

Dear Parents and Children,

We understand current circumstances are difficult for everyone. The worry caused by the present situation and the impact of social distancing on the well-being of everyone is of huge concern.

The following links provide advice from MINDMATE. The information offers support as to how we can all look after our own well-being at this difficult time.

<https://www.mindmate.org.uk/information-on-coronavirus-taking-care-of-your-mental-wellbeing/>

<https://www.mindmate.org.uk/im-a-young-person/top-tips-feeling-good/mindfulness/introduction-to-mindfulness/>

<https://www.mindmate.org.uk/im-a-young-person/top-tips-feeling-good/mindfulness/stop-listen-relax/>