



## @ St. Joseph's

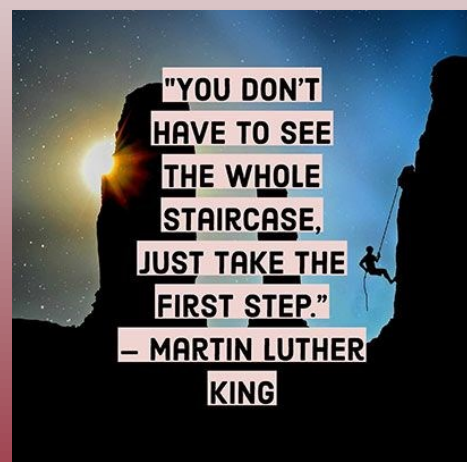
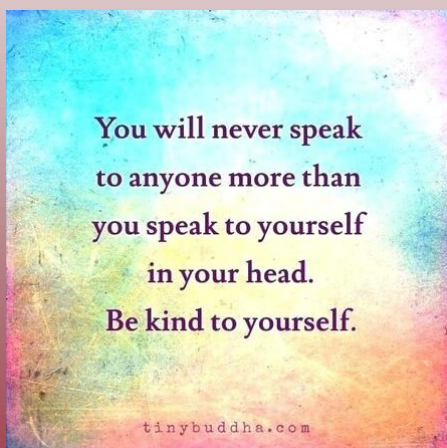
Dear Parents,

Welcome back to week 3 of this Summer Term.

Incorporated into the next few Wellbeing Newsletters, will be a focus on Anxiety. We know from the ELSA (Emotional Literacy Support) sessions delivered by our Wellbeing Team members, Mrs Lammas and Mrs Roberts, that anxiety accounts for over 60% of the work with our children in school. This focus is aimed more at Key Stage 2 but could be simplified for our younger children too.

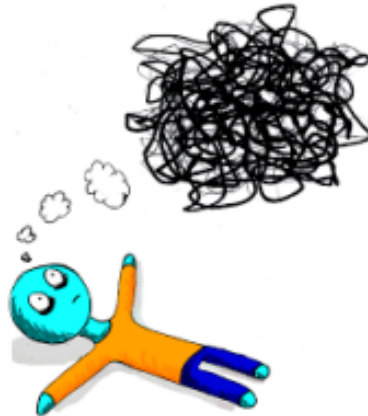
Everyone has times in their life when they feel nervous or worried. In fact almost 2 in every 5 people worry about something at least every day. For some people though, they worry and feel anxious a lot more and it can seem to take over their lives. A lot of anxiety is just habit, and with practice we can change these habits or make new & better ones. Having some anxiety can be really good because it keeps us safe. When we have lots of anxiety it can stop us doing things that we want to do and make us feel bad about ourselves.

### Ms. Wilson and the Wellbeing Team



# WEEK 1

## ALL ABOUT ANXIETY



### Why do I feel anxious?

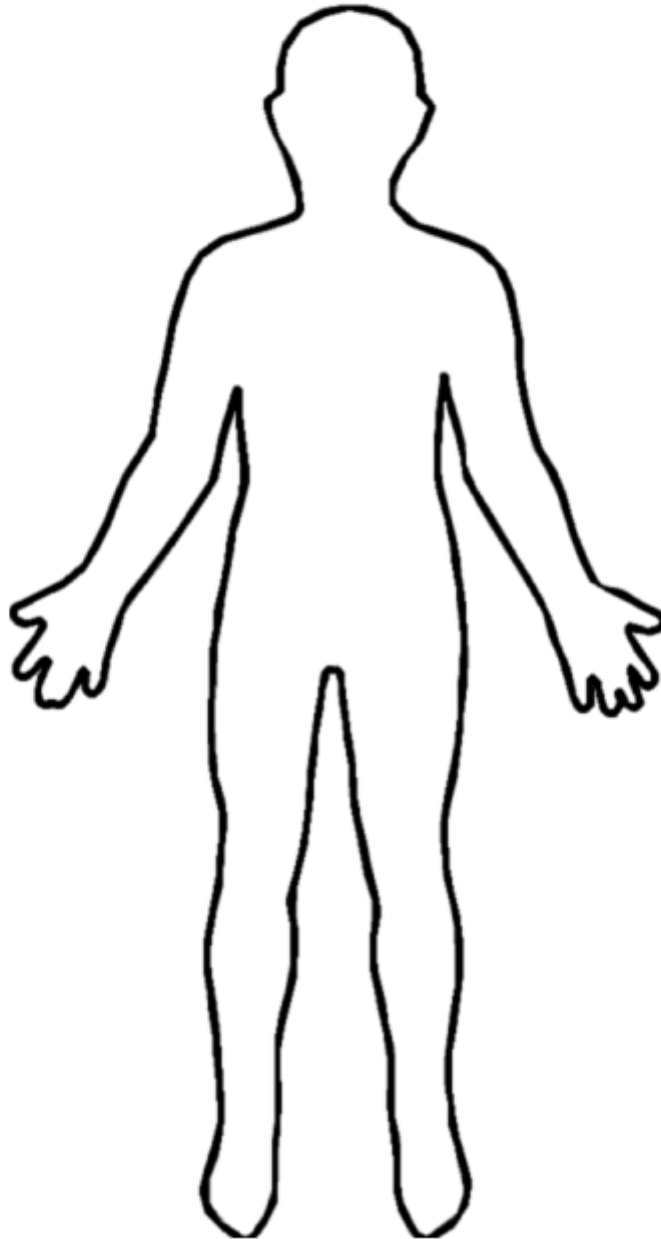
Our body is made up of different organs and body parts that keep us alive. Body parts that work together are grouped into systems. Our brain is always working, it knows what is happening inside us, and around us so that we are ready to quickly respond to a situation.

When we are happy and relaxed our body works fine, but when our brain notices danger it sends messages to all our different body systems to change our bodies from being relaxed and to put our body into alert. This physical response to danger is called fight, flight or freeze- fight means we are ready to face what makes us scared, flight means that we run away from the danger and freeze means we get stuck to the spot and are not able to move.

This switch between 'All Fine' and 'Flight/Fight/Freeze' is looked after by The Cave-Man! The Cave-Man has one job – to keep you safe. Back when there were dinosaurs, humans used to live in caves and the jungle, where there were a lot of dangers. If they saw a tiger or fire, they needed their bodies to quickly be ready to fight for their life, run for their life, or freeze so they weren't seen. Back then, always being alert was helpful, however these dangers have gone now but our body still responds the same way- even if what we see isn't really dangerous. Because things inside our body change when our brain notices danger, sometimes we feel funny inside.

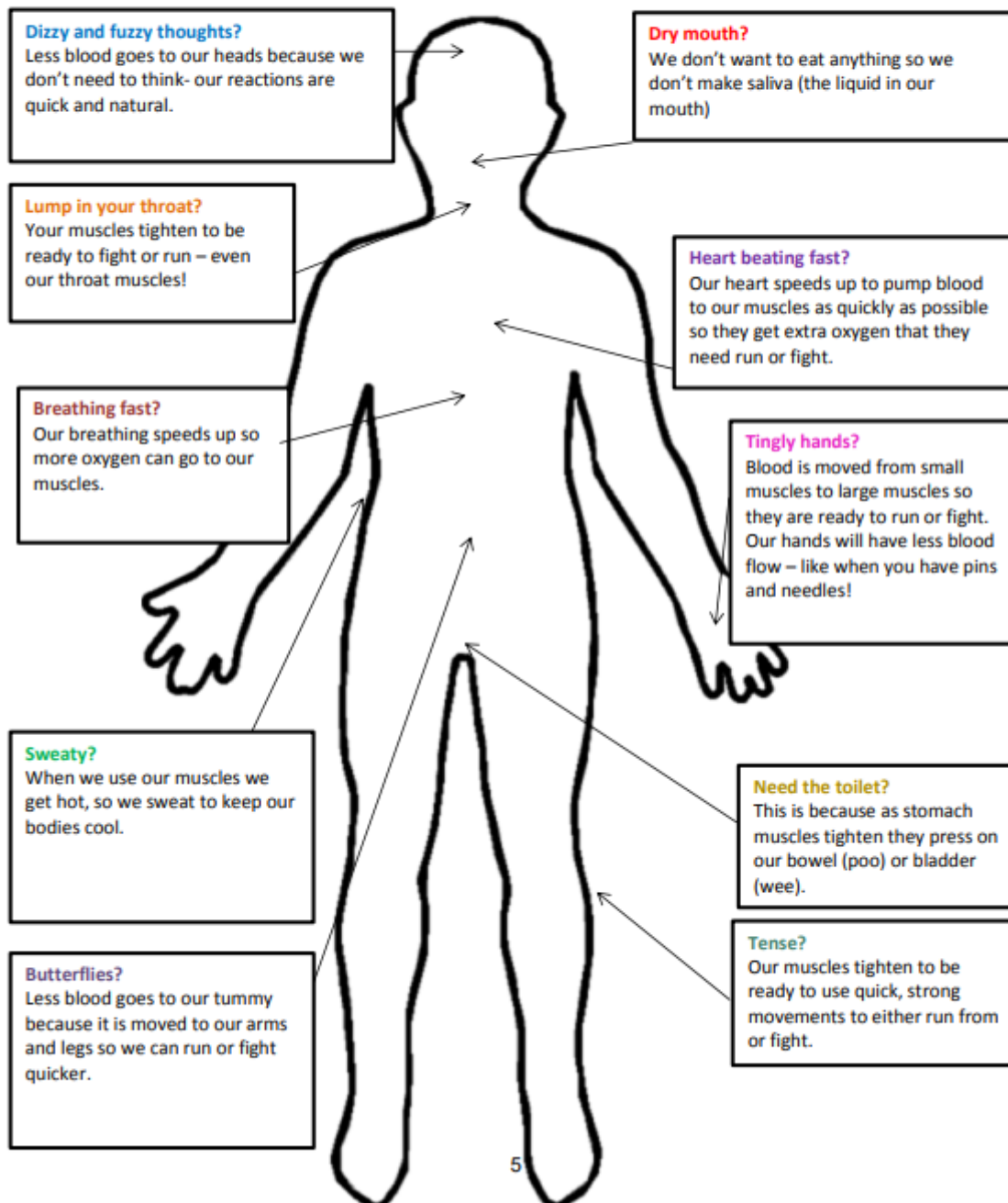
### **Activity 1 – Week 1**

Below is a picture of a person. When you feel anxious, what changes do you notice in your body? You can write how you feel or using different colours, colour in the bits of your body where you feel a change.



## Activity 1 explained

Changes in our body happen because our body releases something called adrenaline. This helps us get ready to fight or flight (run away). These are some of the changes that happen:



## Can anxiety hurt me?

It can be embarrassing to have a fight or flight reaction to something that our friends don't think is dangerous or scary. If we don't know about the changes in our body, we might think they mean something is wrong with us, and not that they are happening to protect us. Next time you feel your anxiety rising, try to focus on the changes that happen in your body. Remind yourself why these changes happen and how they are used to help humans when we were in danger.

# CAMHS Parent Virtual Drop-in Sessions

You can talk to us about lots of things regarding your child including:

**Worries/ Anger / Emotions/ Sleep/ Bullying/ Coping skills**

The next parent drop-ins will be on: 12th July  
2023

Please speak with .....Ms Wilson – Inclusion Lead



# Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

TUESDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

WEDNESDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

THURSDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a handwritten note to someone you care about

25 Ask someone else what matters most to them and why



FRIDAY

5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful



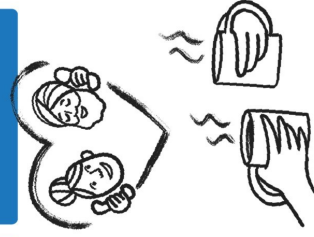
SATURDAY

6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others



SUNDAY

7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight



ACTION FOR HAPPINESS

Happier • Kinder • Together

ACTION FOR HAPPINESS