



## SUMMER NEWSLETTER 2021

**Hello everyone!** Welcome to our summer newsletter.

Wow what a start to the year it has been. You've managed change, uncertainty, new ways of working, homeschooling your own children, stressors from home, the community and in the workplace and you are all still doing such an amazing job. Thank you.

As we said in the last newsletter, we are looking to the future with hope and we certainly do hope that over the summer break you are able to unwind, spend time with those you love, enjoy the sun (come on British weather—be kind to us), and get back to the familiarity of life as best we can.

As always, if you would like to add anything or share any news, developments etc., please feel free to let us know and we will ensure it reaches the next edition of the newsletter which will be with you in September for the new Autumn term.

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## Fisher's Curve - Acceptance

Continuing with our Fishers Curve theme we are now going to look at the stage of acceptance.

The uncertainty, fear, turmoil and disturbance that the COVID-19 pandemic has caused over these last 12 months has been significant. As human beings our brains are programmed to problem solve and 'fix things'. However, I'm sure some of you will agree that the lack of control and choice we have had over our lives has impacted our overall wellbeing and possibly our mental health.

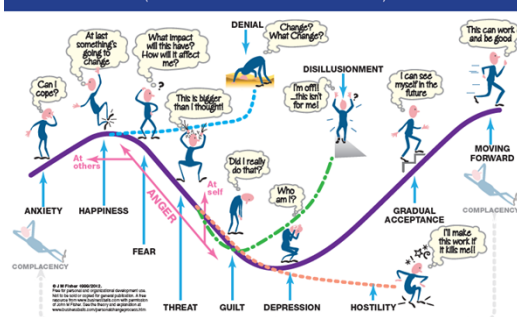
It is at this point that we may wish to consider an approach of acceptance. Acceptance can help us in many situations. That is not to say we have to like the situation, and acceptance will not change the reality of a situation but by simply acknowledging reality as it is, reduces our instinct to fight against it and will reduce the intensity of the emotional reactions we may be experiencing. We can then re-focus our thoughts and energy into utilizing our resources to better cope and manage. Remember acceptance is not approval, liking, enjoying and becoming helpless, it is about acknowledging the facts of reality as opposed to denying them. We then accept that we cannot change a situation out of our control which reduces our chances of becoming stuck in a cycle of anger, frustration, unhappiness and sadness.

Acceptance is a useful approach in many areas of our lives that allows us to move on and increases our ability to achieve inner peace.

**"What we resist, persists"**

*Jung*

**The Process of Transition - John Fisher, 2012**  
(Fisher's Personal Transition Curve)





Keep safe, Keep distant, Keep noticing, Keep connected

## Wythnos Ymwybyddiaeth Iechyd Meddwl 10 — 16 Mai 2021

### Mental Health Awareness Week 10 — 16 May 2021



Hoffem eich hysbysu am lansiad tudalennau gwe 'Pum Ffordd at Les' Bwrdd Iechyd Prifysgol Betsi Cadwaladr (BIPBC), a fydd yn digwydd ochr yn ochr ag 'Wythnos Ymwybyddiaeth Iechyd Meddwl' (10<sup>fed</sup>-16<sup>eg</sup> Mai 2021). Mae'r Pum Ffordd at Les yn set o gamau gweithredu ymarferol sy'n seiliedig ar dystiolaeth sydd â'r nod o wella ein lles meddyliol, ac maent yn cysylltu'n berffaith â thema Wythnos Ymwybyddiaeth Iechyd Meddwl o 'Cysylltu â Natur'.

Gellir dadlau na fu erioed amser pwysicach i feddwl am ein lles meddyliol. Mae'r Pandemig COVID a'r mesurau cysylltiedig i atal y firws rhag lledaenu wedi arwain at fod yn gyfnod o straen ac ansicrwydd i lawer ohonom. Yn ogystal, mae'r pethau sy'n helpu i amddiffyn ein lles, megis cael ymdeimlad o reolaeth dros ein bywydau, teimlo ein bod yn cael ein cynnwys ac yn gallu cymryd rhan, a chael mynediad at y pethau sy'n cefnogi ein gwytnwch, wedi cael eu pellhau oddi wrthym.

I'r perwyl hwn, mae'r Bwrdd Iechyd wedi adnewyddu ei dudalennau gwe Pum Ffordd at Les i ddarparu cyngor ymarferol ar y camau y gallwn i gyd eu cymryd i helpu i edrych ar ôl ein lles.

Mae'r tudalennau gwe yn cynnwys gwybodaeth ac enghreifftiau ar bob un o'r Pum Ffordd, adnoddau y gellir eu lawrlwytho, ac arweiniad i ddarparwyr gwasanaeth.

We'd like to inform you about the launch of the re-freshed Betsi Cadwaladr University Health Board's (BCUHB) 'Five Ways to Wellbeing' webpages, which will take place alongside 'Mental Health Awareness Week' (10<sup>th</sup>-16<sup>th</sup> May 2021). The Five Ways to Wellbeing are a set of practical evidence-based actions aimed at improving our mental wellbeing, and link perfectly with the Mental Health Awareness Week's theme of 'Connect with Nature.'

Arguably, there has never been a more important time to think about our mental wellbeing. The COVID Pandemic and associated measures to prevent the spread of the virus have resulted in it being a time of strain and uncertainty for a lot of us. In addition, the things that help to protect our wellbeing, such as having a sense of control over our lives, feeling included and able to participate, and having access to the things that support our resilience, have been distanced from us.

To this end, the Health Board has refreshed its Five Ways to Wellbeing webpages to provide practical advice on the steps we can all take to help look after our wellbeing.

The webpages include information and examples on each of the Five Ways, downloadable resources, and guidance for service providers.

### PROJECT UPDATES

#### CAMHS SCHOOL IN-REACH TO BE ROLLED OUT ACROSS WALES:

The CAMHS School In-Reach Pilot is set to be rolled out across Wales, this exciting development contributes to supporting all schools across Wales to embrace and implement the Whole School Approach to Mental Health launched by the Welsh Government in January. Whilst we are yet to define the details if you have any thoughts on how CAMHS can provide further enhanced support for your school please don't hesitate to get in touch with the team to share your ideas. We look forward to hearing from you. Please email us at [BCU.CAMHSSchoolsinreach@wales.nhs.uk](mailto:BCU.CAMHSSchoolsinreach@wales.nhs.uk)

### Training Update: Youth and Adult Mental Health First Aid Training

CAMHS School In-Reach have now finalised the training schedule for 2021. We have sent details and booking forms to all schools for:

- ◆ Youth Mental Health First Aid (2 day training)
- ◆ Modular version of Youth Mental Health First Aid (a blended learning experience of self-guided e-learning and facilitated MSTeams delivery)
- ◆ Adult Mental Health First Aid (2 day training)
- ◆ Modular version of Adult Mental Health First Aid (a blended learning experience of self-guided e-learning and facilitated MSTeams delivery)

Please ask your school training lead for more information or feel free to contact us by emailing [BCU.CAMHSSchoolsinreach@wales.nhs.uk](mailto:BCU.CAMHSSchoolsinreach@wales.nhs.uk) to request details and booking forms.