



The Feel Better Newsletter



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Hi, this week I want to talk to you about how to look after your mental health. Sometimes you might feel sad, angry, upset or sometimes no feelings at all. This is a sign that you need some Self Care.



What is Self Care?

It is doing activities that make your mind and body feel happy and calm. When you feel upset or stressed you will know what you need and you will be able to cope well and get through it.

Understand and share your feelings

The first thing to do is to try and understand what you are feeling and figure out when that feeling started.



Talk to someone who understands and will listen you .

Have a break

If you start to feel overwhelmed, stop what you are doing, turn off the T.V, tablet and phone. Your homework can wait a little while. Sit comfortably and concentrate on breathing deeply. Imagine you are blowing big bubbles



Take care of your body

Your body and mind are connected. Eating fresh fruit and vegetables, drinking lots of water and exercising helps you to feel good. You can still have treats, just make sure you eat well too! It is also important to get a good nights sleep. Try to switch off screens an hour before bedtime to help you get ready to sleep. Find a bedtime routine that works for you.



Ideas for self care

Self care is doing more of what makes you happy. This could be . .

- A bath with a bath bomb or bubbles
- A walk in the woods
- Playing Football
- Watching your favourite movie
- Talking to your best friend
- Eating Chocolate cake . . .

Talking of Chocolate Cake, here is a super easy recipe made in a mug. It takes minutes in the microwave. Get an adult to help you take the mug out of the microwave as its hot!



Step by step instructions on my YouTube Channel. Search "The Feel Better Newsletter Mug Cake".

Your worries – Thank you for your messages.

Send me an email with any worries and I will try to help. Email feelbetternewsletter@gmail.com

Dear Jo, I went to the shop with my Mum for the first time since lockdown. I didn't like the people wearing facemasks, they scared me. From Sam age 6
Hi Sam, it is strange seeing people wearing a facemask for the first time. Remember, they are wearing a mask to keep themselves and you safe. Try to think about what they look like under the mask, just ordinary people doing their shopping. You could make masks for your toys out of a tissue, it might help you get used to it. I think that people will be wearing masks for a while.