

Chaigeley School

NEWSLETTER



Therapeutic Support for Parents & Carers

APRIL'S
STRESS
AWARENESS MONTH

The theme for this year's [Stress Awareness Month](#) is "Little by Little, A little becomes a lot." The idea is that if we take daily small consistent actions this helps our overall well-being and helps to reduce stress. So the smallest steps we take each day towards self-care and reducing our stress can have a positive impact on our mental health.

[Smalls Steps Ideas to Help Reduce Stress](#)

[Connect with someone](#)

Are you ok? Are they ok? Check-in with your support network. Reaching out and talking about how you are feeling can really help.

[Move in your own Way](#)

Get moving in your own way, do what you enjoy. Walking, Running, Yoga, stretches, bike ride, gardening. Get your endorphins flowing and let off some steam.

[Spend Time in Nature](#)

Step outside get some fresh air and spend some time in nature. Take a short walk; eat your lunch outside, read a book or newspaper at the park. Simulate your senses be at peace in the beauty of nature.

[Breathe Deep](#)

Your breath is a powerful tool and breathing right can help reduce stress and help you to relax. Short shallow breaths can heighten our stress and anxiety so being aware of your breath taking time to breathe deeply can really help you to relax.

[Can you take a small step this month, become more aware of your stress and take some action!](#)

The Juniper Therapy Team



Robyn –Therapy Lead and Play Therapist. "I recently have taken up Yoga which helps me both mentally and physically during pregnancy. I also love to run and get muddy on walks with my dog! I enjoy reading which helps me to relax"

Clair- School Counsellor and Family Support Worker-"I like to walk my dogs and feel the air on my face. I enjoy being creative so I will colour or paint which I have found really helps me to relax and switch off from the stresses of the day.

Emma Ingham-SEMH Specialist Practitioner - "I go for a walk and listen to music whilst walking which helps take my mind off any stresses"

Kat- Speech and Language Practitioner-"When I'm feeling stressed out I love to get out, just me and my dog for a long walk, I find being around nature really helps lift my mood and recharges my batteries for another day."

Please email us any questions/feedback that you may have to help support you and your family;
therapy@chaigeleyschool.org

See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)