

## An important message for Essex families from Essex Child & Family Wellbeing Service

**Subject: Stress Awareness**

**Date: April 2021**

**Issue: No. 24**

Each month, we promote and support specific local, national and international campaigns by providing information and resources to schools, communities and organisations that can improve health and wellbeing for all.

This month we are focusing our campaign on stress in response to April being **National Stress Awareness Month**.

Stress can affect everyone from all walks of life and all ages. It can affect different people in different ways and often affect our emotional and mental wellbeing. This can then often lead to us experiencing physical symptoms. Fortunately, there are many different strategies that we can try to help reduce our stress. Because everyone can be affected differently, it may take several attempts of trying a strategy or a combination of strategies to find the most effective way to reduce stress and increase mental wellbeing.

Essex child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical health, social, emotional and financial issues that may affect the healthy development and future outcomes of young people.

## Family wellbeing

Whether you are a new or experienced parent/carer, you may find yourself feeling stressed at times as you juggle every day life with the needs of your family. We often put the needs of our family before our own, but it is important to remember to look after yourself too- you can't pour from an empty cup! Below we have suggested some ideas to help you manage yours and your families stress;

- Try and [manage your time](#), delegate if you can or split up big tasks
- Connect with family or friends
- Take some time just for yourself to do something you enjoy to relax
- [Eat regularly](#) & stay hydrated
- Try to get a good nights [sleep](#)
- [Exercise](#)
- Try mindfulness – there are a great number of [free apps](#) that can help with this
- Spend some time colouring or doing a jigsaw to give your brain a break from screens.

[Every Mind Matters](#) also has a quiz to take to help you get personalised tips to support your wellbeing!

Cbeebies have a great [resource page](#) filled with simple mindfulness techniques and relaxation activities for the whole family to enjoy together! The page includes a breathing visualizer to use with younger children.

Childline has a great webpage for children and young people to explore on [coping with stress](#). It includes ideas on how to cope, videos about stress and relaxation suggestions.

For young people aged 11-18 [Kooth](#) is an emotional wellbeing platform that offers free counselling and support. It is free and accessible Monday to Friday 12pm-10pm and Saturday, Sunday 6pm to 10pm.

The [NHS Essex Child Health app](#) has been designed to give parents, grandparents and carers advice and support in knowing what to do if their child is unwell. It is free to download by searching "NHS Essex Child Health" on the app store.

***Don't forget you can always contact your Healthy Family team for support on;***

**Mid Essex Tel: 0300 247 0014**

**North Essex Tel: 0300 247 0015**

**South Essex Tel: 0300 247 0013**

**West Essex Tel: 0300 247 0122**

To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)  
We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.  
Please send your reply to [Essex.Communications@virginicare.co.uk](mailto:Essex.Communications@virginicare.co.uk)

