



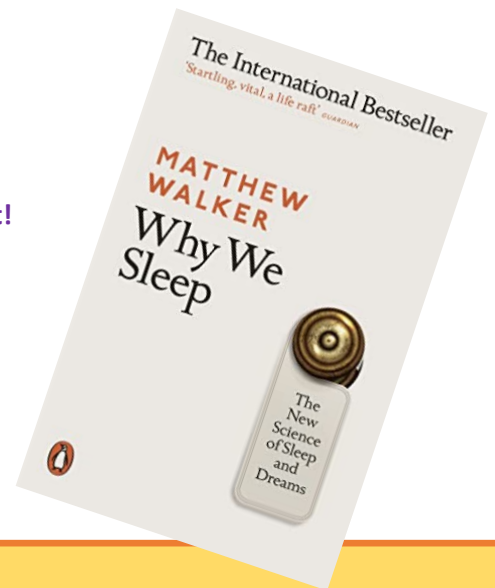
Hide and seek apps—keep an eye out for our mental health related app images throughout this edition.



## Sleep

The importance of sleep is widely documented. We all need the right amount of sleep in a 24 hour period, about eight hours for the average adult and less as we get older. What can we do to get better sleep? Here are some pointers which experts recommend.

- Learn and practice relaxation exercises to help you to go off to sleep more easily
- Work on addressing unmet emotional needs – so that there is less to worry about!
- Have regular going to bed and getting up times – and stick to them
- Cut down on caffeine in the second half of the day
- Avoid watching TV or internet surfing in the two hours before we go to bed



### Recommended Mental Health Apps

SAM – self-help anxiety management (Apple & Android)  
Worry Box – anxiety self-help (Android)

What's Up (Android)

MindShift (Apple & Android)

Fear Tools – Anxiety Aid (Apple & Android)

ThinkNinja (Apple & Android)– designed for 10 – 18 years old

# Podcast recommendation

"How Do I Stop Negative Self-Talk?" –  
The Happiness Lab with Dr. Laurie Santos

Do you ever listen to that critical voice in your head telling you you're just not good enough? To explain what damage negative self-talk does to us and explore some simple strategies to challenge our inner critic, Dr Laurie Santos is joined by "chatter" expert Ethan Kross (Professor of Psychology and Management at the University of Michigan).

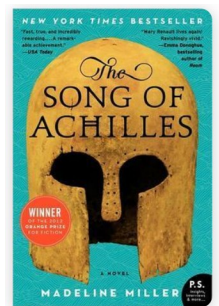


Worry Tree

The WorryTree app aims to help you take control of worry wherever you are.

## BOOK RECOMMENDATION

Achilles, "the best of all the Greeks," son of the cruel sea goddess Thetis and the legendary king Peleus, is strong, swift, and beautiful, irresistible to all who meet him. Patroclus is an awkward young prince, exiled from his homeland after an act of shocking violence. Brought together by chance, they forge an inseparable bond, despite risking the gods' wrath.



Each day a new discussion will go live, allowing young people to share their own experiences or listen to the experiences of others in our safely moderated forums.



## What's on Kooth in February

### Wednesday 1st February

Discussion Board  
Welcome to LGBTQIA+ History Month

### Wednesday 8th February

Live Forum  
How has peer support helped you  
7.30pm - 9pm

### Saturday 11th February

Discussion Board  
Are you feeling disconnected?  
Coping with feelings of loneliness

### Monday 13th February

Live Forum  
Let's talk about love  
7.30pm - 9pm

### Wednesday 22nd February

Live Forum  
Having Boundaries: Friendships  
7.30pm - 9pm

### Friday 24th February

Discussion Board  
What do you want professionals to know about Eating Disorders?



Children's Mental Health Week 2023 will take place from 6-12 February 2023. This year's theme is Let's Connect.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond. People thrive in communities, and this connection is vital for our wellbeing.

When we have healthy connections—to family, friends and others—this can support our mental health and our sense of wellbeing. When our need for rewarding social connections is not met, we can sometimes feel isolated and lonely—which can have a negative impact on our mental health.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways.

Connections are a great place to start when thinking about our mental health

Not only do connections help us feel closer to other people, but they also help us feel closer to ourselves.

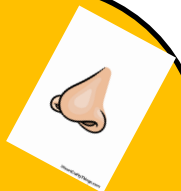
Feeling connected to our senses is a great way to boost mental wellbeing. Our sense and building connections are just some of the many different activities that we can do to look after our mental health and wellbeing.

Check out the website <https://www.place2be.org.uk>



**Smell:** Think about your favourite scents.

How do you feel when you smell them? Connect with someone else by asking them what their favourite scent is. Ask them why it is their favourite scent. How does it compare to yours? How would they smell to-



**Taste:** What is your favourite thing to eat?

Why is it your favourite. Is it the way it tastes or a memory that's attached to it? Cook the meal and share it with someone else.

**Sound:** What's your favourite song? What does it remind you of? Why do you like it so much? Grab a friend and dance round to it together

**Touch:** What is your favourite comfort to touch and hug? Is it a blanket, cuddly toy or fluffy jumper? Think about textures and why you like the feel of them.



**Sight:** What is your favourite colour? How does that colour make you feel? Paint a picture using different shades of your favourite colour. Connect with someone who also likes your favourite colour.



Superbetter

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles





## What is on this Half Term?





the **MIX**

**10 YEAR ANNIVERSARY**




### FEBRUARY HALF TERM ACTIVITIES

13th to 17th February

**MON**

Years 7 & 8 Drop In 10am - 2pm

*With scavenger hunt and smoothies*

**WED**

Stowmarket Detached from 12 pm

*Starting at The Rec*

**THU**

Years 9, 10 & 11 Drop In 10am - 2pm

*With scavenger hunt and smoothies*

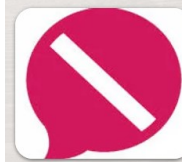
**Drop In Lates (16-19) 4pm - 6pm**

*With escape room*

**FRI**

The Mix Hut Drop In 10am - 2pm

*With pizza making (Years 7 to 11)*



notOK App® is a free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.

## Young volunteers fair

Are you interested in becoming a volunteer?

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Join us for our Volunteers Fair.  
Wednesday 8th February 4-6pm  
The Mix Stowmarket.

Come along to The Mix Stowmarket and chat to local community organisations and see what volunteering opportunities you can get involved in.  
Aimed at ages 15-25, however parents and family are also welcome.  
If you would like to attend, please email [lauren@themixstowmarket.co.uk](mailto:lauren@themixstowmarket.co.uk)

## Empathy and Listening Panel

WEDNESDAY 15TH FEBRUARY  
2023 1:30-3:30PM  
UNDERLANDS, THE MIX



ANNA ROWE  
The Mix Stowmarket



KEN DONALDSON  
Reach



STELLA FRANGLETON  
Suffolk Police



CHRIS SPARKE  
Meredith Greengrass  
Funereal Service



KIM KEABLE  
Our Family Care Home

**Together Project are hosting a panel to emphasise the importance of listening and empathy skills throughout different sectors. We will have 5 guest speakers from different industries who will discuss how they utilise these skills in their field of work.**

**This event is open to all.**  
Refreshments will be provided.

*Together PROJECT*

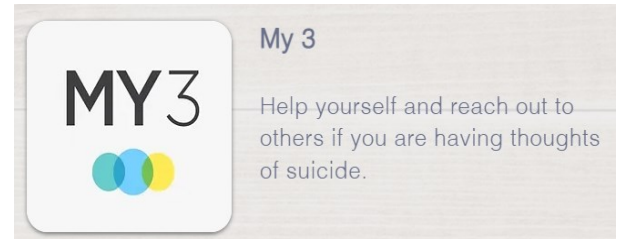




Phone 0808 801 0677

Email:

## Eating Disorders Awareness Week 24 February - 2 March 2023



### About eating disorders

Around 1.25 million people in the UK suffer from these illnesses, many in secret. They are of all ages, genders and backgrounds – eating disorders do not discriminate. Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly. While this is the worst-case scenario, there are many ways in which eating disorders severely affect the quality of life of both those suffering and those who care about them. They steal childhoods, devastate relationships and pull families apart. But, with the right treatment and support, recovery is possible.

BEAT - <https://www.beateatingdisorders.org.uk/>