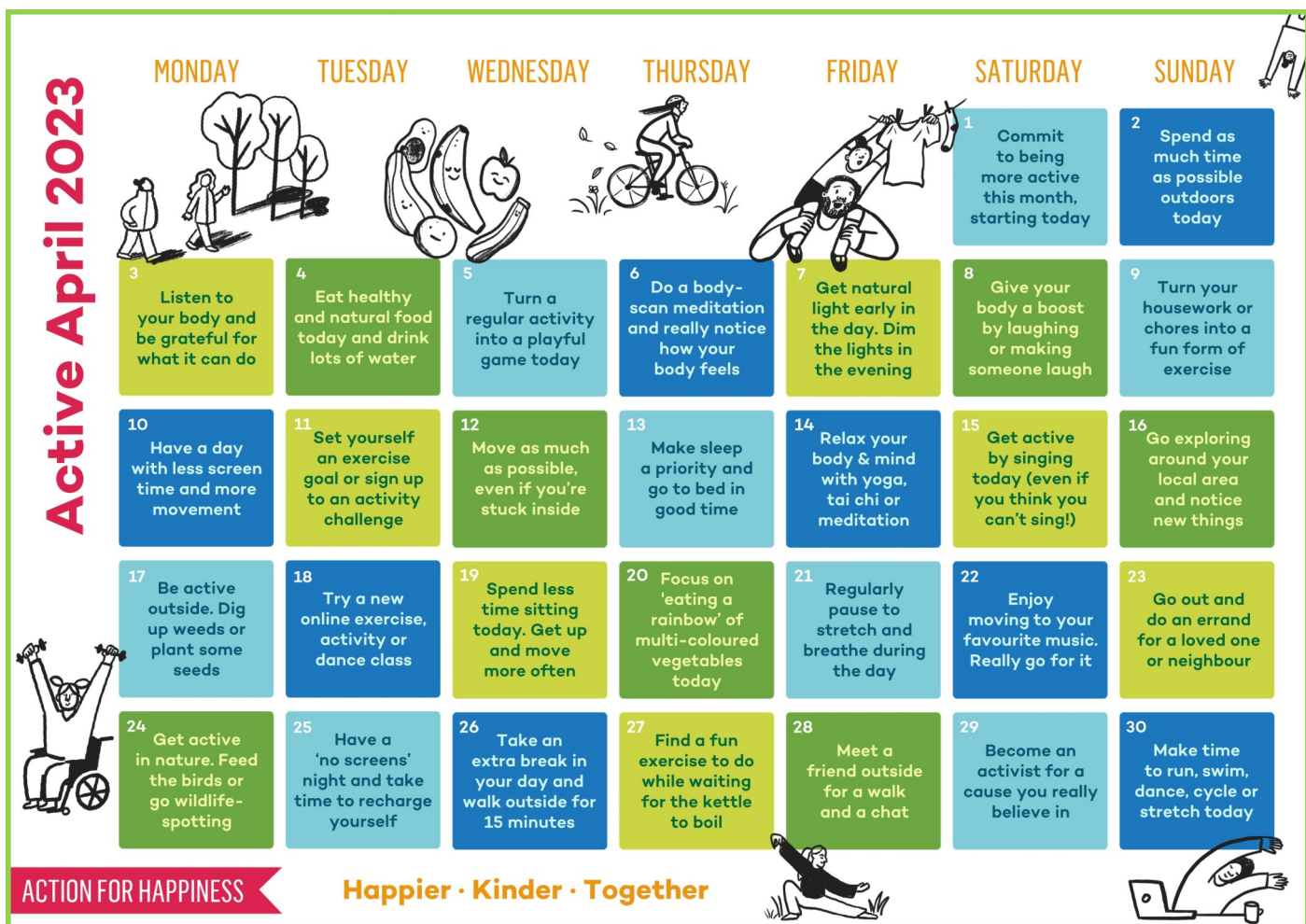


- * Talk about stress and it's effects -lets work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.
- * Share your coping mechanisms - if something has worked for you why not share it. It might benefit someone you care about.
- * Be nice to those who are stressed and anxious - we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through it with compassion and empathy.
- * Look after yourself - we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to.



Let's look out for and support one another



Parenting advice from our child mental health experts at
<https://parentingsmart.place2be.org.uk/>

Practical tips to support children's well-being and behaviour



Topics include:

How to manage and prevent overwhelm in children

My child is anxious

How do I get my child to listen?

My child says "I hate you!"

My child has trouble going to sleep

My child thinks they need to be perfect

Family mealtimes are turning into a battleground

Supporting healthy gaming habits for children

My child has friendship issues

My child is lying

Understanding shyness in children

The importance of boundaries & consequences

My child pushes my buttons

My child keeps getting anger and lashes out

Helping your child change school

Family Mealtimes turning into battleground