

# MENTALLY HEALTHY MOUSEHOLE

## Positive News | Mental Health Awareness | Our Community

### Letters to Heaven

A kind parent from Mousehole School asked me to pass on the message that Treswithian Downs Crematorium have installed a white "letters to heaven" postbox in their memorial garden. The first of these postboxes installed in Nottingham was the idea of a 9 year old girl who wished she could send birthday cards and letter to her late grandparents. The act of writing thoughts on paper can bring great solace, especially in times of grief and there are now a few of these postboxes around the country. Treswithian Downs welcome visitors to their memorial garden and anyone is welcome to use the postbox. The letters are treated confidentially and with respect and are never opened or read. If your child has lost a family member, a visit to the garden over the holidays and a letter or Christmas card in a special postbox might be a gentle comfort to them.



### What are "Decider Skills" and why are we learning them?

The Decider Skills are designed to give children (or adults!) proactive skills to help monitor and manage their mental health. They promote positive brain function, attitudes and habits. The idea behind teaching these skills now is that what we learn in childhood, whether that be song lyrics, riding a bike or a language, tends to stick with us throughout our lives - teaching children good habits for their mental health will hopefully have a positive benefit for years to come.

At Mousehole School our Mental Health Ambassador team have completed their training in the Decider Skills with Sarah from the NHS Mental Health Support Team and they now plan to teach everyone else in the school - including the parents! We feel like the benefit to this is two-fold; firstly





## Relax, Christmas is never perfect!

It is impossible to go through Christmas as a parent without, at some point, feeling slightly frazzled and worrying that you have forgotten something or someone, that you haven't bought your children enough presents, that you might overcook the turkey again or that Auntie Mabel will be furious with you if the kids don't send thank you cards this year. It is therefore important to remember to be kind to others (don't be like auntie Mabel!) and to give everyone around you and yourself the benefit of the doubt. Children do not feel happier with more present or more fulfilled if their tree looks good on Instagram. What children remember about Christmas is playing games, eating too much chocolate and enjoying time with their family. So give yourself a break this Christmas, think about the time you spend with your children rather than what you buy them and remember that everyone's Christmas is different and no-one's is perfect!

parents will be able to help their children but secondly, these skills are actually really helpful for grown ups too! Our ambassadors would like to run an assembly for parents before school pick up at the end of January (date to be confirmed) and will also send out a little information video for any parents unable to join us on that date.

## *Decider Skills ideas and what they mean:*

To give you all a flying start before we make you go back to school, here's a quick lowdown on what our children will be teaching you:

The Fizz - recognising the physical signs of emotion in your body

STOPP - Stop, Take a breath, Observe, Pull back and put into Perspective, Practise what works for you

It Will Pass - accepting that sometimes we cannot change a situation

Name the Emotion - decide what to do with it before acting on it

Right Now 5,4,3,2,1 - when we are feeling The Fizz we need to use a skill that will help us straight away. Right Now is a grounding technique where we use our senses.

5 things I can see right now

4 things I can hear right now

3 things I can touch right now

2 things I can smell or taste

1 deep slow breath

Our Mental Health ambassadors are looking forward to teaching you all about this in the New Year and in the meantime here is a quick YouTube video to get you started!  
<https://youtu.be/cLANgowIzZk?si=KUc5txBzDEjGPEw8>

