



Stockport's Relational Round Up

Welcome to July 2 of our Relational Round Up for Stockport's children, families and schools. These newsletters are here to offer a regular well-being top tip for families and share good stories from across Stockport during our current new ways of living.

As each day passes, we learn and begin to settle more into our new way of being. However, having been in some form of lockdown for over 12 weeks, many of us are feeling the effects of living through a time of such significant change and disruption. So, this week we are commending REST and SLEEP.



With Covid 19 bringing so many seismic changes to our daily lives, we can be forgiven to have overlooked the importance of spending time relaxing and improving our rest and sleep.

A recent survey has highlighted the impact of lockdown on our sleeping patterns.

For some the changes in daily routine has allowed them the chance to catch up on sleep. However, for more than half of the UK population, sleep has become a struggle.

However, as we continue to adjust and try to remain healthy, focusing on sleep and rest can be tremendously beneficial. Prioritising our sleep can be the quickest way to boost our wellbeing.

Sleep and rest are critical and we should never underestimate the importance of sleep on our health and wellbeing.

Sleep impacts on the functioning of almost every system and organ in the human body including our immune system. We need to rest.

Yet it can be hard to step out of the daily 'on-the-go' lifestyle that many of us lead and the disruption to our daily routines that lockdown has brought may have also impacted on our ability to slow down and rest.

We can be tempted to keep moving, to tick off everything on our 'to do' list, rather than stopping to listen to our bodies and check whether we are in need of a break.





DIFFICULTY OF LIFE

IF SOMETHING IS NORMALLY EASY DURING A GLOBAL PANDEMIC, IT BECOMES... A BIT TRICKY

A BIT TRICKY → KIND OF A STRUGGLE

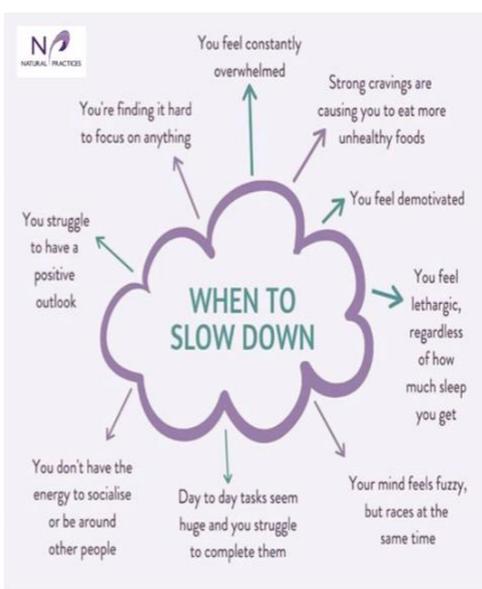
KIND OF A STRUGGLE → PRETTY TOUGH

PRETTY TOUGH → TRULY DIFFICULT

TRULY DIFFICULT → A BLACK PIT OF CHAOS AND DESPAIR

A BLACK PIT OF CHAOS AND DESPAIR → TIME TO SCREAM INTO THE VOID

@REVELATI @



Check Your Battery

How are you currently feeling?

- Feeling great!** Keep meeting your needs and practicing self-care.
- Feeling good!** How can you maintain the levels you're currently at?
- Meh.** How can you love on your self today? Be extra kind to yourself.
- I'm empty.** Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.
- Struggling.** Practice triage. What area of your life is suffering the most right now? Focus on that one area today.
- Feeling okay.** How can you make your day a tiny bit better?

BlessingManifesting

It is important to realise that we need time to process the weight of the world. Resting offers us a way to move towards balance, to give ourselves what we need to march forward. Sometimes we need to slow all the way down. To not speak, to not listen, to not solve a new problem.



It can be important to recognise the importance of modelling rest and mindfulness to our children. Regular focus on developing mindfulness benefits children through enabling them to get in touch with their thoughts and feelings, improves their concentration, reduces feelings of stress and anxiety and increases awareness and appreciation of their world.

There are a wide range of [useful mindfulness apps](#) to support your family in developing some new restful habits.

Finding time to explicitly share and talk about the importance of rest and sleep can benefit all the family.

Thinking about our sleep hygiene can be helpful in improving your sleep experience and can role model the right behaviours we wish to see in our children.

Use these questions to help reflect on ways you can improve your sleep routine.

- What do you spend your evenings doing?
- How much time is spent on screens?
- What are you eating and drinking in the evening?
- What happens in the hour before you go to bed?
- How relaxed do you feel in your bedroom?

SLEEP BOOSTS LEARNING

Sufficient sleep is associated with better learning and helps with memory consolidation. Getting enough sleep is crucial to a child's cognitive development.

SLEEP PROMOTES GROWTH

Did you know growth hormones are primarily secreted during sleep? Getting enough sleep helps keep kiddos' growth on track.

SLEEP IMPROVES HEALTH

Insufficient sleep is associated with higher Body Mass Index (BMI), which affects the production of hormones (which in turn influence weight). Sleep also helps promote a strong immune system.

SLEEP INFLUENCES MOOD

Children who don't get enough sleep are more apt to experience mood swings and irritability, including crying, temper tantrums, and a tendency to get more easily frustrated. No, thank you!





CALM IS A superPOWER



Exploring My Calmness.

What helps me feel a little bit calm? eg: listening to music, watching a film	
What helps me feel a medium bit calm? eg: lying down & resting, reading	
What helps me feel a BIG bit calm? eg: falling asleep, taking big breaths	



To help my body feel calm I can...

To feel a little bit calm I can eg: smile, make my body still	
To feel a medium bit calm I can eg: make my body and voice quiet, lower my shoulders, use a quiet voice	
To feel a BIG bit calm I can eg: close my eyes and be silent, breathe in slowly. Breathe out slowly.	

why MINDFUL BREATHING is your SUPERPOWER

- Sends a message to your brain that everything will be okay...and, that you can get through hard things** (Icon: smartphone)
- YOU CAN HANDLE THIS!** (Icon: brain)
- Helps you to solve problems and find solutions** (Icon: lightbulb)
- Helps you to feel more calm and capable** (Icon: person with speech bubble)
- Decreases tension, stress, and anxiety** (Icon: person with stress)
- Grows the thoughtful pre-frontal cortex part of your brain** (Icon: brain)
- Improves your immune response, keeping you stronger and healthier** (Icon: person with shield)
- Clears up foggy thinking and improves memory, attention, focus and concentration** (Icon: sun and brain)
- Decreases blood pressure and slows down your heart rate** (Icon: heart)
- Improves self-control** (Icon: stop sign)
- Acts like a "Pause" or "Reset" button, moving you out of a Fight-Flight-Freeze state into a Relaxed & Responsive state** (Icon: person with 'PAUSE' sign)

@wholeheartedschoolcounseling

Take some time as a family to explore [what helps you to feel calm](#) and [how you can help your body to feel calm](#), along with the benefits of [mindful breathing](#) to enhance your rest and sleep skills.

For this week's Wild Well-Being Experience why not watch this video and have a go at creating your own Dreamcatcher. For more inspiring wild activities take a look at our [Forest School Resources](#).





Let's share some good stories from our children and families in Stockport.



Some amazing [animation work](#) from Alexandra Park Primary School.

Bridge Hall Primary School's reception class enjoying their return to school.



Chris the cobra has started to grow at St Christopher's Primary School.

Sophia from Vernon Park Primary School received a letter from the Queen to thank her for the beautiful birthday card that she posted to her.



We will be sending out the next Relational Round Up letter in the week beginning July 13th. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to @stockportRA

