



Welcome to edition nine of our wellbeing newsletter. Spring has sprung and we are finally waking up to the sunshine in the mornings!

I am always so much more productive in the spring and summer, getting out of bed is so much easier and you feel like your days are longer and more purposeful. I even get my poor dog out for longer walks and enjoy much more of the fresh air and good weather.

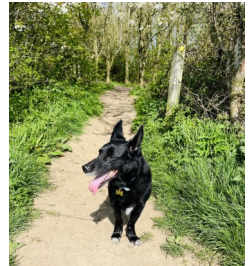
We all know how important getting and in the air can be for our mental health, but sometimes even that is just too difficult. There is still something to be said about sitting in the comfort of your own home with a good book or some relaxing music, enjoying the sunlight streaming through the windows.

Remember to do what ever is right for you and your own self care. Self care for me is very different to someone else. Be you.

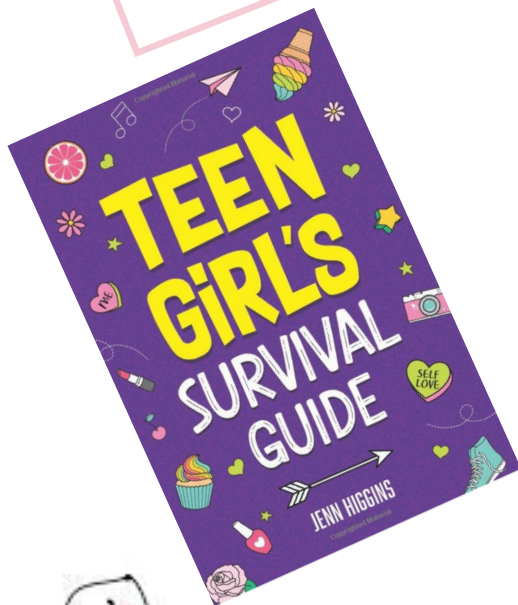
This week, one of the team here at Oasis reminded me of a very important fact:

You can't drink from an empty cup!

Take care of yourselves and as always we hope some of the information in the newsletter will help!



Recommended Books



The Teen Girl's Survival Guide is your comprehensive resource for surviving those challenging teenage years while making the most of them

There is nothing quite as challenging as being a teenage girl. From learning to love yourself and exude confidence to perfecting your personal hygiene routine, dealing with friendships, and handling the many bodily changes you may experience, **The Teen Girl's Survival Guide** consists of everything you need to get through these difficult years.

Being a teenage girl is tough. Anyone who has been through it before knows it's true. From experiencing puberty to handling peer pressure, it may feel like every day is a new challenge for you to overcome. Do you often find yourself asking why your friends are often mean to you or how to handle the adverse effects of social media? If so, **The Teen Girl's Survival Guide** is the perfect book for you!

In The Teen Girl's Survival Guide, you can expect to:

- Understand the importance of being active and living a healthy lifestyle
- Master your health and wellness while taking better care of yourself
- Learn more about what to expect while going through puberty and how to handle it
- Find out how to handle fights and disagreements with friends
- Discover the best ways to handle peer pressure like a pro
- Learn to accept yourself for who you are while building your self-esteem and body image
- Become better at maintaining healthy social media habits

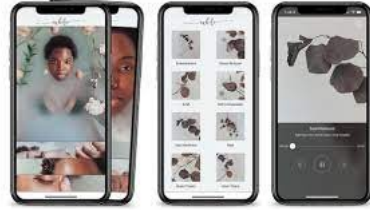
Being a teenage girl is much more complicated than it seems, but using this guide as your go-to resource can help you get through some of the most challenging years with minimal stress. The Teen Girl Survival Guide leaves no stone unturned, covering everything from managing stress to improving your mental health, becoming confident, and even preparing for college and beyond!

Are you ready to learn the best tips and tricks for surviving your teenage years?





Top Wellbeing apps



Exhale is the first emotional wellbeing app for and by black, indigenous women of colour (BIPOC).



The app inspires self-care, mindfulness and rest through content curated by BIWOC - including meditations, coaching talks, affirmations, guided visualisations

Meditopia's library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness, motivation, focus and breath.

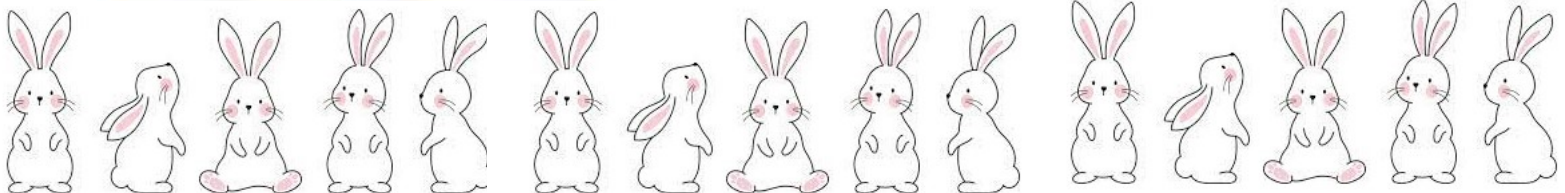
With over 7 million members worldwide, they offer each of these members deep-dive meditations. Even if you don't have your iPhone with you, you can access all of the content from Apple Watch, and start your day off with a daily meditation or one of your favourite practices.



If your mental health is a concern, **My Possible Self** may be the app for you.



Use the 'moments' function to monitor your feelings and recognise any patterns or triggers in your behaviour, and the self-help 'modules' to tackle issues such as stress, anxiety, loss or major life changes.





Easter Fudge

Cooking is a really nice way of working as a team at home. Being in the kitchen with your family can really make you feel content. If you don't have a family you can cook with its also a great way to distract your mind from intrusive thoughts and negative emotions. There is no better way to vent frustration than with a wooden spoon in a mixing bowl.



Method

Step 1:

Line a 20cm brownie tin with baking parchment. Tip all the ingredients, except the mini chocolate eggs, into a saucepan set over a low heat. Stir gently until all of the sugar has melted. Turn up the heat and simmer for 10-15 minutes, scraping the bottom of the pan regularly.

Step 2:

Remove the fudge mixture from the heat and leave to cool for 5 minutes. Use a wooden spoon to beat the mixture for another 5 minutes

Step 3:

Roughly chop 100g of the mini chocolate eggs and tip these into the fudge mixture, then stir until evenly combined.

Tip the fudge mixture into the prepared tin, smoothing the surface and pushing it into the corners with a rubber spatula. Scatter over the remaining mini chocolate eggs. Leave to cool at room temperature until completely firm and set.

Turn out onto a chopping board and cut into 20 even pieces.

Ingredients

397g can condensed milk
500g soft light brown sugar

125g unsalted butter

150ml whole milk

150g mini chocolate eggs





Enjoying nature is a great way to lift your mood—and here in Suffolk you don't need to go far to find it!



Baylam Rare Breeds Farm

Nestling in the lush beauty of the Suffolk countryside, Baylam House Farm is the perfect destination for all. They are a working livestock farm that specialises in native breeds that were once common but are now very rare.

The farm is popular with children and adults alike, with a wide range of activities for all the family. Whether you want to balance food on the outstretched tongue of a cow, tickle the belly of a piglet or simply relax on the banks of the mere, the farm has something for everyone.



I'M NOT GOING TO STOP BELIEVING IN YOU JUST BECAUSE YOU'RE GOING THROUGH A ROUGH PATCH. YOU'RE STILL THE SAME AMAZING PERSON YOU ALWAYS WERE, AND YOU'RE GOING TO GET THROUGH THIS.



The parents' guide to looking after yourself

Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. Here are our tips for looking after your child while also looking after yourself.

You and your child

- **Make sure they know you love them and are proud of them.** Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well, and encourage them to try new things.
- **Be honest about your feelings - you don't have to be perfect.** We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened. They will learn from you that it's okay to make mistakes and that it doesn't make you a bad person.
- **Be clear about what is and isn't acceptable - and tell them why.** Children need to know what is okay and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.
- **Own your own role - you are the parent, so don't be afraid to take tough decisions.** If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.



YOUNGmINDS
fighting for young people's mental health





the
MIX

10
YEAR
ANNIVERSARY

EASTER HOLIDAY TIMETABLE

**MON
3RD**

Year 7&8 Drop In - 10am - 2pm
With Easter crafts and Chocolate nest making

**WED
5TH**

Stowmarket Detached - 10am - 2pm
With luxury hot chocolates

**THU
6TH**

The Mix Hut Drop In - 10am - 2pm - Years 7 to 11
With Easter crafts and graffiti art workshop with
special guest **Joel Millerchip**

**TUE
11TH**

Drop In Lates - 4pm - 6pm - Age 16-19
With toasties and luxury hot chocolates

**THU
13TH**

Year 9, 10, 11 Drop In - 10am - 2pm
With Willy Wonka themed escape room

**FRI
14TH**

The Mix Hut Drop In - 10am - 2pm - Years 7 to 11
With Easter crafts and graffiti art workshop with
special guest **Joel Millerchip**

