

WELLBEING NEWSLETTER

March 2026

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Self-Care & Mental Health



Share your own feelings to **encourage** self-awareness.

Recognize **toxic** stress events.

Practice self-care for yourself to set the **standard**.

Cultivate **interests** and hobbies.

Tips for Kids

Set aside time for **low stress** or solo activities.

Encourage **journaling** and writing.

Encourage them to focus on the **moment**.



Find social groups that help them feel like they **belong**.

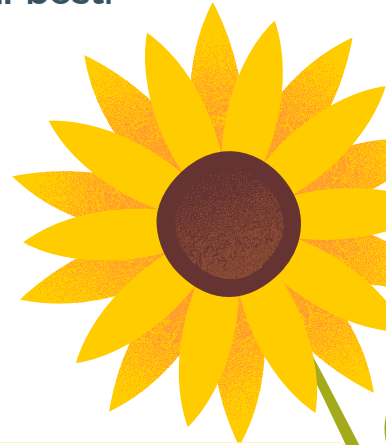


Focus on articulating **feelings**.
"I am angry."
"I am sad."



Establish a **self-care** routine.

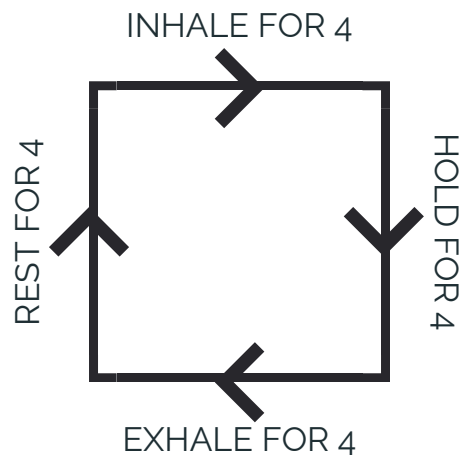
anxiety is a feeling, not a fact. don't let your anxiety make you believe things that aren't true. Instead, focus on your strengths and abilities, and trust yourself to do your best.



I AM IN CONTROL OF HOW I TREAT MY BODY



BOX BREATHING



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Ask for Help

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text 'Shout' to 85258 for free to speak to someone at Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice



7th April - 10th April -

Free activities and food for those receiving
Free School Meals

<https://www.milton-keynes.gov.uk/children-young-people-and-families/holiday-activities-and-food-programme-2026>

5 - 4 - 3 - 2 - 1 GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5

things you can see



4

things you can touch



3

things you can hear



2

things you can smell



1

thing you can taste

