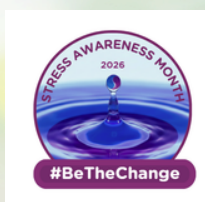


Wellbeing Newsletter

Easter Edition- April 2026

Stress Awareness Month

Stress affects everyone, but the good news is that you have the power to make a difference. By participating in Stress Awareness Month 2026 and embracing the #BeTheChange movement, you're not just raising awareness you're actively reducing stress in your own life and influencing the world around you.



Tips on managing stress

Try these practical self-care tips, as they might make a big difference.



Try self-help techniques

Our short videos and practical guides to cognitive behavioural therapy (CBT) can help you deal with stress by working through problems in new ways and building resilience. Try our [self-help CBT techniques](#)



Try positive thinking

Positive thinking can help with stress relief, so take time to think about the good things in your life. Each day, list 3 things you're thankful for, however small.



Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Check out our [video on social connection](#).



Split up big tasks

You might feel less stressed if you can take practical steps, such as breaking a task down into easier, more manageable chunks. And give yourself credit when you finish a task.



Be more active

Being active regularly can help you to burn off nervous energy, so it could be a way for you to deal with stress. Exercise might also help you manage or reduce stress. Try our [Better Health: Home workout videos](#).



Plan ahead

Planning ahead for upcoming stressful days or events – creating a to-do list, planning your journey and listing things you need to take – can really help to relieve stress.

Key Dates

All Month- Stress Awareness Month

2nd-8th April- World Autism Acceptance Week

7th April- World Health Day

22nd April- Earth Day

Book Recommendations



The Worry Tiger by Alexandra Page and Stef Murphy is a wonderful picture book with lovely illustrations – a recommended read for Stress Awareness Month. In this magical story, when Rory is anxious about school, he meets his very own worry tiger that reassures and empowers him. An anti-anxiety book that includes some simple mindfulness exercises to help children feel calm.

Marking this year's Earth Day, Water: Protect Freshwater to Save Life on Earth by Catherine Barr and Christiane Engel is a clearly written, beautifully illustrated book that shows how vital freshwater is to life on earth and how it is affected by climate change. It is one of the short-listed books assessed by Year 4 as part of this year's Hampshire Information Book Awards. Highly recommended! Both books will be on display in the library this month, together with other, similar themed books.



Mrs Hampshire, Librarian

April's FACE Workshops

Live talks coming up next!

All of the following are delivered live online by FACE Lead Facilitator, Jane Keyworth

FACE April 2026 Timetable	
All regular sessions delivered live online via zoom, 50 minutes long	
£24 each or FREE with School Membership	
Book online at facefamilyadvice.co.uk	
Recordings available for 48 hours	
Understanding Anger	6 April 10am
School Anxiety	6 April 7pm
Facing Defiance	7 April 10am
Supporting Healthy Screen Use	7 April 7pm
Anxiety Explained	13 April 10am
Cannabis and Ketamine Awareness	13 April 7pm
Introduction to OCD	14 April 10am
What is ACT?	14 April 7pm
Decreasing Depression	20 April 10am
Raising Self-Esteem	20 April 7pm
Understanding the Teenage Brain	21 April 10am
Supporting Healthy Sleep	21 April 7pm
FREE Decreasing Depression	23 April 7-8pm
Improving Family Communication	27 April 10am
Autism: Improving Communication	27 April 7pm
Supporting a Child with ADHD	28 April 10am
Understanding Addictive Behaviour	28 April 7pm

10:00 -11:30 and 19:00 - 20:30 (GMT) £24 each or

FREE with School Membership, when using our school code which can be found in your school email sent on 19/03/26. If you can't make the date ask for the link to the recording, available for 48 hours afterwards.

Don't Forget the Happiness Calendar...
[CLICK HERE](#) for 'Active April'



With Warm Wishes,
Laura Gradidge- Family Wellbeing Coordinator