



Stockport's Relational Round Up

Welcome to July 3 of our Relational Round Up for Stockport's children, families and schools. These newsletters are here to offer a regular well-being top tip for families and share good stories from across Stockport during our current new ways of living.

As we move through our fifth month of learning to live with Covid, it can be hard to stay upbeat about remaining positive. Yet staying positive is a core ingredient in the recipe of successfully coping in a crisis. So, this week we focus on ways to be proactive about keeping positive.



It is important to try and proactively make time to boost our positivity, as this helps to increase our resilience, our immunity and helps us to think more clearly.

One idea is to focus on **strengthening your connections**. Consider ways in which you can boost your relationships with those that are physically with you, as well as with those who you are still unable to meet up with. Taking time for those extra-long hugs with those you can hug, or having a long conversation with those who you are yet to see, will all promote closeness and boost your oxytocin.

Take time to **relish the small moments**. Try to pause yourself in those small moments of joy within each day, the smell of the coffee, the taste of strawberries, the sun on your face or the sound of your children laughing. When you stop to be present in these moments, you give your brain a chance to process pleasure, which boosts your happy hormone serotonin, which in turn helps you to feel calmer and improves your mood.

Look for the good in others. See how many daily acts of kindness you can spot in your own home, work place and community. This will increase your awareness of the best of human nature and will encourage your sense of hopefulness and help you feel more positive.

Remember, the way we feel influences how we think and in turn influences what we say. So, boosting our positive feelings in turn improves our problem-solving abilities and decision making. So, staying aware of what we are thinking and saying can have a valuable impact on boosting our positivity.

In particular it can be helpful to consider ways in which we can catch some of our gloomy thoughts and reframe them. This involves changing our view on a given situation to give it a more positive meaning.

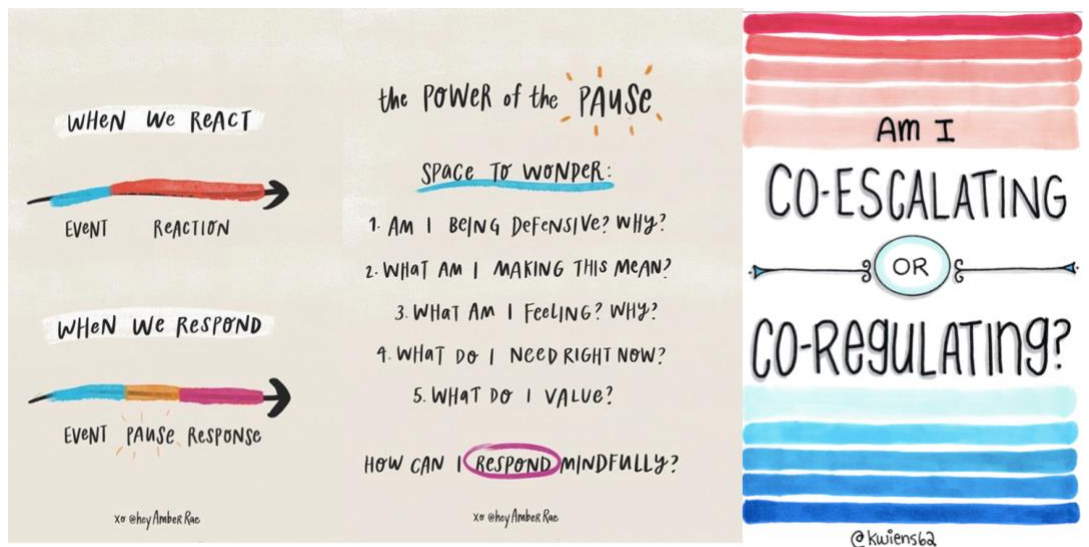




It is important to recognise that there is a positive intention behind every negative thought. Your inner voice is being negative because it wants to help you in some way. By finding that positive intention behind the thought, you can work with your mind to find a positive reframe. The NHS 'Every Mind Matters' uses this useful film to help us reflect on ways to reframe our thinking and self-talk. [Catch it, check it, change it.](#)

What we say and how we respond to many daily situations is often habitual. We don't always recognise the negativity that we may be sharing.

It can be helpful to pause and take time reflect on the things we think and say.



It can be helpful to consider if what we are thinking or saying is co-escalating events and making things worse. Or are your thoughts and words helping to regulate things and increase positivity. It can be useful to stay aware of our self-talk and how well we helping ourselves and others to stay positive.

healthy Self-Talk		COPING THOUGHTS		BEING HARD ON YOURSELF		BEING SOFT WITH YOURSELF	
THIS	NOT THAT						
✓ Whoops. I made a mistake.	✗ I'm so stupid.	I am always important, no matter what.	I've dealt with harder situations and I know it will get better.	I prefer something else, but I can deal with this, too.	"I'M SO BEHIND."	→	"WHAT PROGRESS CAN I CELEBRATE?"
✓ I like me.	✗ No one likes me.	Some people like me. Some people don't.		This hurts, so I need to be extra kind towards myself.	"I SHOULDN'T FEEL THIS WAY."	→	"IT'S SAFE TO FEEL MY FEELINGS."
✓ I did something bad.	✗ I'm a bad person.				"UGH... WHY CAN'T I FIGURE THIS OUT?"	→	"WHAT IS THIS HERE TO TEACH ME?"
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.	This is tough, but so am I.	It's not that great right now, but it's not the worst thing either.	Not everything will go my way, but I am flexible.	"LIFE IS SUCH A BATTLE."	→	"HOW CAN I APPROACH IT LIKE AN ADVENTURE?"
✓ I haven't figured it out...yet.	✗ I never get anything right.						
✓ I am enough. And worthy, too.	✗ I'm not good enough.						





positivity

- ### 10 IT'S A NEW MOMENT RESOLUTIONS
1. I will be kinder to myself by...
 2. Something I've been scared to do but will try anyway is...
 3. A relationship I will cultivate and nourish is with...
 4. I will be more present and mindful when...
 5. A mistake I will try to repair is...
 6. A way I will bring more laughter, play and fun into my life is...
 7. Something I will let go of is...
 8. A boundary I will better honor is...
 9. I will work towards social and environmental justice by...
 10. I will listen to my wise voice within and...

PROBLEM FOCUSED	SOLUTION FOCUSED
bossy	natural leader, visionary
defiant	holds strong beliefs, bold, determined
demanding	knows what they want, outspoken
dramatic	expressive, passionate
fearful	cautious, careful
fussy	has strong preferences
hyperactive	energetic, enthusiastic, on the go
impulsive	spontaneous, instinctive
oppositional	advocates for a different perspective
rebellious	is finding their way
stubborn	persistent, determined, steadfast
talkative	enjoys communicating
tattletale	seeks justice, respects rules
unfocused	multitasks, pays attention to many things
wants attention	advocates for needs, seeks connection

AUTOMATIC NEGATIVE THOUGHTS

No one likes me

I'm a loser

It's all my fault, that she's upset

Everyone hates me

I can't do this

I'm so dumb

I hate myself

I better not cry

Now everything is ruined

Just know this is going to be awful

Nobody cares

What if everyone laughs at me?

I thought I have made that mistake

He always tries to get me angry

Why does this always happen to me?

Everyone is always out to get me

No one understands me

She always tries to control me

I will never be any good

My life is terrible

WAYS TO CHALLENGE NEGATIVE THOUGHTS

What is a more helpful thought?

What is another possibility?

What would the people who care about me say?

What is the worst that could really happen?

If my friend had this thought, what would I tell them?

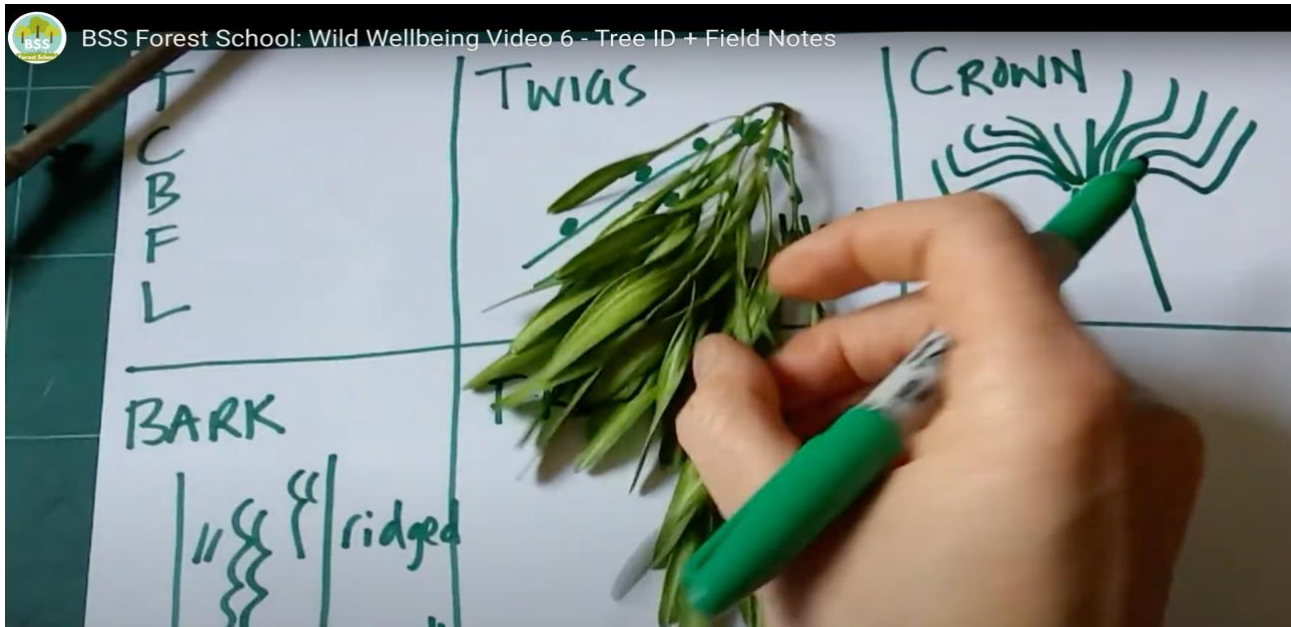
Can I be 100% sure this is true?

If the worst really did happen, what could I do to deal with it, and who could help me?

What is the best possible outcome?

Why not have a go at practicing your re-framing skills as a family to boost positivity. Try ['New Moments, Positive Actions'](#) poster to plan some positive new starts, or use the ['Reframing our characteristics'](#) poster or ['Reframing my thoughts'](#) poster to start discussions around how we can be more positive in our thoughts and words.

Try boosting your positivity by engaging in nature and then recording your findings as field notes. Watch this [Forest School Well Being video](#) for some top tips.





Let's share some good stories from our children and families in Stockport.

THESE ARE THE HEARTS.....

These are the hearts that delivered the food
 These are the hearts that lifted our mood
 These are the hearts that keep us going
 These are the hearts that keep water flowing
 We thank you for your love

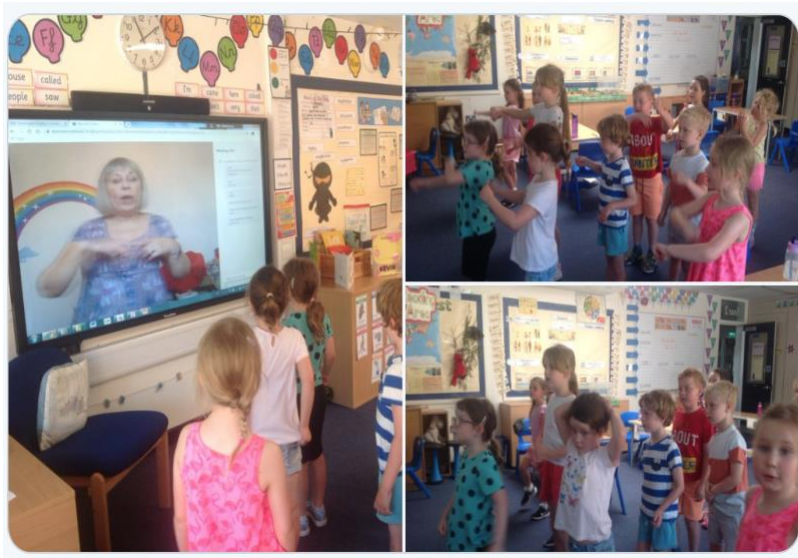
These are the hearts that kept on giving
 These are the hearts that kept us living
 These are the hearts that kept us safe
 These are the hearts that restored our faith
 We thank you for your love

These are the hearts that collected our bins
 These are the hearts that removed our tins
 These are the hearts that keep England clean
 These are the hearts that are never seen
 We thank you for your love

These are the hearts that taught us each day
 These are the hearts that helped us play
 These are the hearts that put on shows
 These are the hearts that painted rainbows
 We thank you for your love

A beautiful poem written by a pupil at **St Thomas's Primary School, Heaton Chapel.**

Some fantastic marble run engineering at **Hursthead Junior School.**



Queensgate Primary School bubble enjoying an online singing session with Mrs Henderson-Wild from Stockport Music Service.

Some marvellous motivational well-being cards being produced by **Priestnall High School's Well-Being Ambassador Terra.**



We will be sending out the next Relational Round Up letter in the week beginning July 20th. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to @stockportRA

