

## WELLBEING NEWSLETTER

Creating happy, resilient families



# 'Kindness to self and others'

## Developing Self-compassion

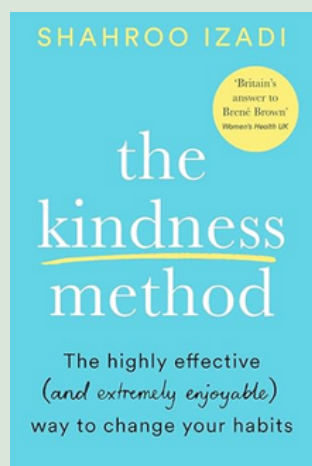
Self-compassion is treating yourself kindly when things don't go well.

Research has found that showing ourselves kindness and self-compassion can benefit our mental health and wellbeing.

Here's a top tip for developing self-compassion in your child.



Let your child know that it's OK to find things hard and that everyone makes mistakes. It's also OK to feel sad, angry, disappointed or frustrated – but it isn't OK to say mean things about yourself. For example, you could say, 'I'd be frustrated too if I didn't score a goal. But that doesn't make you a loser'.



## Book Recommendation - [Click here](#)

Shahroo Izadi is a behavioural change specialist, speaker, coach and author of *The Kindness Method*.

The Kindness Method shows how by being kind to yourself you can really make a big difference to addictions and bad habits.

'A powerful way to break even the most stubborn bad habit so you can live the life you deserve.' – Steven Bartlett, *The Diary of a CEO*



## Self- Compassion for Parents

Demonstrating Self-Compassion is good for you and your child. When they see you being kind to yourself when there are challenges, you are showing them how important it is for you and them!



### Top Tips for Parents

- Pause and notice your thoughts. Try to spot when you're being hard on yourself. Practice letting these hard judgements go, breathe and cut yourself some slack.
- Remind yourself that raising children is a big and important job, which all parents learn as they go.
- For the next two weeks, every day note down three things which have gone well today.
- Note down one person who has helped you and one person you have helped.

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### BeKind: Acts of Kindness Ideas



Useful App



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BeKind is a free, social, kindness app that gives simple, daily acts of kindness ideas that anyone can do. It's a fun way to build a habit of kindness. It allows you to add your friends and connect with other kind and loving users. The inspiring stories from around the world will also keep you more motivated to be kind.

**Thank you as always for your on going support. If you require any further support, please do not hesitate to contact the Academy.**



Written by education advisors with over 30 years experience

