

Last week I talked about anxiety. The link below will take you to an article on the NSPCC website which highlights some of the concerns that have been shared by young people about coronavirus. Please take a look if you would like more information:

<https://learning.nspcc.org.uk/research-resources/2020/childline-briefing-coronavirus/>

One of the most positive actions we can take during these challenging times is to take care of our relationships. Now is a time for greater patience and understanding. It can be very easy to become irritated and bad tempered with the people around us. Although this is an understandable response to being in close quarters with others without the chance of respite, it doesn't help our efforts to focus on our mental wellbeing. Here are some suggestions about how you can keep your relationships positive during lockdown.

- Give time to these relationships, this seems obvious but actually making sure that everyday you spend quality time with those around you shows that you care.
- Be present - this means if you're having a conversation, give it your full attention, this means putting that mobile phone away!
- Really listen to what others are saying and try to understand how they are feeling.
- Let yourself be listened to, share how you feel, honestly but respectfully and let yourself be supported by others. This in particular is a sign of strength.
- Make the best physical space you have, that might mean you need to plan your day carefully and you need to consider the needs of others too.
- Share out household tasks, firstly this keeps you busy but secondly it shows that you are willing to do your fair share and help others.

The link below will take you to a section of the Mental Health Foundation Website, it has some really good suggestions and further links if you are interested in reading more about this topic.

<https://www.mentalhealth.org.uk/coronavirus/nurturing-our-relationships-during-coronavirus-pandemic>

Take care, stay safe, stay in touch.

Mrs Hughes