

# sendiass

## NORTH YORKSHIRE

Special Educational Needs and Disabilities  
Information, Advice and Support Service

## The Importance of Mindfulness

Hi everyone...Dawn here, some of you may already know me as the Sendiass Young Persons Engagement Officer.

We understand that the present situation and changes may be triggering feelings of anxiety or social isolation for some Young People and children within the SEND community and network.



We want you all to know that we understand, we can see that at times you may feel upset...we understand that too, with empathy, kindness and no judgement at all.

You may not be able to see us in person (although you can see pics and read all about our team on our Sendiass web site) but we are still part of your caring community. We can all still communicate through social media, text, phone, Skype or Zoom. This is a good time for us to use our IT and digital skills! We are still connected to you and thinking about you all.

We genuinely understand that this new experience, for you and for everyone, may be scary. At other times it may feel funny, or even just strange and weird?!? It really is ok to have these thoughts and other thoughts about what is going on around you, most of us probably have been thinking the same kind of thing over the past few weeks. It's alright, it's normal and we understand...honestly, we do get it!

As I am pretty sure that you already know, it's a good thing to try and share how you are feeling, and why you are feeling a certain way. I really do understand that sometimes it can be difficult to have our voice and express how we are feeling or what we are thinking.

So, as I was thinking about you all and how I may help you, I came up with some ideas to hopefully help you, if you need it, with sharing and expressing your feelings and thoughts.

When we understand how and why we are feeling a certain way, it's easier for us to then work through our anxiety and disturbance. We can then find different ways to look after our own wellbeing.

Remember that we are all unique and different things work for different people, but if we look at the process of what is happening for us, it helps make sense of our feelings and here-and-now experiences.

## Here are my top tips

- Being creative can help us express ourselves and can make it easier to share what is going on for us, helping us to engage with and expressing our feelings.
- Sometimes keeping a diary or journal helps us to connect with our feelings. This could be done with words or pictures. Or you could use colours to reflect your feelings, thoughts and emotions.
- You could make a mood board on a sheet of paper and keep adding to this daily. You could draw or stick on words or pics that show how you are feeling today. A bit like your very own 'special calendar'.
- You could make a Poster or Collage.
- You could add words or pics, photos, of the things that make you happy, things that you enjoy, things you like to see or things that remind you of your happy memories. Things that you don't like, things you do like...maybe pics of celebrities or super heroes, images that make you smile and remind you of who you are
- You could keep adding to it whenever you were feeling something and wanted to put it out there for others to share with you.
- You could create a sharing board for your family or carers to join in with. You can then use anything that's on the board to begin a conversation about what you are feeling in the moment and why.

If you feel like trying any of my ideas, then that's great, well done.

If you don't want to but have your own ideas that would work for you, then that's great too, well done.

There is no right or wrong with any of this and no pressure to try any of them. These are just ideas to support your wellbeing because you and how you feel matters to us all. You could use these suggestions as a 'Pick and Mix' to add to your own great ideas. You could even create your very own Certificate and reward yourself or others with it.

I hope you may find that any of these strategies, or your own great ideas, help you feel more relaxed with what is going on for you, and around you at the moment.

I hope you feel inspired to get creative...and remember any form of communication can be creative, and the only right way of expressing yourself is whatever works for you.

Do be mindful to be kind to yourself and others...you are all amazing young people and children, and you are not alone at this time, keep positive thoughts and we will get through all of this with the help of each other.

**Take care everyone...catch up again soon.**

**Dawn**