

Riverview Wellbeing Newsletter

Welcome to the Christmas addition of our Wellbeing Newsletter!

We at Riverview hope you have a happy and safe Christmas

Hayley Brown—Family Support Worker



Christmas stress and how to combat it...



The festive period is meant to be a time for getting together, enjoying each other's company, exchanging presents and having a good time. Unfortunately, this time of year can also be the most stressful for all manner of reasons, whether it is the pressure we put on ourselves to buy expensive gifts for family and friends, to have an "Instagram ready" Christmas tree and a lavish Christmas dinner, with all the trimmings. This year has been especially difficult due to Covid and many people are struggling emotionally and financially. Below I have detailed some different ways to combat the Christmas stress and focus on making memories and new family traditions.

1. Post your letter to Father Christmas	2. Make paper chain decorations	3. Have a sort out of your old clothes and toys and donate them
4. Make paper snowflakes	5. Family game night in your Christmas PJ's	6. Family bake-off! Timed challenge and winner gets a prize
7. Make salt dough ornaments for the Christmas tree.	8. Decorate Christmas biscuits	9. Family movie night! My personal favourite is A Miracle on 34th Street
10. Christmas Quiz— Invite family members over Face time	11. Go for a walk and look at all the Christmas lights	12. Read "The Night Before Christmas" together around the tree

Salt Dough Recipe:

250g of plain flour
125g of salt
125ml water

Method:

1. Preheat the oven
2. Mix the flour and salt
3. Add water and stir into a ball
4. Roll out the dough and cut into shapes
5. Place on a baking tray and cook for 3 hours

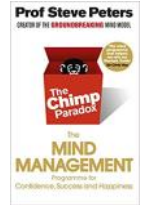


Here I have detailed a few books which I have found very useful when supporting children and at times, parents, with their mental health:

My Hidden Chimp (for children) and The Chimp Paradox (for adults) by Professor Steve Peters



These two books are an amazing resource in helping adults and children understand the mechanics of our brains and build strategies and tools to help us become more confident, manage your thoughts and emotions and feel happy.



The Huge Bag of Worries by Virginia Ironside.

This is a story book for children who struggle with managing their worries. It's also a great way to start the conversation about what worries your child and what to do with those worries.

Behaviour Matters—Collection of 6 books by Sue Graves

These are a set of books which cover a number of different behaviours. They cover a wide range of issues and at the back they have ideas of talking points after you have read the book.



Relax Kids—The Wishing Star by Marneta Viegas

It's easy for children these days to grow up without knowing how to relax and calm themselves. This book contains a huge number of meditations for you to read with your children that encourage stillness and imagination.

Where to go for help:



This is an online counselling service that offers CBT Therapy which is available FREE to all NHS patients. They are able to offer support around anxiety, stress, depression and many more mental health concerns.

Sometimes it's hard to sit face to face with someone and talk about our worries, this service takes that worry away as all the sessions are held online.