

Staying Well Over Summer

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 **mind**
Hammersmith,
Fulham, Ealing
and Hounslow

Research suggests that there are **5 key ways** to boost mental health and wellbeing. For each one, we have listed some ideas you could try as a family to help you feel more positive and get the most out of the summer break.

CONNECT

Connecting with others builds our sense of belonging and self-worth. You could arrange a play date for your child, have a family board game evening, or cook a meal together as a family.

BE ACTIVE

Physical activity can boost mood, improve sleep and is a great stress reliever for all ages. You could try going for a walk in your local green space as a family or having a dance party to your favourite music.

KEEP LEARNING

Learning something new can boost your self-esteem and creativity. You could visit one of the many free museums across London or get involved with the children's summer reading challenge [here](#).

Give

Giving to others is linked with improved wellbeing, and sense of worth. This can be as simple as smiling at an elderly person in your community or even donating old clothes or toys as a family to a charity.

TAKE NOTICE

Taking notice of the present moment is a great way to slow down and appreciate your surroundings. As a family you could play a game of I Spy at the park or even try a meditation exercise for children.

The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.



We provide a **telephone drop in service** where you can speak to one of our team about your child's mental health and wellbeing.
Please note, this is not a counselling service

Click the link below or scan the code to schedule a call:
[Mental Health Support Team Telephone Drop In Service](#)

For blog posts, and to learn more about the support we offer, visit our websites: www.hfehmind.org.uk