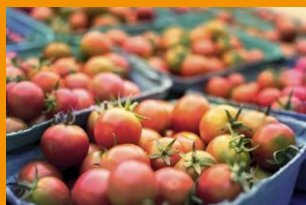


## Going Up

Wycombe Hospital, Bucks covid-19 ward allowed son Alan to visit his mother Ivy Reeves on her 100th birthday. He delivered her message from the Queen, helped her open cards and enjoy some cake - while the nurses sang Happy Birthday.



Princes Risborough quarterly farmer's market has moved online. Residents will be able to place their orders from 11th May and receive free delivery to their doorstep on Market Day, 16th May.



Staff and pupils at Buckingham Primary were amazed and delighted to receive a video message of support from Take That's Gary Barlow, who was impressed with a video that pupils set to the band's 'Shine'.



## Weekly Wellbeing

## Positivity

Our weekly parents' newsletter considers how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges! We hope you enjoy reading - Bucks Mind CYP Team

### Positive Thinking

*The practice of being or tendency to be positive or optimistic in attitude.*

Is your glass half-empty or half-full?

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. It means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Researchers continue to explore the effects of positive thinking and optimism on health:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to common colds
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

### Happiful Magazine

"Our aim is to provide informative, inspiring and topical stories about mental health and wellbeing. We want to break the stigma of mental health in our society, and to shine a light on the positivity and support that should be available for everyone"



This wonderfully uplifting and insightful monthly magazine is available free online. They also have lots of positive articles on their website:

<https://happiful.com/>

### Quote of the Week



### Pick Me Up



[https://www.youtube.com/watch?v=F5pgG1M\\_h\\_U](https://www.youtube.com/watch?v=F5pgG1M_h_U)

John Krasinski highlights some good news from around the world.



## Rocky Road

Research suggests that eating a little dark chocolate can reduce the levels of cortisol and other stress hormones. This could be thanks to the antioxidants found in dark chocolate... so let's eat?

### Ingredients

- 200g digestive biscuits (or Rich Tea)
- 135g butter or margarine
- 200g dark chocolate (70% cocoa works best)
- 2-3 tbsp golden syrup
- 100g mini marshmallows (chopped regular Marshmallows work too)
- Icing sugar, to dust

*Optional (up to 100g)*

Raisins or any dried fruit, nuts, popcorn, honeycomb



### Method

- Grease and line an 18cm square tin with baking paper.
- Place 200g digestive biscuits in a freezer bag and bash with a rolling pin or the side of your fist until they're broken into a mixture of everything between dust and 50p-sized lumps.
- In a large saucepan melt 135g butter or margarine, 200g dark chocolate and 2-3 tbsp golden syrup over a gentle heat stirring constantly until there are no or almost no more lumps of chocolate visible, then remove from the heat. Leave to cool.
- Take the biscuits, 100g mini marshmallows and up to 100g of additional ingredients (dried fruit, nuts, popcorn, honeycomb), and stir into the chocolate mixture until everything is covered.
- Tip the mixture into the lined baking tin and spread it out to the corners. Chill for at least 2 hrs then dust with icing sugar and cut into 12 fingers.

## Positivity Jar

A container filled with all items, quotes and mementos that make you feel good. You can use a jam jar, flower vase, shoe box...

Fill it up with pieces of positivity whenever the moment strikes. The idea is to gradually add to your positivity jar, then use its contents to boost your mood whenever you feel the need.

You might like to fill it with:

- Quotes, notes and messages
- Photographs
- Books you have read
- Goals and aspirations
- New people you meet

You can get creative; make your jar as beautiful as it is positive!



### Instant Access to Wellbeing Support

Helping you on your journey to wellness



## Information, Support and Advice

Free access to SilverCloud's online CBT platform, providing online self-help programmes. SilverCloud have made this offer available for at least 4 months, and for the duration of the Covid-19 national response, so this will be reviewed and potentially extended if needed.

- Please go to: <https://mind.silvercloudhealth.com/signup>
- Use the PIN 'BUCKS' when you set up an account.
- You can download Silver Cloud via the Play Store for use on your phone, and you can also use it in a web browser on a PC. Please note, you'll need to create a different username and password for each programme you sign up to, but your email address can remain the same.

Emotional health is vital to living a balanced and productive life. We can help - with programmes to help you manage stress, sleep better and build resilience.

### Instant access to self-help support

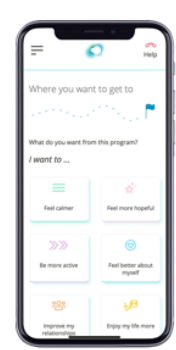
You can sign up now at:

<https://mind.silvercloudhealth.com/signup>

Use access code: **BUCKS**

### It's easy to get started

1. Select a programme
2. Select the 'Sign up' button
3. Enter details to setup an account



### How do they work?



Most users see improvements once they begin using the program.



People who use SilverCloud find it helpful and easy to use.



Easy to access online, when you need it.

Please complete our brief feedback survey to help us improve our resources

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXG17yvfHBe1x5BovajvXv7VzJUODIXRUIIEVRSkZTTkZNMDBQWjFKQ0JNNC4u>