



January 2025

Wellbeing Newsletter

The Anxiety Iceberg

Young people may struggle to explain their feelings, so using an anxiety iceberg can provide a relaxed way to explore the cause of their anxiety. It shows visible anxiety symptoms (like restlessness or worry) are just the surface. Beneath lie hidden causes, such as fear or self-doubt. This highlights the need to address both visible signs and deeper root issues.

It can be hard to pinpoint what is making your child anxious, but the first step is helping them identify their worries. Once you understand the issue, you can better address it. Young Minds have provided a video (access via the link below) explaining how:

<https://youtu.be/s5I-qvDmJ9I>



Happy New Year



Happy New Year to all our wonderful parents!

We hope you had a merry and blessed Christmas break. As we step into 2025, we wish you happiness, good health, and moments of joy with your family. The dark mornings and evenings are gradually getting lighter, and soon, we'll be stepping into a new season with a spring in our step.

Remember to be kind to yourself in the weeks ahead and take time to check in on your loved ones.

Here's to a bright and hopeful year ahead!



Blue Monday

Monday 20th January 2025

Blue Monday can be a reminder to focus on self-care, connect with loved ones, and find positivity. Many organizations use it to raise awareness about mental health and promote kindness.

- **Start with Gratitude** - Reflect on three things you're thankful for to stay positive.
- **Get Active** - Walk, stretch, or dance to lift your mood.
- **Connect** - Call a friend or spend time with loved ones to feel connected.
- **Take care of yourself** - Enjoy a treat, a good movie, or a relaxing bath.

[My Mind :: Cheshire and Wirral Partnership NHS Foundation Trust](#)

Anxiety workshops

We are excited to share details about FREE NHS group programs created to help parents support children dealing with anxiety. The **Fear-Less** program (for parents of children aged 6 to 14) and the **From Timid to Tiger** program (for parents of children aged 5 to 11) are excellent opportunities to gain skills and confidence in supporting your child. Details about both programs and how to register can found by clicking on the links below:



[Timid to Tigers](#)

[Fear-Less](#)



Happier January

"I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time"- Anna Freud

Happier January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths
6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat
13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough
20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today
27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future		

ACTION FOR HAPPINESS

Happier · Kinder · Together

