



Mindscales - Volume X Edition 2

“Importance of Self-care and Mindfulness to improve Wellbeing”



Dear parent,

This edition of Mindscales will focus on the importance of self-care and mindfulness and tips on how to practice it at home.

Navigating the formative years of our children’s education within the British Curriculum can be both exhilarating and challenging. As they progress through the Key Stages, the academic and social demands can sometimes feel overwhelming. As a school counsellor, I’ve observed the profound impact that self-care, mindfulness, and

overall wellbeing can have on a student's success and happiness. Self-care goes beyond the occasional treat or indulgence. It's a consistent effort to cater to our physical, emotional, and mental needs.

Routine!

Establish a daily routine that includes time for relaxation, exercise, and bonding with family.

Sleep!

Prioritize a regular sleep schedule for both you and your child. Adequate rest

is essential for physical and mental health.

Physical Activity!

Engage in regular exercise, whether it's a family walk, yoga, or a sport. Physical activity releases endorphins, which are natural mood lifters.

Limit Screen Time!

Set boundaries for electronic devices. Instead, encourage reading, board games, or other non-digital activities.

Personal Time!

Dedicate a few minutes or hours each week for yourself. It could be for reading, a hobby, or simply relaxing.

Deep Breathing!

Practice deep breathing exercises with your child. It's a simple way to calm the mind and body.

Mindful Moments!

Dedicate a few minutes each day to sit quietly and focus on the present moment. This can be done individually or together.



Gratitude Journal!

Keep a daily or weekly gratitude journal. Encourage your child to jot down things they're thankful for.

Active Listening!

When your child speaks, give them your full attention. This not only models mindfulness but also makes them feel valued.



Nature Walks!

Spend time in nature. A walk in the park or garden can be a grounding

experience and an opportunity to teach children about the environment.

Guided Meditations!

Use apps or online resources for short, guided meditations suitable for both adults and children.

Reading Time!

Dedicate a specific time each day for reading. Create a cozy reading nook to make it special.



Affirmation Cards!

Create cards with positive affirmations. Pick one each morning to set a positive tone for the day.



References:

<https://news.sanfordhealth.org/parenting/self-care-and-mindfulness-benefit-the-whole-family/>

<https://parents.ncsu.edu/blog/2022/11/self-care-and-mindfulness/>