



Happy April everyone! We hope you are ready to enjoy the Easter Break. In this issue we will be talking about Stress Awareness Month, the YoungMinds' project and we will present the topics of our new workshops.

## Stress Awareness Month



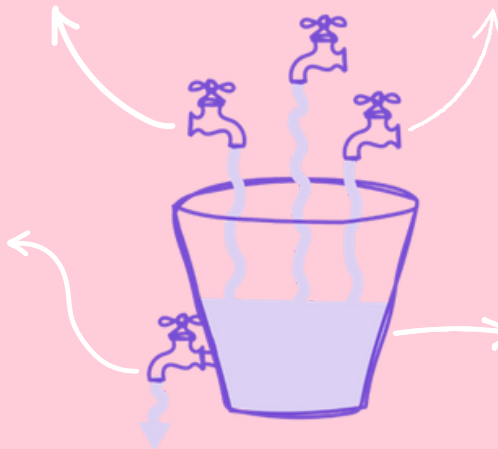
Stress Awareness Month is held every April and it is an opportunity to have an open conversation about Stress and its impact on our lives.

The Health and Safety Executive (HSE) defines stress as 'the adverse reaction people have to excessive pressures or other types of demands placed on them'. We all have felt stressed at some point in our lives and in fact, stress can be positive because it helps us keep motivated to work on those goals we want to achieve. However, when the pressures and demands are too high and we don't have enough good coping mechanisms to manage those challenges, stress can have a very bad impact on us, and we can end up feeling overwhelmed. Therefore, in this issue, we would like to talk about the Stress Bucket analogy and make you reflect on strategies that you already are using to manage stress and think about new ones that can help you.

At the top of the bucket we have all the things that can cause stress like exams, homework, chores...

The tap at the bottom of the bucket lets the stress out. This tap represents all the good coping strategies that you have to manage stress like exercising, meditating, socialising or sleeping well.

If we don't have coping strategies or we have unhelpful ones, like isolating or delaying the tasks we have to complete, the tap will stop working and the bucket can overflow.



The size of the bucket is our vulnerability to manage stress. When you are more able to cope with stress, your bucket will be bigger. If you are less able to cope with stress, your bucket will be smaller.

We encourage you to create your stress bucket and think about the things that are stressing you and what strategies you currently use to manage that stress. You can also talk with your friends and family and ask them what they do to manage their stress. That can help you identify other good ways to feel balanced and calm.

And remember, asking for help is also a good way to manage stress. **Don't feel like you have to cope alone!**

# YoungMinds

YoungMinds is a mental health charity that is currently working with NHS NW London Integrative Care System to improve young people's mental health services in schools.

For the project, they are looking for young people (aged 14-24) based in and around North West London to become Participation Champions and help them answer the question: "Who are Mental Health Support teams (MHST) not reaching and why?"

If you know a young person who'd like to be involved, please email [Hannah Russell](mailto:Hannah.Russell@youngminds.org.uk) (Trainer Consultant at YoungMinds) at [Hannah.Russell@youngminds.org.uk](mailto:Hannah.Russell@youngminds.org.uk)

If you are a young person who wants to share your views on mental health support in schools, take their short survey scanning this QR code.



## New workshops

We are very happy to announce that we have new workshops on offer following the requests that we have received from schools.

**Sleep hygiene**  
for parents and carers

**SEND Awareness**  
for primary schools

**Assertiveness**  
for primary and secondary schools

If you would like to receive any of these workshops or the others on offer in your school, contact our Whole School Approach Advisors [Isaac \(irowan@bwwmind.org.uk\)](mailto:irowan@bwwmind.org.uk) and [Iris \(ifernandez@bwwmind.org.uk\)](mailto:ifernandez@bwwmind.org.uk).

## Meet Our Team Corner

In this issue I am happy to introduce **Alec**. He is an **Educational Mental Health Practitioner** in the **Mental Health Support Team**.

### Meet Alec:

I am an Educational Mental Health Practitioner working within the Mental Health Support Team. I have a passion for helping young people to discover their interests and to become resilient to life's challenges! My background working in systemic settings has shaped my enthusiasm for discovering the qualities that families possess and empowering individuals in their day to day lives.

### A few things Alec likes:

I enjoy going to the gym, playing football and gaming. I listen to heavy music and go to a lot of gigs around London. I have a passion for music and play guitar which has helped me to raise my mood and de-stress. In addition, I love stand-up comedy. I tried it once but did not get asked to come back! I believe that we should always try out new things even if they may seem scary at first. Sometimes we can discover something new about ourselves and maybe even a new hobby!

My biggest accomplishment is remaining faithful to Arsenal football club which is starting to pay off. I believe that this is a lesson in never giving up.

### Alec's perfect day:

My perfect day would involve exploring the outdoors with some friends, followed by a large meal and milkshakes!



**Thank you for reading!**