

Parent's Newsletter

July 2021

End of the Year! - Endings & Change

Change is a normal part of every day life, however it can still feel really difficult for us, especially if it means one part of our life is ending.

Young people face a lot of change and uncertainty and transitions between schools can be a really challenging time for some people. Without support this could have a lasting impact for them, however if they are able to talk about their worries and feel supported by people around them, this can be a fantastic opportunity to develop their resilience and confidence.

Some children may struggle more with change than others. This can include children and young people with:

- additional learning needs (also known as SEND)
- mental health problems such as anxiety
- limited parental support
- experience of transient living, such as being in care
- experience of being bullied
- negative experiences of education.

TRANSITION



Places to find more support around transition:

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>

Resilience

Resilience is our ability to “bounce back” and cope when challenging things happen. Here are some key things to remember to help you “bounce” back.

B O U N C E

B – Bad times don't last, and things get better.

O – Other people can help if you talk and share how you are feeling with them.

U – Unhelpful thinking (thoughts that aren't based in reality and fact) makes you feel worse worse – take a look at the next page for how to identify and manage unhelpful thoughts.

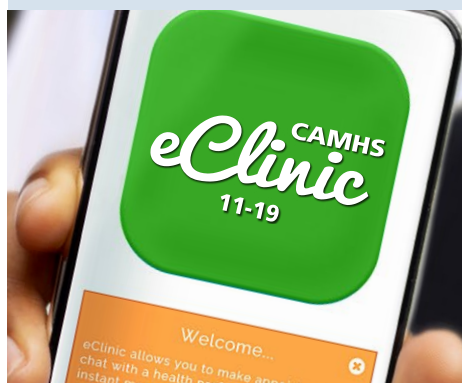
N – Nobody is perfect. We learn and grow from our mistakes.

C – Concentrate on the good things in life, no matter how small.

E – Everybody feels sad and worried sometimes it is a normal part of life.



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If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.



Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

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Challenging unhelpful thoughts

People often have unhelpful thoughts when they are feeling down, stressed or anxious. These thoughts are often based on how we feel, rather than how things really are, they are usually really negative and unrealistic, but that makes them feel worse.

Thinking Errors: Harmful thoughts can be split up into different categories

- **All or Nothing thinking:** this is where things are either this or that with no room for compromise, e.g. "I've made a mistake in my work, so that's it, it's all rubbish"
- **Focusing on the Negatives:** this is where you only look at the bad things and ignore any good things that there might be in each situation
- **Catastrophising:** or "making mountains out of molehills", something small will happen but you can make it seem much bigger than it actually is.
- **Jumping to conclusions:** this is where you don't see things as they really are, you may find yourself trying to be a "mind reader" or "fortune teller" e.g. "they all hate me"
- **Personalising:** this is where you will take anything that happens personally, or blame yourself for it, even if you had no control over it.
- **Fixed ideas:** this is where you find yourself thinking a lot of sentences that begin with "I must, I should, I've got to, I shouldn't". It often means you can have strict, unrealistic rules for yourself and others.

Once you have identified that you are having a harmful thought, can you tell which thinking error it fits in?

Step 1 - Identify the thought:

Remember to be specific. Ask yourself "Why?", "Why would that be so bad?" until you have a really clear thought.

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Step 2 - Challenge it:

Now think about how real that thought is. Have you got any evidence to back it up? Is there any evidence that would mean it might not be exactly how you think it is?

Evidence for

Evidence against

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Step 3 - New thought:

Now you have challenged the original thought, has it changed? Can you think about it in a different way?

Have a go at writing down a more realistic thought based on facts and evidence

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Tips for challenging thoughts

If you are struggling with this these questions might help you;

- Is there anything I'm forgetting? Or ignoring?
- If I felt good, would I think about this differently? How would I think about it then?
- Am I making any other thinking errors? If so, which ones?
- What might I think if a friend said this to me?