

The Theme for WWY in July was planning a Parent Well Being.

Many thanks to our guests Natalie Davies, Well Being Coach & Tom Cox, Artscape.

Main themes:

- Planning well being activities into your day does not need to involve planning big activities.
- It is important to celebrate the things you achieve everyday e.g. having 3 meals a day, having a good sleep.
- It is important to open your mind to what well being and self care can be.
- Examples of well being activities mindfulness, taking a break, going for a walk, listening to the birds, spending time in 'your' space, doing something to make yourself happy, make a cup of tea and sit outside to drink it, watching a TV program to help you switch off.
- Parents shared that night time can often be difficult. It is easy to nod off to sleep on the sofa but wake up in the early hours of the morning. When it is silent, 'thinking' can become a problem.
- Things that parents have found helpful – wearing an eye mask every night, watching a TV program to help switch off. Watch something that is familiar that you don't have to concentrate on too much.
- Headspace can be helpful
- Having pets can be very relaxing.
- Role model good behaviours to our children. One parent shared that she lay on the floor relaxing and listening to music. Her daughter now follows that behaviour.

Self Care

- Self care means different things to different people.
- Self care activities are things you do to maintain good health and improve well being. Self care activities do not need to take up a lot of time or cost a lot of money. Many self care activities are things you already do as part of your normal routine.
- It is important to open your mind to what self care can mean.
- To help you find ways to improve your self care it is important to think about what you are doing now.
- Natalie talked us through a Self Care Assessment. This is something everyone can do.
- The Self Care Assessment included Physical Self Care, Psychological / Emotional Self Care, Social Self Care, Spiritual Self Care & Professional Self Care
- Each area of self care includes a list of activities that you rate
 - 1 – I do this poorly / I do this rarely or not at all
 - 2 – I do this OK / I do this sometimes
 - 3 – I do this well / I do this often

*- I would like to improve this / I would like to do this more frequently

SWY



Understanding the 5 Steps to Well being

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk/5-steps-to-mental-wellbeing)

The Well Being Girl (Natalie Davis)

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Understanding what values mean

<https://personalvalu.es/>

Useful Organisations and resources.

Oxfordshire CAMHS

<https://oxfordhealth.nhs.uk/camhs/oxon>

Oxfordshire Parent Carer Forum

<https://oxpcf.org.uk>

Autism Family Support

www.afso.org.uk
Autism Oxford

[Homepage - Autism Oxford UK Limited](http://Homepage-AutismOxfordUKLimited)

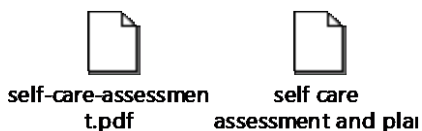
Oxfordshire Youth
www.oxfordshireyouth.org

Oxfordshire Mind
www.oxmindguide.org.uk

Be Free Young Carers

<https://befreeyc.org.uk>

- Work through each of the areas of self care and give yourself a score
- This is a good way to start thinking about what you are doing well and what you would like to improve on.
- Once you have your own scores, you can develop a self care plan.
- Be kind to yourself. Keep it simple.
- Doing one thing can achieve several well being activities.



Exploring the Five Steps to Well Being through Art



There are 5 steps you can take to help improve your mental health and well being. For more information on the 5 steps to Well being go to [5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk/5-steps-to-mental-wellbeing)

[Five ways to wellbeing - Mind](https://www.mind.org.uk/information-support/five-ways-to-wellbeing)

Tom Cox, Artscape, guided the group through an Art activity to explore how we can Take Notice of what is around us.

- Many of us will not see ourselves as being 'artistic' in relation to being able to draw / paint but there are many ways that we can develop our artistic / creative side – things shared by the group were photography, singing, baking, dancing, sewing, gardening.
- We can take notice of what is around us through our senses. Take a small item and take 5 minutes to describe it through your senses Sight – what does it look like, Touch – what does it feel like, Hearing – what does it sound like, Smell & Taste. Now try to draw your item, thinking about the senses and how you would like to show them in your drawing.
- It doesn't matter what your final drawing looks like. Taking a few minutes to close your eyes and think about what is around you at the present moment can have a positive effect on your mental health and wellbeing



