

Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS VOLUME 1

KALMER COUNSELLING IS A THERAPEUTIC SERVICE FOR CHILDREN, YOUNG PEOPLE, PARENTS AND SCHOOLS. WE ARE ON A MISSION TO BREAK DOWN THE STIGMA AROUND MENTAL HEALTH AND MENTAL WELLBEING BY SHARING SIMPLE WAYS TO LOOK AFTER YOUR MIND AND BODY. IN 2020 WE CREATED DOSE MAGAZINE, A FREE ONLINE DIGITAL MAGAZINE FULL OF FREE RESOURCES TO HELP UNDERSTAND AND BOOST THE HAPPY HORMONES DOPAMINE, OXYTOCIN, SEROTONIN AND ENDORPHINS. THIS IS THE BEST ANTIDOTE TO FEELINGS OF WORRY, STRESS AND ANXIETY.

KALMER COUNSELLING AND DOSE MAGAZINE HAVE COLLABORATED TO DEVELOP THIS FREE MONTHLY MENTAL WELLNESS NEWSLETTER, WHICH WILL BE SENT TO SCHOOLS AND PARENTS ACROSS THE COUNTRY. WE WILL PACK THE NEWSLETTER FULL OF STRATEGIES, INSIGHTS, TIPS AND ACTIVITIES DESIGNED TO BOOST CHILDREN'S (AND ADULTS) HAPPY HORMONES AND MENTAL WELLNESS.

OCTOBER THIS MONTH'S FOCUS IS: CHANGE

OCTOBER IS THE SEASON THE TREES START TO SHED THEIR LEAVES, THE NIGHTS AND MORNINGS GET DARKER AND IT STARTS TO GET COLDER. WE'RE ALSO TRYING TO ADAPT TO A NEW SCHOOL/WORK ROUTINE AFTER THE SUMMER HOLIDAYS, ALL OF THESE CHANGES ON TOP OF THE ONGOING IMPACT OF COVID-19 CAN BE OVERWHELMING.



INSIGHT



CHILDREN FEEL SAFE WITH STRUCTURE AND STABILITY, THEREFORE CHANGE AND MULTIPLE CHANGES AT THE SAME TIME CAN BE SCARY AND OFTEN RESULT IN A CHANGE IN THEIR BEHAVIOUR. CHILDREN MAY BECOME WITHDRAWN, TIRED, DISOBEDIENT OR HAVE TEMPER TANTRUMS, ALL OF THESE BEHAVIOURS ARE NORMAL AND CAN BE MANAGED AND SUPPORTED. BY WORKING THROUGH THE OVERWHELM CAUSED BY THE CHANGE, YOUR CHILD WILL BUILD UP THEIR RESILIENCE MUSCLE.

THE COLOUR MONSTER

ONE DAY, COLOUR MONSTER WAKES UP FEELING VERY CONFUSED. HIS EMOTIONS ARE ALL OVER THE PLACE; HE FEELS ANGRY, HAPPY, CALM, SAD AND SCARED ALL AT ONCE! TO HELP HIM, A LITTLE GIRL SHOWS THEM WHAT EACH FEELING MEANS THROUGH COLOUR.





GRATITUDE ATTITUDE

THERE ARE SO MANY THINGS TO BE GRATEFUL FOR IN OCTOBER AND TAKING THE TIME TO APPRECIATE THESE THINGS BOOSTS OUR HAPPY HORMONES. GRATITUDE IS MORE THAN JUST A FEELING, IT IS AN ACTION.

THE ACT OF GRATITUDE BOOSTS OUR OXYTOCIN AND BY ACTIVELY FOCUSING ON THE GOOD THINGS WE AUTOMATICALLY NOTICE MORE GOOD THINGS. WE TRAIN OUR BRAINS TO LOOK FOR THINGS TO BE GRATEFUL FOR AND MAKE OURSELVES FEEL HAPPIER IN THE PROCESS. WE FOCUS ON THE POSITIVE RATHER THAN THE NEGATIVE WHICH IS THE BEST ANTIDOTE TO FEELINGS OF WORRY AND ANXIETY.

THIS DEVELOPS EMPATHY AND COMPASSION WHICH IS POWERFUL WHEN DEVELOPING SOCIAL SKILLS.

THE HAPPINESS HORMONE, DOPAMINE IS BOOSTED BY MAKING A LIST OF THINGS WE ARE GRATEFUL FOR.

WAYS TO HAVE A GRATITUDE ATTITUDE:

- MAKE A WRITTEN LIST
- TALK ABOUT WHAT YOU ARE GRATEFUL FOR OVER DINNER
- DOWNLOAD THE GRATITUDE JOURNAL FROM DOSE MAGAZINE
- DO A GRATITUDE WALK NOTICING WHAT YOU ARE GRATEFUL FOR

I AM GRATEFUL FOR...

- HOT CHOCOLATE
- WARM BLANKETS
- COSY NIGHTS
- HALLOWEEN
- COMFORT FOODS
- RAINBOWS
- FAMILY & FRIENDS
- STARRY NIGHTS
- COZY BEDS
- COMFY PYJAMAS
- NEW EXPERIENCES
- COLOURED LEAVES



GRATITUDE COLLAGE

A GREAT WAY OF EXPRESSING GRATITUDE IS BY MAKING A COLLAGE, STICKING LEAVES, PAINTING PUMPKINS AND GLITTERING AUTUMNAL COLOURS ALL OVER A PIECE OF PAPER. THE EFFORT PUT INTO THE ACTIVITY WILL REINFORCE AND MAGNIFY THE GRATITUDE.



MINDFUL GLITTER JAR

CHILDREN OFTEN FIND IT HARD TO REGULATE THEIR EMOTIONS WHICH IMPACTS THEIR ABILITY TO CALM DOWN AND SELF SOOTHE.

MINDFUL GLITTER JARS ARE A PERFECT WAY TO CALM THE MIND AND HELP DISTRACT FROM THE OVERWHELM, ALLOWING TIME FOR PROCESSING.

PERFECT FOR:

- BIG EMOTIONS
- WORRIES
- ANXIETY AND STRESS
- SELF-REGULATION
- SENSORY NEEDS
- MINDFUL MOMENTS
- BRAIN BREAKS

YOU WILL NEED: JAR (GLASS JAM JAR OR PLASTIC WATER BOTTLES ARE PERFECT), GLITTER, ORANGE FOOD COLOURING, HALLOWEEN DECORATIONS



SOUP FOR THE SOUL



INGREDIENTS

- 25G BUTTER
- 1 SMALL ONION, ROUGHLY CHOPPED
- 500G CARROTS, CHOPPED
- 1 MEDIUM POTATO, (ABOUT 140G/5OZ PEELLED WEIGHT), CHOPPED
- 1 MEDIUM SWEET POTATO
- 1.2L CHICKEN OR VEGETABLE STOCK
- 100G MATURE CHEDDAR, GRATED
- 150ML MILK

METHOD

- ADD THE BUTTER TO A LARGE PAN MELTING IT ON A LOW HEAT.
- CHOP GRATE ONION, CARROTS, SWEET POTATO AND POTATO.
- GRATE THE CHEESE AND LEAVE IN A BOWL.
- ADD THE CARROTS, POTATOES AND ONIONS TO THE PAN AND FRY FOR ABOUT 10 MINS UNTIL THEY HAVE SOFTENED. MAKE SURE YOU STIR THEM SO THEY DON'T BURN.
- CAREFULLY POUR THE STOCK INTO YOUR PAN AND WAIT UNTIL IT STARTS TO BOIL THEN TURN DOWN THE HEAT AND LET IT SIMMER FOR 20 MINUTES. THE VEGETABLES WILL SOFTEN WHILE THEY COOK.
- LEAVE THE SOUP TO COOL FOR 10 MINS, WHEN IT'S COOL USE A BLENDER TO WHIZZ ALL THE VEGETABLES UP UNTIL THEY DISAPPEAR AND THEN ADD YOUR CHEESE. KEEP WHIZZING UNTIL THE SOUP IS REALLY SMOOTH, NOW ADD YOUR MILK.
- GENTLY REHEAT THE SOUP IN A PAN ON A LOW TEMPERATURE.
- WHILST YOUR SOUP IS HEATING MAKE YOUR HALLOWEEN TOAST.
- TOAST YOUR BREAD AND ADD MELTED CHEESE, MARMITE OR BUTTER TO ADD DIFFERENT COLOURS. USE A HALLOWEEN COOKER CUTTER TO CUT OUT YOUR SHAPES.
- NOW YOUR SOUP IS WARM ENOUGH AND YOUR TOAST IS READY ENJOY!

INVOLVING A CHILD IN THE WHOLE COOKING EXPERIENCE, FROM WRITING A SHOPPING LIST AND BUYING THE INGREDIENTS THROUGH TO CLEANING THE DISHES AFTER EATING, GIVES CHILDREN INSIGHT INTO THE PROCESS OF COOKING A MEAL AND DEVELOPS THEIR APPRECIATION AND GRATITUDE,

PLAY MUSIC IN THE BACKGROUND WHICH SETS A POSITIVE AND RELAXED MOOD.

SET REALISTIC EXPECTATIONS, MESS WILL BE CREATED, THE RECIPE MAY NEED TO BE ADAPTED AND YOU MAY NEED TO RESIST THE URGE TO TAKE OVER. IT IS AN EMPOWERMENT ACTIVITY AND LOTS OF LESSONS WILL BE LEARNT THROUGH THE EXPERIENCE.

CHILDREN'S ATTENTION SPAN INCREASES WITH AGE (DOWNLOAD THE ATTENTION SPAN RESOURCE FROM DOSE MAGAZINE TO FIND OUT MORE ABOUT ATTENTION SPAN BY AGE).

HAPPY HORMONES



DOPAMINE
CHEESE, CARROT



OXYTOCIN
CHEESE



SEROTONIN
ONION, CARROT,
SWEET POTATO, CHEESE,
CHICKEN



ENDORPHINS
CHEESE

EXTRA BENEFITS

- HYDRATION - SOUP IS A GREAT SOURCE OF HYDRATION
- NUTRITION BOOST FROM THE VEGETABLES
- RESPONSIBILITY SKILLS
- SELF ESTEEM & CONFIDENCE- BEING ABLE TO COMPLETE AN ADULT TASK
- EXPANDS PALATE AND DEVELOPS HEALTHY HABITS- TRYING NEW FOODS
- QUALITY TIME WITH PARENTS OR CARERS
- EXPLORES SENSES INVOLVED IN THE COOKING PROCESS
- GRATITUDE FOR PARENTS, APPRECIATING THE EFFORT THEY PUT INTO MAKING MEALS

SKILLS

- PLANNING - WRITING THE SHOPPING LIST
- MONEY MANAGEMENT - LEARNING PRICES OF THE INGREDIENTS
- COUNTING & MATHS SKILLS
- MEASURING AND WEIGHING OF THE INGREDIENTS
- CUTTING AND USING A KNIFE
- READING INSTRUCTIONS
- COMMUNICATION WITH ADULTS THROUGHOUT THE COOKING PROCESS
- RESPONSIBILITY OF MAKING DINNER
- FINE MOTOR SKILLS
- TASK COMPLETION AND SATISFACTION OF A JOB WELL DONE

FOODS WHICH BOOST YOUR HAPPY HORMONES

HOT CHOCOLATE ACTUALLY BOOSTS ALL FOUR OF YOUR HAPPY HORMONES, DOPAMINE, OXYTOCIN, SEROTONIN AND ENDORPHINS GIVING US AN INSTANT MOOD LIFT.

ENJOYING A HOT CHOCOLATE IS BOTH RELAXING AND INVIGORATING AT THE SAME TIME, IT ENGAGES MOST OF OUR SENSES, INCLUDING TOUCH WITH A COMFORTING WARMTH, SMELL WITH SWEET NOTES, SIGHT TRIGGERS EXCITEMENT (ESPECIALLY WHEN LOADED WITH CREAM AND MARSHMALLOWS) AND OF COURSE, TASTE.

ENJOYING A HOT CHOCOLATE TOGETHER STRENGTHENS BONDS AND CREATES A POSITIVE MOMENT IN TIME.

CREATE A POSITIVE MOMENT WITH A HOT CHOCOLATE



MONTHLY MIRROR MANTRAS

I FIND
NEW
THINGS
EXCITING



A MANTRA IS A POSITIVE STATEMENT OR WORD WHICH IS REPEATED OUT LOUD (OR IN YOUR HEAD). REPEAT THE MANTRA TEN TIMES ON A MORNING WHILE LOOKING INTO THE MIRROR AND AGAIN BEFORE BED.

REPEATING THE MANTRA CALMS THE MIND AND HELPS US FOCUS ON THE WORDS.

USING A MIRROR MEANS YOU MAKE EYE CONTACT WITH YOURSELF WHICH BOOSTS SELF-KINDNESS AND SELF-COMPASSION.

OUR BRAIN IS PROGRAMMED TO BELIEVE WHAT WE SEE AND BY LOOKING INTO THE MIRROR AS YOU SAY YOUR MANTRA YOUR BRAIN WILL HAVE A DEEPER BELIEF IN THE WORDS YOU SAY.



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NEW FREE RESOURCES
THIS MONTH ON DOSE
MAGAZINE...

HAPPY BLACK CAT
SAD BLACK CAT YOGA



TALKING LEAVES
EMBRACING CHANGE



COLLECT ALL OF OUR
HAPPY YOGA CARDS