

Family Wellbeing Action Plan



5 Ways to Wellbeing	What can you do as a family to support your wellbeing in each of the 5 areas?
Connect	It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. As a family, what activities could you do differently in order to connect with each other? Example - Play a family board game.
Be Active	Regular physical activity is associated with lower rates of depression and anxiety across all age groups. How active are you as a family? If not could you think of activities that you could do together to improve your wellbeing? Example - Go for a family walk.
Take Notice/Be Mindful	Reminding yourself to 'take notice' can strengthen and broaden awareness. What can you do as a family in order to positively change the way we see ourselves and our lives? Example - Have a 'clear the clutter' day at home.
Keep Learning	Continued learning through life enhances self-esteem and encourages social interaction and a more active life. How can you, as a family, continue to learn? Is there something you could learn together? Example - As a family, learn a new word everyday. (This is something you can ask Alexa)
Give to Others	Individuals who report a greater interest in helping others are more likely to rate themselves as happy. What could you do in order to 'give to others'? Example - Support a charity such as the shoe box appeal and discuss the benefits as a family.

How to support low self esteem and wellbeing	Potential triggers or challenges for our family are:
<ol style="list-style-type: none"> Show your child lots of love and be positive about them as a person – tell them what makes them special to you. Set an example of having a positive attitude when faced with challenges. Let them know you value effort rather than perfection. Encourage them to try new challenges, and celebrate them for it. Help them set goals and make plans for things they'd like to accomplish. Let them know they should not be afraid to voice their ideas and opinions. It's ok when people disagree, we all see things differently. Give praise for their successes, and don't focus on areas where they have not done so well. Reassure them it's OK to make mistakes and that it's all part of life. Acknowledge their feelings and help them express their feelings in words. Challenge them when they criticise themselves, so that they start saying things like, "yes I can do this," instead of "I can't do this". Help them discover and develop their talents, through clubs, groups and activities. Get them involved with voluntary or community projects that make a difference to someone else to develop a more positive opinion of themselves. Allocate 20 minutes each day to chat, laugh, and do something together. If you are worried your child's low self-esteem is affecting their day to day life, relationships or ability to learn and develop, it is worth seeking professional help. <p>https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/</p>	<p>Family Mental Health and Wellbeing Support:</p> <p>https://www.thezoneplymouth.co.uk/self-help/young-people/mental-health-and-emotional-wellbeing</p> <p>https://www.livewellsouthwest.co.uk/childrens-services</p> <p>https://www.plymouthonlinedirectory.com/article/1002/Support-for-parents</p> <p>https://www.plymouth.gov.uk/schoolseducationchildcareskillsandemployability/childrenfamilieschildcareandearlyyearstrainingandsupport/supportparentsandfamilies</p> <p>https://www.youngdevon.org/what-we-do/mental-health-well-being</p> <p>https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</p> <p>https://www.improvinglivesplymouth.org.uk/mannamead-wellbeing-hub</p> <p>https://www.mhm.org.uk/pages/category/mental-health-wellbeing-support</p> <p>https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html</p> <p>www.kooth.com</p> <p>https://www.camhs-resources.co.uk/</p> <p>www.childline.org.uk</p> <p>www.youngminds.org.uk</p>

Mental and Emotional Wellbeing

- Make a conscious decision to talk to and listen to your child at least once everyday without distractions. Share the ups and downs of your day and encourage them to do the same.
- Encourage and support your child to resolve issues independently and to know when and where to seek help and advice.
- Keep a sense of humour and perspective to hand and encourage your child to develop this outlook.
- Praise your child for their efforts and help them to persevere when things don't work out.
- Believe in your child's ability to think things through for themselves. Let them know you are there to help if need be but don't insist on giving help. The decision/solution they devise may be different from your ideas. If things don't work out encourage your child to see why that was and to think about what they would do differently in future.

Social Wellbeing

- Young people learn through the behaviour they see: think about the behaviour you model and how this values and supports positive relationships.
- Take notice of all the areas of their life and be aware of their TV choices and social media activities. Discuss things that may have a detrimental effect on their wellbeing.
- Negotiate and agree how household responsibilities are shared, taking other commitments into consideration, for example spending time online.
- Remember to thank them for their efforts and attitude and encourage mutual respect.

Physical Wellbeing

- Encourage your child to live an active lifestyle, taking part in regular physical activity and exercise. <https://www.sportengland.org/why-were-here/physical-wellbeing>
- Talk to your child about their responsibilities for themselves and toward others when using social media and the internet.
- Help your child to make choices that support their health and wellbeing. Talk about current local and national issues and reports which are of relevance. For example, find out what your child's views are on the way the media can portray young people and their behaviour - do they think it is a fair reflection?
- A minimum of 8 to 9 hours' good sleep on school nights is recommended for teenagers. Here's how to make sure your teen is getting enough sleep to stay healthy and do well at school. <https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

<https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/mental-emotional-social-and-physical-wellbeing>