



School Holiday Wellbeing Opportunities - To share with Children, Young People, and Parents/Carers

Over the school holidays, if you feel your mood dipping, below is a list of some activities you could get involved in. If you need more support, please have a look at our 'Young Person mental health info' signposting guide.

- **Children and Young People** can complete our brand new 'Five Ways to Wellbeing' E-learning – it takes around 20 minutes: www.Justtalkherts.org/5wayselearning
- **Free Mindfulness sessions for teens** – Registration details and additional information can be found on page 2 of this document. Sessions will take place at 11am between 28th December and 1st Jan
- **Young People, Parents and Carers** can follow @JustTalkHerts on Twitter or Instagram, or 'Like' JustTalkHerts on Facebook for wellbeing information. Over the holidays we'll be sharing daily tips, and links to resources for looking after your wellbeing
- **Sixth form and University students** can access some fully funded support from the Ollie Foundation during December and January. This will help you to better navigate the holiday period and move more confidently into the year ahead. Staff, students and parents can reserve their place on any Ollie Foundation courses here: [Events and Trainings Calendar – The OLLIE Foundation](#)
- **Bereavement Support** - We are all aware of the difficult year 2020 has been, and for those who have lost loved ones, anniversaries and Christmas can be a particularly difficult time of year. The Ollie Foundation are offering support to people in this situation in an online session on 23rd December. To book on visit <https://www.eventbrite.co.uk/e/just-another-day-tickets-130856779149>

Coronavirus bereavement guides are also available here:

<https://www.hertfordshire.gov.uk/services/childrens-social-care/news-and-campaigns/coronavirus-bereavement-guides.aspx>





Fully funded Mind in Mid Herts Mindfulness sessions for 11 – 18-year old's (28th December – 1st January):

Mindfulness is a powerful way to handle stress, and live life more fully. Mindfulness is all about living fully in the present moment, without judgment, and with an attitude of kindness and curiosity. It's about breathing, noticing what's happening right here and now, sending a gentle smile to whatever you're experiencing in this moment (whether it's easy or difficult), and then letting it go. You can be mindful anytime, anywhere, no matter what you're doing. It sounds simple, but it's not always easy to do.

Fully funded mindfulness sessions for 11-18-year-olds will be taking place daily at 11am between 28th December until 1st January.

During these sessions you will be guided through a practice; and be invited to follow along as best you can. These sessions will be facilitated by a qualified practitioner and a mental health professional; who will be able to provide support as needed in the session.

Each session will be 30 minutes and will consist of a 5-minute introduction, 20 minutes guided mindfulness and 5 minutes to reflect and share thoughts. Mindfulness is an opportunity to stop and pay attention to the present moment; to your own thoughts and feelings and to the world around you. This can help you identify what you need and helps recognise early warning signs of stress and anxiety so that they can better managed.

Registering:

Once you register you will receive a confirmation email containing information about joining the webinar. You will be able to join any, or as many, sessions that you like. These are all free of charge.

Register in advance for this webinar by following this link:

https://us02web.zoom.us/webinar/register/WN_HCoHDJJS56JnVEgyxGacw

What happens on the sessions?

These sessions will be delivered on Zoom Webinar; this means you can see and hear the facilitator, but the facilitator and the group will be not be able to see or hear you. You can use the chat function to communicate if you wish – but there is no expectation that you need to do anything but follow along the mindfulness guidance. These sessions will be recorded and made available for you to watch at any time

