

Letter to the Parents and Carers Week 11 Looking after ourselves.

Dear Parent and Carers,

Hello, how are you all? I cannot believe where we are now, already in July and at the end of the school year. It continues to be a strange and difficult time for all with restrictions and instructions that need to govern our lives at the moment. We have had to live our lives in a different way and many of us will have been under a lot of pressure which can leave us feeling stressed with not much chance of escape. We have needed to juggle even more tasks during the pandemic. We have busy families and busy minds that have little time to switch off. As our lives have had to be concentrated more on home life, the work seems to have increased, not the opposite!



How on earth can we relax in the never ending demands on our time?

If we don't find time for our own needs and emotions, we will find it difficult to meet the needs of our families.

Let me give you the analogy of a car. The car needs care and it definitely needs fuel of some kind to run. If there is very little fuel in the tank, it is likely to run out and after a while will break down.

This could describe us if we are not looking after ourselves. We could run out of 'fuel' or strength. In a sense, we need to maintain ourselves, like a car. We need to be able to keep going and not be at risk of breaking down! I can't help thinking about emergency workers or first aiders: they are told that they must consider their own safety before attending to anyone else. They must not put themselves in danger. The same thing applies to us as parents and carers, we need to care for ourselves so that we can care for others.

So, how do we do that?



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We should be kind to ourselves. This also shows our children that this is the right thing to do. They can learn that it is good to treat ourselves well and not to overdo everything and burn out! We are not being selfish by caring for ourselves but responsible.

Each day we need to find time to relax, to unwind, to gather our thoughts, maybe to focus on something completely different. Each one of us knows what helps us and we choose what can work for us. This is called nurturing ourselves; caring for ourselves which will help us physically, mentally and emotionally.

Here are some ideas;

- For some, sitting quietly undisturbed with a cup of tea or coffee may work. Something so simple, but relaxing.
- Maybe read a newspaper or magazine undisturbed.
- Sitting outside in the fresh air.
- Going for a run or bike ride.
- Planned workout.
- Going for a walk in a green area. **(The colour green is good for the brain, it gives us a good feeling, reducing anxiety and helps us to stay calm and refreshed.)**
- Read a book.
- Listen to music that we love.
- Watch a favourite TV programme or recorded film undisturbed.
- Study something that we enjoy or just learn a little about something that we are interested in.
- Maybe just close our eyes and relax in quiet place.
- Phone someone, a friend that we can have a chat with.



It is keeping the balance in our lives so that we keep ourselves strong and have the capacity to manage our busy lives.



I wish you all a good week! Don't forget to find a time for yourselves each day, I'm planning to go for a walk later,
Best Wishes,
Mrs New