



Happy January everyone! We hope you all had a restful, peaceful and joyful festive period and feel ready to take on the new year! In this issue we will be talking about beating the January Blues and our Infant Mental Health Service.

January Blues

January can be a difficult time for many of us. The days are shorter than ever, the festive period is over and the nights are getting colder, however, it doesn't all have to be doom and gloom, with a few simple tips you can make sure you have the best January yet!

Morning Routine

When you wake up in the morning, and it still feels like the middle of the night because the sun has yet to rise, and your bed is comfy and warm compared to the rest of your house, it can be an incredibly demotivating start to your day. That's why having a morning routine can start you off in the best possible way.

Benefits of a Morning Routine

1. Prepare Yourself for the Rest of the Day
2. Increase Your Productivity
3. Feel in Control
4. Lower Stress
5. Develop Healthy Habits
6. Boost Your Energy Levels
7. Improve Relationships
8. Combat Forgetfulness
9. Improve Your Confidence
10. Learn to Be Flexible



Example of a Morning Routine

1. Wake up
2. Go to the toilet
3. Have breakfast
4. Brush teeth
5. Shower
6. Get dressed
7. 10 minutes of mindfulness
8. Pack bag
9. Shoes on
10. Ready for the day!

Get Outside

It can be difficult to motivate yourself to get out and about in January, with temperatures dancing around zero degrees and the days feeling too short, but going outside for some exercise for just half an hour a day can massively improve your mood.

Socialise

Speaking to friends and family is super important! Even if it's over the phone or online; reaching out and speaking to other people can massively improve our mood and will really help kick that January slump. Don't let that cold weather build an ice wall between you and your loved ones!

Eating Healthy

After what might have been a particularly indulgent festive period, January is a great time to start eating a bit healthier. Eating lots of fruit and vegetables can give you the sufficient vitamins you need to get you through those wintery days with plenty of energy.

Practice Mindfulness

Leaving time for yourself to practice mindfulness can help you stay present and focussed. There are many activities you can do to help calm your mind, such as: meditation, breathwork, journaling, yoga and colouring to name a few. However, this can be personal to you.

Infant Mental Health Service

1:1 support for parents of children aged 0-5

We provide two evidence based interventions:

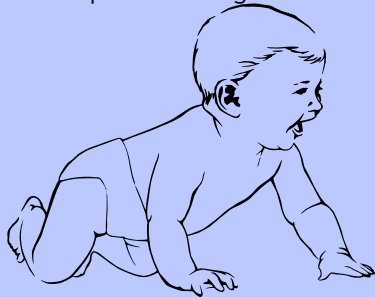
VIPP - Video-based Intervention for Positive Parenting

VIPP is suitable for children aged 0-5 who are experiencing behavioural difficulties, difficulties in the parent-child relationship, or if the parent finds it difficult to interpret the child's behaviour, thoughts or feelings.

In each session the parent and child are filmed doing everyday activities. The parent and practitioner watch this video together and think about what they can see, and how the child might be thinking or feeling.

This intervention aims to:

- Increase parent's knowledge of child development
- Increase parent's ability to observe and empathise with their children
- Use sensitive discipline to manage misbehaviour



To register your interest please contact **Mary Shinner**, our Infant Mental Health Practitioner via e-mail at: MShinner@bwwmind.org.uk



Incredible Years

Incredible Years is suitable for children ages 3-5 who are experiencing behavioural difficulties.

We will focus on a different topic each session, using discussion, videos and role playing. There will be a home task each week to practice the strategies learnt in that session.

Topics covered include:

- Play
- The importance of parental attention
- How to help children learn to regulate their emotions
- Effective praise and encouragement
- How to use rewards
- How to use rules and set limits
- How to manage challenging behaviour

Meet Our Team corner

In this issue I am happy to introduce **Alexis**. She is a **Mental Health Practitioner and Data Analyst** who has recently joined the Mental Health Support Team.

Meet Alexis:

I grew up in West London in local schools, when I was 16 I ran and won an election to be a member of Youth Parliament for Ealing. I campaigned to raise awareness of youth mental health issues and for psychoeducation to be taught in the school curriculum. I then moved to Manchester to study my undergraduate degree, before returning to London to work in mental health. I have worked in mental health for nearly 5 years now and have a range of experience with adults with complex needs, children and young people, as well as working with adults with Autism Spectrum Disorder. Alongside my position at BWV Mind I am the Vice Chair of the Board of Trustees for the WISH Centre, a charity which supports young people who live with self-harm, suicidal ideation and have been victims of abuse. I am also Chair of Central North-West London NHS Young Adults Group and a Lived Experience Worker for NHS England on the Access and Inclusion Team. I am passionate about helping others and I aspire to be a Clinical Psychologist in the future.

A few things Alexis likes:

I enjoy walking my rescue dog, Grinchi, who is from Romania. He helps me with my mental health, and I live with my own diagnosis and take medication. I also find that poetry, connecting with others and connecting with nature helps me live a healthy and happier lifestyle.

Your perfect day:

My perfect day would be to wake up in a warm climate by the sea. I would have a lovely coffee and breakfast with a nice view, followed by sitting on the beach and going for a swim. I would then want to go on a hike to a viewpoint and spend the day eating and drinking lovely things. I would want to be surrounded by my loved ones, laughing and enjoying my holiday!



Thank you for reading!