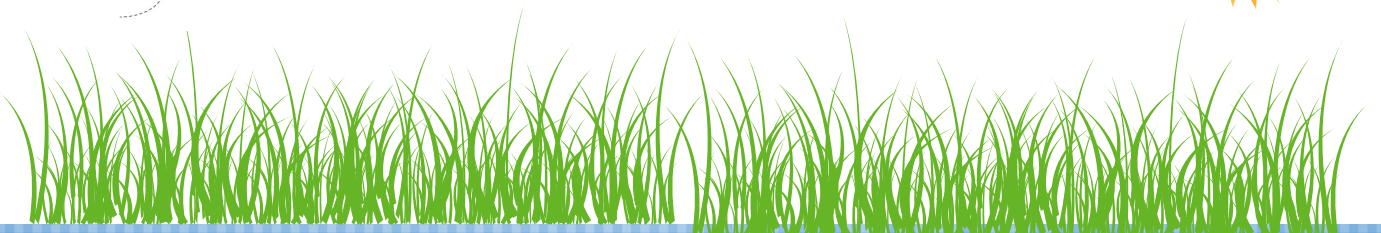
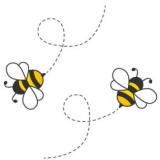


**Welcome** to edition 11 of our Oasis Wellbeing newsletter! The end of June marks what has been a stressful time for lots of our students, with exams and assessments. Well done to everybody—we hope you're enjoying some much deserved rest time.

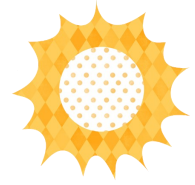
It's lovely to finally see some sunny weather and although it can feel like you need to go out and make the most of it, this is often easier said than done and sometimes it is a lot more beneficial for your mental health and well being to stay in the shade relaxing with a good book!

We hope you enjoy this months Oasis newsletter, with self-care tips and reading recommendations.

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



## Wellbeing Apps



### Smiling Mind

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom. An especially good choice for the younger users out there, as it was created specifically with students in mind. Smiling Mind offers programs for a variety of age groups, including 7-9, 10-12, 13-15, 16-18 and adults. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change.

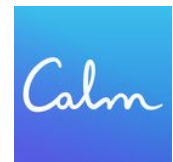


**Devices:** iPhone, iPad and Android

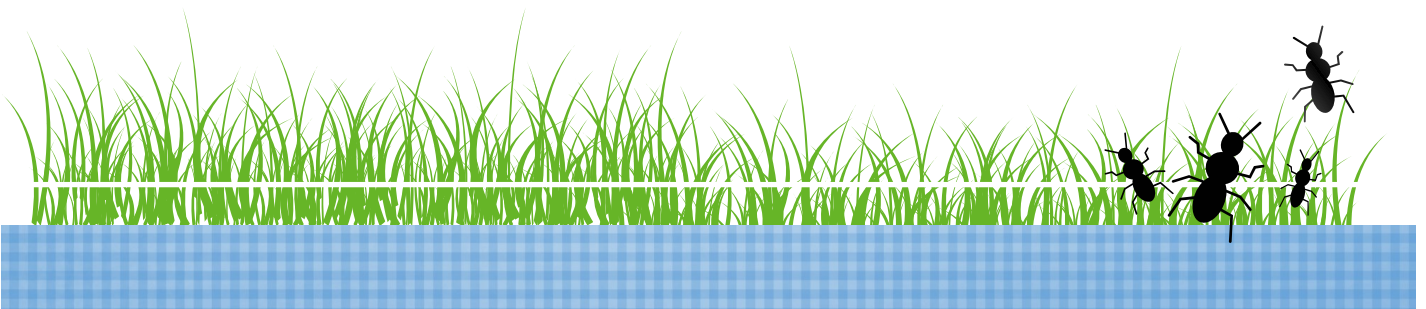
### Calm

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

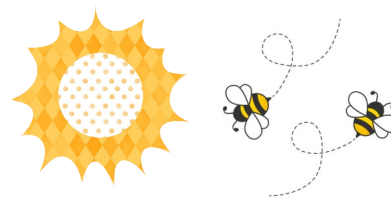
Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep better. Sleep Stories are soothing tales read by well-known voices to help people unwind and fall into a deep sleep each evening. Also enjoy 10 minute guided video lessons on mindful movement and gentle stretching.



**Devices:** iPhone, iPad and Android



# Things to do in Suffolk



## Needham Lake

Situated on the outside of Needham Market, Needham Lake has something for everyone— from dog-walking to trainspotting, to a coffee and cake at the new on site café, Duck & Teapot.

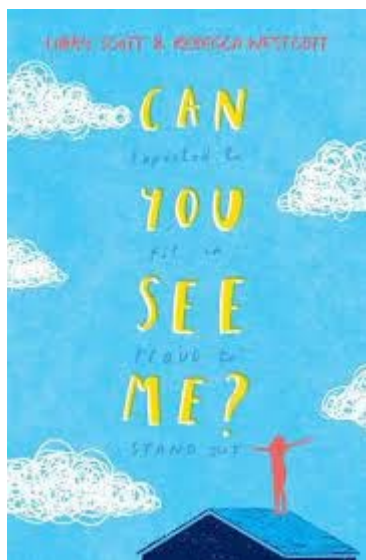
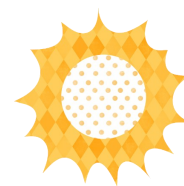


## Bury St Edmunds

There's lots to do in this picturesque town, from visiting Abbey Cathedral and the historical Abbey Ruins. There is also plenty of shopping options too, with the Arc Shopping Centre as well as the cinema and plenty of restaurants.



## Recommended Reads

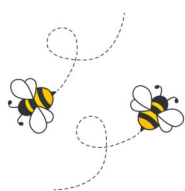


By Libby Scott and Rebecca Westcott

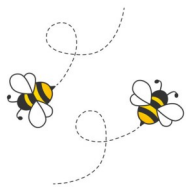
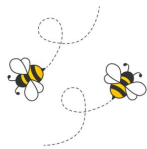
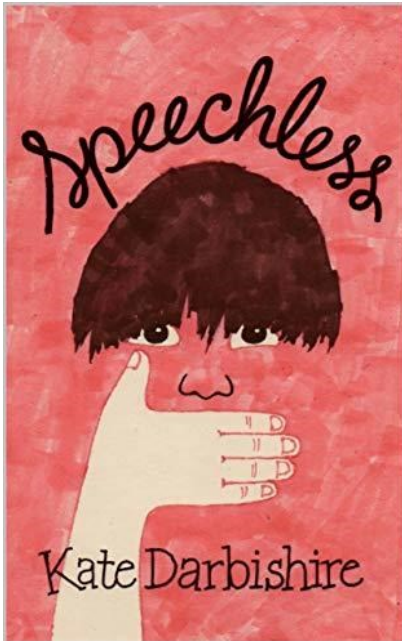
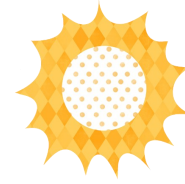
Tally is starting secondary school and she's anxious about lots of things. Acclimatising to new surroundings and learning the ways of different teachers is tough. Plus there's the boy who calls her names, and her friends from primary school who she's always depended on before have started talking about things that just don't interest her (like boys) and cautioning her when her behaviour is embarrassing.

Tally knows she's different: she's autistic, meaning she sees and feels everything differently to her friends and family. Now, as she enters this new stage in her life, she is painfully aware of the way she is perceived and feeling an almost unbearable pressure to try to fit in. But what exactly are the rules for being "normal"?

Written in collaboration with young blogger Libby, who is herself autistic, this is a powerful and highly relatable story about fitting in and being yourself. Tally's diary entries give an authentic insight into one girl's perspective of being autistic, and smashing a host of common assumptions and stereotypes about autism as we see Tally's potent sense of humour and



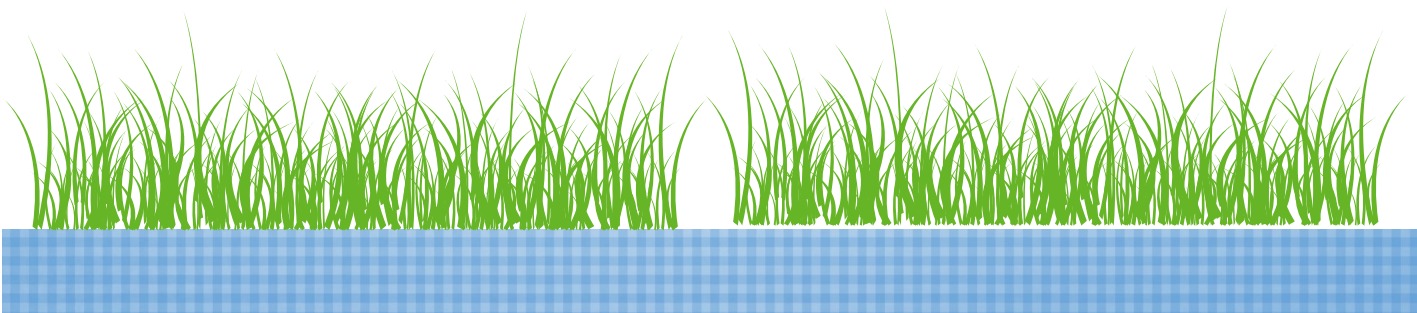
## Recommended Reads



### By Kate Darbishire

She can't walk. She can't even talk. But she has so much to tell you... Eleven year old Harriet has Cerebral Palsy. At her new Secondary School, she is bullied and ridiculed every day and she doesn't know how to make friends. Charlotte tries – but how do you talk to someone who won't talk back? When Harriet's mum is rushed into hospital, her Grandmother, Gloria has far more important things to worry about than Harriet. Like whether her nail polish matches her outfit. Jake, Harriet's brother, starts skipping school and acting weird. Harriet can see he's in danger but what can she do? Harriet is plucky and resilient but is she brave enough to face up to her challenges? Whether you are ten or one hundred and ten, *Speechless* is a brutally frank, debut novel to read in one sitting and pass on to your friends. Its powerful message will stay with you long after you turn the final page.

Author Kate Darbishire has a daughter with Cerebral Palsy and has worked in Special Needs Schools for nearly ten years.





## Summer Recipe Ideas



### Eton Mess

#### Ingredients

Strawberries /  
Raspberries

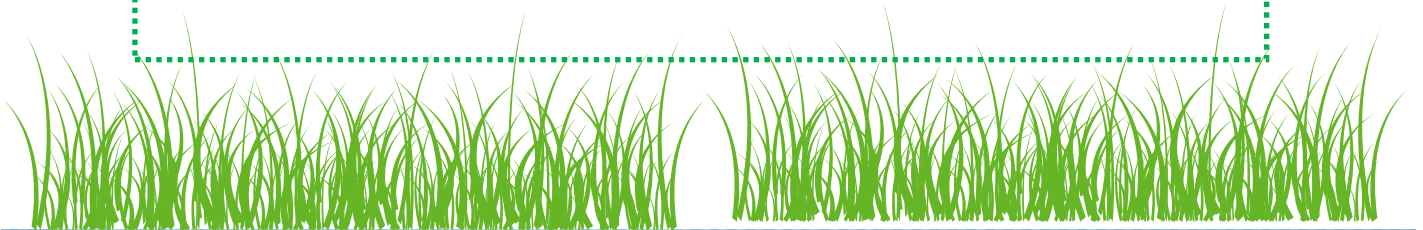
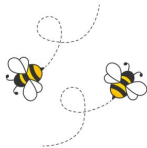
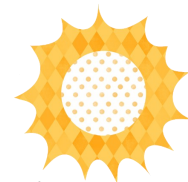
600ml/20fl  
oz double cream

5 ready-  
made meringue  
nests



#### Method

- Whisk double cream until mixture forms peaks
- Combine with meringue nests and strawberries and enjoy!



# Quick tips on stress



**Work out your stress triggers**  
Then you can think about what you could do to manage your triggers better.

**Sort out your worries**  
Divide them into those that you can do something about (now or soon) and those you can't.

**Get organised**  
Make a list of jobs – tackle one task at a time, and alternate dull tasks with interesting ones.

**Be active**  
Physical activity can help you feel calmer, stronger, and better able to deal with emotional stresses. Try something you enjoy, such as walking the dog, dancing, playing a sport or gardening.

**Take regular breaks**  
If you feel things are getting on top of you, try taking a short stroll or having a hot drink.

**List your achievements**  
Include everyday tasks like cooking or shopping. You can read the list whenever you need a boost.

**Get a different perspective**  
Discussing your problems with someone else can give you new ideas for dealing with your problems. Sharing your thoughts can also help you feel calmer and listened to.

**Take control**  
Get started by doing one task you feel you can manage – for example, making an appointment or doing the dishes.

For more information visit [mind.org.uk/stress](http://mind.org.uk/stress)  
Mind Infoline: 0300 123 3393 or text: 86463

# Quick tips on mindfulness



## What is Mindfulness?

Mindfulness is a technique which can help people manage their mental health or simply gain more enjoyment from life. Here are some of its basic ideas:

### Increase your awareness

Turn your attention to what is happening in the present moment. Notice what's happening in your body, mind or surroundings in a curious and non-judgemental way.

### Wandering mind?

Notice when your mind wanders and where your thoughts have drifted to, but don't get annoyed with yourself. Choose to bring your attention back to the present moment by focussing on your breath or surroundings.

### Go slowly

New skills take time to develop. Try a few minutes of mindfulness at first and gradually build it up.

## Build it into your routine

Decide on one or two activities which you will do mindfully each day. It could be focusing on the sensations of brushing your teeth or listening to the kettle boil, for example.

### Try a mindfulness exercise

You may be inspired by a guided meditation from an app, CD or mindful colouring.

### Find a course or practitioner

Speak to your GP or local Mind about services in your area. Courses can be in groups, one-to-one or online.

### Be kind to yourself

Try not to be critical of yourself if you find mindfulness frustrating or that it's simply not for you. You can try other ways to look after your wellbeing such as talking treatments and arts therapies.

For more information visit [mind.org.uk/mindfulness](http://mind.org.uk/mindfulness)

Mind Infoline: 0300 123 3393 or text: 86463





**▶ We're here  
to listen 24/7**

**SAMARITANS**

A registered charity

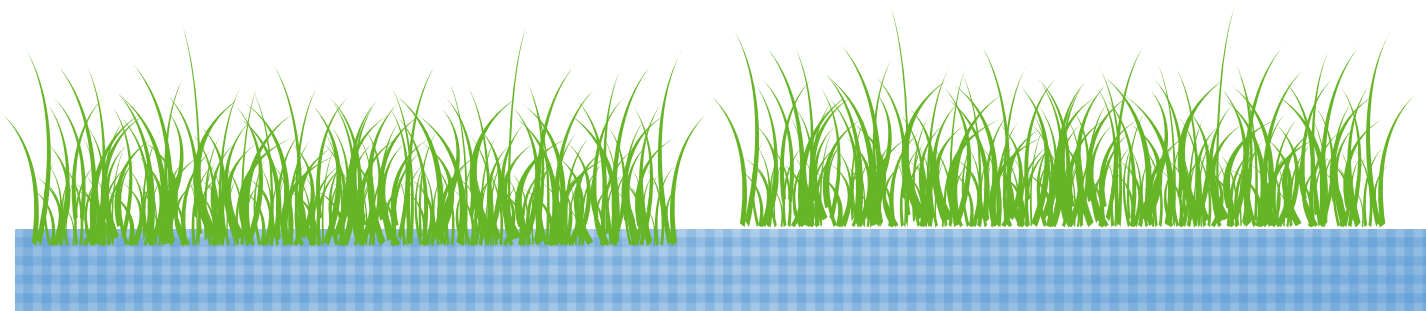
**Email us at  
[jo@samaritans.org](mailto:jo@samaritans.org)**

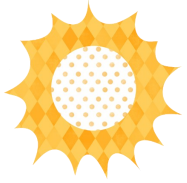


**24  
July**

**Samaritans  
Awareness Day**

**SAMARITANS**












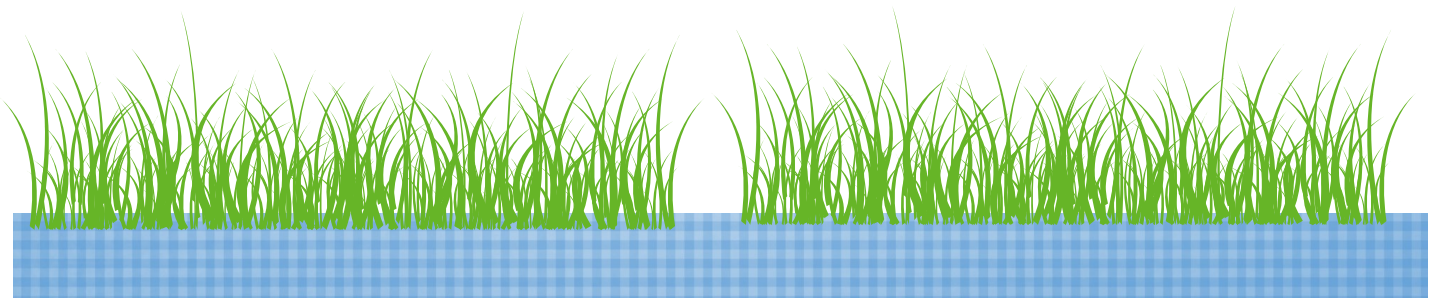
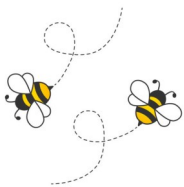
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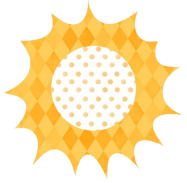


Coach Will   
@coachingwithwill

When you **react**, your kids and the situation has control over you and your emotions. When you **respond**, you remain in control of your emotions and can intentionally proceed  How? I got you.

1. Get curious, not furious 
2. Practice in the mundane parts of life 
3. Be the watcher of your reactions 
4. Be a thermostat, not a thermometer 
5. Seek to understand, not be understood 
6. Connect before you correct. 





Instagram

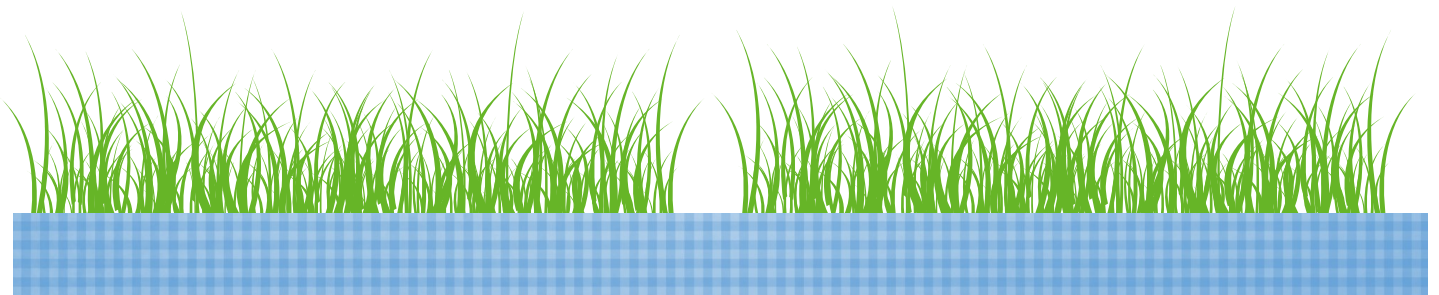
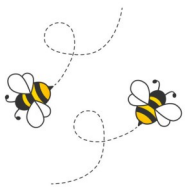


Coach Will   
@coachingwithwill

You don't need new parenting techniques, you need to lead by example 🤔

They will follow your example, not your advice... 🙋

Not sure where to start? Here are 10 ways your kids NEED you to lead by example 🎯👉



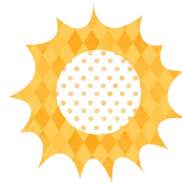
1. **The way you talk to yourself** 🗣️ The negative self talk? They're listening. The positive self talk? They're also listening. Whether this is good or bad, that's up to you!

2. **Your phone use** 📱 Don't get upset with them for having 8 hours of screen time when you have 5 hours yourself. Put it down, have personal boundaries and encourage them to do the same.

3. **Your reactions** 😞 If you are the type to have big reactions to seemingly small things, they will follow. Work on responding with logic instead of reacting with emotion.


4. **How you respond to conflict** 🤯 Successful leaders ask "*why is this happening FOR me*", not "*why is this happening TO me*". Accept life as it is and do your best with what you've been given.

5. **The way you talk to others, especially your spouse** ❤️ Show affection, watch your tone of voice, seek to understand and they will follow.

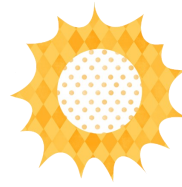


Instagram



Coach Will   
@coachingwithwill

6. **Being fully present** 🌱 The more present you are with them, the more present they will be with you, their friends, etc. Eye contact and active listening are key.



7. **Your relationship with stuff** 💰 Being motivated by nice things isn't an issue, but be mindful that you're not spreading the message that nice things will fulfill you. Big difference.



**Coach Will** ✓  
@coachingwithwill

8. **The way you treat others with different opinions** 🗣️ That political Facebook post that rubs you the wrong way? They're watching. Be mindful (this will help your own happiness too btw)

9. **How you handle discomfort** 🧠 If you're not willing to step outside your comfort zone as the parent, How do you expect them to become comfortable with being uncomfortable?

10. **Your work ethic and character** 💪 Work your butt off in the gym, at your diet, at your job, etc.. Plant the seeds of unstoppable character and watch them follow suit.

