

Managing the Summer Break – An opportunity to take some time to work on your Mental Health.

The summer break can be hard for some young people – they lose the routine of school and easy connection with their friends.

Things that might help

- Connectiveness (staying in touch)
- Keeping active
- Positive routines
- Self-Care
- Healthy eating

The following links will give you more information and practical ideas about each of these areas

Self-Care What is self-care? Self-care is about the things we can do to look after our own mental health. Young people have reported that when they are struggling, they are usually told to see a professional. They don't often get much advice about how they could help themselves.	The Anna Freud website has some helpful ideas about some techniques you might want to try.	Self-Care Resources For Young People Anna Freud
	Some people may find it helpful to have a plan Again, the Anna Freud website has some helpful resources	my-self-care-plan-secondary.pdf
Positive routines: We can spend all year waiting and longing for summer, but for some of us, the lack of routine can be difficult.	Five ways you could look after your mental health this summer	How to Look After Your Mental Health This Summer YoungMinds
Getting support	The summer holidays can mean losing the support you normally have at school or college it can help to;	Summer holidays Childline

	<ul style="list-style-type: none"> • Talk about it • Create a plan • Do something you enjoy • Focus on the future • Share your experiences 	
Staying mentally healthy	<p>Normal Magic: A guide to balancing your mood and looking after your mental health</p> <p>They have a section of free resources which include posters and short videos.</p>	<u>Normal Magic A service dedicated to mentally healthy living for all.</u>
Advice for parents / carers	<p>Mentally healthy Schools website</p> <p>Provides some useful information on the different conditions that might affect children and young people, the behaviours which might be seen and some strategies which could be helpful</p>	<u>secondary-parents-leaflet-final-proofed-april-2020.pdf</u> <u>Mental health information : Mentally Healthy Schools</u>
Transitions	<p>Transitions happen for everyone all the time, but all young people will be moving on after the summer break.</p> <p>The termly newsletter from the B&NES SASS Team provides some useful information.</p>	<u>https://padlet.com/SASSBathnes/Transition</u>

