

# sendiass

## NORTH YORKSHIRE

Special Educational Needs and Disabilities  
Information, Advice and Support Service

## Mindful adjustment is a key to opening old and new doors!

Hi Everyone, Dawn here... Sendiass Young Person's Engagement Officer. There has been so much going on since I last put a mindfulness leaflet together to share with you all!

So I thought that as we enter this new and more relaxed phase of lockdown it was time to create a summer newsletter which reflected the time we have spent in lockdown and also our gradual move out of it...hope you enjoy it.



In the last 3 months we have transitioned from going into lockdown, guided by lots of new rules to help us understand what we could do and particularly, what we couldn't do, to now being at a point where lots of elements of our lives are going to start looking a little more like normal!

It has been a really strange time and many of us have lots of Lockdown Stories to share, including the pressures and joys of family life that some, or most of us, have experienced as we have gone through this time.

Some people are very excited about being able to have more contact with others and for some there is a shared sense of optimism and freedom in the air!

But for others, there is still a sense of worry, anxiety and fear around what is expected of us moving forward. This is quite understandable and it's alright to feel like that, there's no right or wrong with how we should feel at this moment in time. For some people, young people and children, the adjustment to the lessening of restrictions will feel easy, for others it will take more time and be a slower process. And it's all okay!

Sometimes we can think of the worst case scenario when we feel anxious, and start to over think this and feel this scenario will probably happen. A good way to deal with this is to flip your thoughts around and try to think about what the best case scenario will be and explore more positive thoughts around what is going on. This will probably help you to find a balance and your thoughts should become less anxious, more balanced and less fearful.

It's important to remember that there are so many brilliant, amazing and great people working all around the world to find a way through the Covid-19 pandemic. These people are doing all they can to help and support people just like us. And ordinary people are supporting and helping each other every day. We are not alone at this time and we can gain strength from our communities, families, friends and the acts of kindness we have seen all around us over the last months.

I am sure there are many of you who have clapped and cheered for the NHS and the key workers. Who have drawn and painted lovely rainbow pictures showing your support and understanding to others. There has been so many ways in which young people, just like you, have made a huge difference in helping others in getting through this lockdown time.

I really understand that young people and children have had to make so many adjustments, including their education with school, friends, family and not being able to attend activities and hobbies, to name but a few!! Some young people and children may feel a real need to re-engage with school in September and there will be understanding and support for this if needed.



How amazing you have all been, from the point of how you have coped and managed over these difficult months to the kindness and comfort that you have offered to others. I and the Sendiass team are so proud of you all...and I am sending you all a clap now!

As we move forward into this new stage of our lives, I feel it's helpful to acknowledge how we are thinking and feeling. To keep sharing to our families and friends about what is going on for us.

Remember to be mindful of how you are feeling and share any thoughts or concerns if you feel that you can. If you don't feel ok with talking about how you feel, you could draw a picture of how your feelings look like, or write a story about your thoughts, then share those to start a conversation about what you're thinking and why. It's just really important to keep connected in with your support network in whatever way is working for you.

There are online groups that are still going strong, like the NYCC Creative Voice teams 'Flying High' group, which I was recently lucky enough to join in with. They are such a fab group of young people and they made me so welcome, we had a really fun time with our online meeting. They would love to have some new faces join them, so maybe this could be an opportunity for some of you to start a new and safe online social connection? I am sure that they would love to hear from you.

So my advice is that you all take your time to adjust to the changes and adjustments around us, take small steps rather than leap forward, if that is what feels right for you. It's all okay, look after yourselves as we adjust to 'some doors closing and some doors starting to open again'.

As we are now into the summer season, I would like to wish you all a happy and more relaxing time ahead. Hopefully, we will get some lovely sunshine and we will be able to feel more connected and grounded with the outdoors and nature again...something that always makes me feel good and I am really looking forward to experiencing again over the next months.

**Take care and keep safe everyone.**

**Lots and lots of best wishes to you all.**

**Dawn**

