



April 2021: National Stress Awareness Month

Regain Connection, Certainty and Control 

National Stress Awareness Month has been happening every April since 1992. This year's theme is '[The 30 Day Challenge](#)', which encourages you to pick one action for your physical, mental and emotional wellbeing to carry out every day. It takes 30 days to turn actions into habits, which is why this is a month-long programme. There are free resources to support this challenge, including a calendar you can use to plan your actions and lots of different suggestions of what your daily actions could be.



[Get your 30 Day Challenge calendar here.](#)

[Suggestions for your actions here.](#)

Try something new

Refocus from life's stresses

Read, write or listen to a podcast

Take yourself away from the stresses of life by reading, writing, or listening to a podcast. Research suggests that reading for 30 minutes a week increases health and wellbeing. Reading for pleasure [has been found](#) to improve our confidence and self-esteem, providing the grounding we need to pursue our goals and make life decisions. It can also aid our sleep and reduce feelings of loneliness.

Time to talk - connect with others

A good support network of colleagues, friends and family can ease your troubles and help you see things in a different way. Reach out to old friends, family and neighbours, and [find out about online community apps](#).

Exercise

[Find out how being active helps mental wellbeing.](#)

[Walking for Health](#) - simple, free and one of the easiest ways to get more active, lose weight and become healthier.



[Talking to children about mental health - tips for parents/carers](#)

Stress Awareness - family activities

Mini stress activity – a fun, creative heart balloon making task.

Mindfulness calendar – try out these 5-minute daily mindfulness activities as a family.

Coping with stress for kids – tips on coping with stress.

Stress bucket – a fun activity to help lighten the load of stress.

Mindfulness and calming activities to do with children to help reduce stress and anxiety.

Relax with some outdoors and at-home fun this Easter

Easter egg hunts in Warwickshire

Easter Adventure Quest at Kenilworth Castle

Parks and gardens in Coventry and Warwickshire

The Great Easter Scavenger Hunt

10 'eggcellent' activities for spring

Make some Easter sweet treats (remember to eat fruits & veggies too!)

Check out Easter games, quizzes and clips from CBBC



Mobile apps that can help with stress and support emotional wellbeing

SAM app

Free app for anxiety.

sam-app.org.uk



Calm app

For sleep, reducing stress and anxiety and more. Free and paid features.

calm.com



ThinkNinja

Free app that helps children learn about mental wellbeing and build resilience.

healios.org.uk/services/thinkninja1



ChillPanda

Free app with games, breathing techniques and more for children.

chillpanda.co.uk



Headspace

Guided meditations and mindfulness. Free and paid features.

headspace.com



Emotional and mental health

These websites and supportlines can support children, young people and families struggling with stress, worries or mental health problems.



For children and young people

[Young Minds](#) - mental health support.

[CW RISE](#) - local mental health services.

[Childline](#) - advice on many topics, free 24/7 supportline.

[CW Mind](#) - local branch of UK charity Mind, who provide mental health support for all ages.

[The Mix](#) - essential support for under 25s.

[GOV UK](#) - easy-read guide to looking after your feelings & body during COVID-19.

[Kooth](#) - free, confidential counselling and moderated support forums for under 25s.

For young adults

[Mind information on moving from child to adult services](#)

[Mental Health Matters](#) – confidential local helpline providing emotional support

[Warwickshire Safe Haven](#) – an out-of-hours mental health support service.

[Togetherall](#) - an online mental health service offering peer-to-peer support and a safe place to talk, share and support others like you, moderated by professionals.

For parents/carers

[Family Action - building stronger families](#). Family Action provides specialist mental health and wellbeing services for adults. They work with each individual as well as their families.

[Young Minds](#) - help for parents/carers on key topics relating to children's wellbeing.



For all ages: text '[SHOUT](#)' to 85258 for free, anonymous text support 24/7.



For urgent support with mental health for children and young people, please call the RISE Crises team on: **02476 641 799** (8am and 8pm) or **0300 200 0011** (overnight)

Change Makers: helping your family live a healthier lifestyle

Are you concerned about your child's eating habits, weight or physical activity levels?



Speak to the Change Makers team. Change Makers is a free healthy lifestyles service based in Warwickshire. They offer support with nutrition and physical activity to any family that has a child that goes to a Warwickshire school. They can provide you with the tools and resources to make positive changes in your family's lifestyle, and can help find solutions if your child struggles with things like fussy eating or avoiding physical activity.

If your family needs any support, contact the School Health and Wellbeing Office on **03300 245 204** or email on warwickshireschoolhealth@compass-uk.org



You can also follow Change Makers on Facebook for lots of quick tips, recipes and inspiration for healthier lifestyles: facebook.com/ChangeMakersWarwickshire

Coronavirus (COVID-19)

Read the details of the government roadmap to easing lockdown [here](#). Remember, you can continue to help prevent the spread of COVID-19 by physically distancing from others, wearing a face mask when indoors in public, washing your hands regularly, and getting the vaccine when you are eligible to do so. [Find out more about the COVID-19 vaccine here](#).

Other useful links

[NHS advice and symptom checker](#)

[WCC family guidance](#)

[Support accessing food in Warwickshire](#)

[Young Minds advice on talking to children about coronavirus](#)

[Coronavirus resources for autistic people](#)

Get in touch for support

Your school nurse team is here to support children, young people and parents/carers in Warwickshire with a wide range of health and wellbeing topics. Please use the details below to contact us, or find out more on our [website](#). Our office hours are Monday to Thursday 9am-5pm and Friday 9am-4.30pm. If you text outside these times, we will get back to you when the office is open again.

Parents/carers

Service mainline: 03300 245 204

Text Parentline: 07520 619 376

Young people 11–19 years

Text ChatHealth: 07507 331 525

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?

You can also refer your child to the service using our [new referral form](#).

Follow us on twitter for health & wellbeing updates: [@SchoolHealthC4H](#)



Additional support from Family Lives

Family Lives is an organisation we work with who can provide additional support to Warwickshire families around any aspect of family life via a free supportline, online chat, email support and online forums. [Find out more](#).

