

Self Care and Self Kindness

We have so far experienced a very successful return to campus with students getting back into the rhythm, flow and routine of school life. However, it is important not to miss the significance of this shift.

For many the transition has been taken in their stride, being smooth and relatively uneventful. For others, it has been more taxing and a struggle. For all, it is a change and it is important for us all to be mindful of this, the journey and of the stages of other members of our community on this journey. Additionally, it is valuable to remember that this transition is not over and is ongoing.

Building on this, it is imperative to exercise self-care and kindness, to give ourselves time to adjust and get back up to speed. I am reminded of the words of Dr Karen Dobkins in her [TedTalk](#) on the space between. We can at times look too much to the future and dwell too much in that space. We can find ourselves full of desire to be our future self which can mean we are unsatisfied with ourselves in the present. Mentally living in that space between the present and future is not healthy and takes a toll on our mental health and wellbeing. Additionally, due to the impact of lockdown, comparing ourselves unfavourably with our past performances can be negative too (if not considered in the correct context and constructively). These two scenarios all add emphasis to the need to exercise self-care and kindness as a daily practice. To be conscious of our thoughts and not overly judgemental in these moments. The following from the UK Child and Adolescent Mental Health Services (CAMHS) offers some excellent practical advice on this matter.

[Advice from CAMHS](#)

BE KINDER TO YOURSELF



CAMHS UK

We hope that you can discuss this topic area with your children and encourage them to practice the techniques covered in the CAMHS infographic.

Regards,

Mr Wills

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