

Mindfulness Monthly



Issue 32: July 2026

Welcome to the July edition of 'Mindfulness Monthly'. As the school year comes to a close, this is a valuable time for young people to rest, reset, and reflect on how far they've come. In this edition, we explore simple ways to support well-being over the summer and help young people recharge ready for what comes next.

Looking ahead without feeling overwhelmed

As one school year ends, thoughts naturally turn to what's coming next. While this can feel exciting, it can also bring worry or uncertainty. Parents and carers can help by keeping conversations focused on what can be controlled in the present. It's helpful to acknowledge that uncertainty is normal and manageable. Encouraging young people to take things one step at a time prevents future worries from becoming overwhelming.

Winding down: Helping teens switch off after a busy year

After a busy and often demanding school year, many young people don't instantly relax when term ends. Instead, they may feel unusually tired, restless, or unsure how to switch off. This is a completely normal response - the mind needs time to adjust after being in a state of focus and pressure for so long.

Parents and carers can support this by encouraging a gentle transition into the summer break. Slower mornings, fewer expectations, and low-pressure activities such as spending time outdoors, watching a film, or seeing friends can help the brain begin to settle. It's important to remember that rest doesn't always look productive, and that's okay. Allowing young people time to unwind without rushing into plans or expectations helps them reset emotionally as well as physically. This recovery time is an important part of their overall well-being.

Rest is not wasted time

During the summer holidays, it's common for parents and carers to worry that their young person is 'doing nothing'. However, what can look like inactivity is often an important form of recovery. After months of structure, deadlines, and pressure, young people need time to simply pause. Rest allows the brain to recharge, process experiences, and restore energy levels. Without this downtime, young people can return to school feeling just as exhausted as they did when they left.

Encouraging a balance of rest and gentle activity is key. Some days will be more active, others quieter, but both are valuable. Helping young people understand that rest is not a sign of laziness, but a necessary part of well-being, can build healthier lifelong habits.

Keeping conversations going over the summer

The summer break can be a valuable time for connection, but conversations with teenagers don't always happen in obvious ways. Long discussions aren't always necessary; in fact, they can sometimes feel overwhelming. Instead, connection often comes through shared moments. Sitting alongside your young person, going for a walk, cooking a meal together, or chatting in the car can create natural opportunities to talk. These moments feel less intense and allow conversations to develop more easily.

Rather than asking a lot of questions, it can help to show interest, stay present, and listen without judgement. Keeping communication open in small, consistent ways helps young people feel supported and understood, even if they don't say very much.

Celebrating the year: Small wins matter

As the school year comes to an end, it's easy to focus on results, reports, or final outcomes. However, these don't always reflect the full picture of a young person's growth. Taking time to recognise small wins (showing up each day, managing challenges, building friendships, trying again after setbacks, etc...) helps young people feel valued and understood. These moments often represent real progress, even if they aren't formally recognised.

Encouraging reflection through simple conversations can be powerful. Asking questions like 'what are you most proud of this year?' or 'what did you find difficult but kept going with?' helps shift focus from performance to personal development. This builds confidence and supports a more positive sense of self.

Letting go of the school mindset

For many young people, school becomes a big part of how they see themselves - through grades, feedback, routines, and expectations. The summer break offers a valuable opportunity to step away from this and reconnect with who they are outside of school. This might include rediscovering hobbies, spending time with different friendship groups, or trying something new without the pressure to succeed. Allowing space for curiosity, creativity and enjoyment helps rebuild a more balanced sense of identity.

Parents and carers can support this by focusing less on achievement and more on experience. Reminding young people that their worth goes beyond school helps develop confidence that is not tied to results alone.

Confidence beyond the classroom

For many young people, confidence can feel closely linked to how they perform at school. The summer break is an important opportunity to rebuild confidence in ways that are not based on achievement or results.

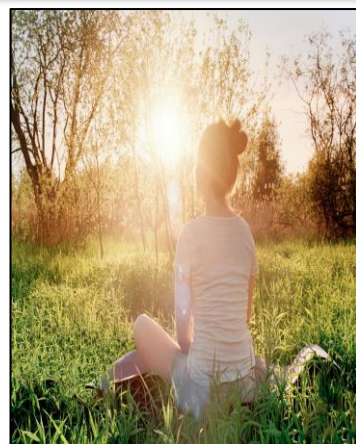
Confidence often grows through everyday experiences - trying something new, spending time with others, solving small problems, or simply having time to explore interests without pressure. These moments help young people see themselves in a more balanced and positive way. Parents and carers can support this by praising effort, curiosity, and willingness to try, rather than outcomes. Encouraging young people to focus on what they enjoy, rather than what they need to achieve, helps build a stronger and more lasting sense of confidence.

Simple ways to support well-being over the summer

Well-being doesn't need to be complicated. Often, it's the small, consistent habits that make the biggest difference. Over the summer, families can support well-being by encouraging;

- Regular time outside in natural light
- Consistent sleep routines where possible
- Opportunities for social connection
- Time to relax without pressure
- Trying something new, just for enjoyment
- Being mindful of screen-time and encouraging breaks

These small actions help create a sense of balance and routine, even during less structured periods. They also support young people in returning to school feeling refreshed rather than overwhelmed.



Looking ahead without rushing it

As the summer progresses, some young people may start thinking about the next school year. While this is natural, it can also lead to unnecessary worry or pressure. It can help to remind young people that there will be time to prepare later. The summer break is primarily a time for rest and recovery, not for getting ahead. Encouraging them to focus on the present helps reduce anxiety and allows them to make the most of their time off. Taking things one step at a time supports a calmer mindset and helps young people feel more in control as they move towards the next stage.

A simple summer strategy: The '10 Minute Reset'

A simple way to support well-being over the summer is the '10 minute reset'. The idea is straightforward - spend 10 minutes outside each day without distractions such as phones or music. During this time, encourage young people to notice their surroundings - the sounds, colours, movement, and air around them. This short pause can help calm the mind, reduce stress, and improve mood. Because it's short and easy to fit into the day, it's a strategy that can be used regularly without feeling like a task. Over time, small moments like this can have a big impact on mental well-being.

Building independence over the summer

The summer holidays offer a valuable opportunity for young people to develop independence in a relaxed and low-pressure way. Without the structure of school, there is more space for them to take responsibility, make choices, and learn from everyday experiences.

Independence doesn't need to come from big moments - it often develops through small, manageable steps. This might include organising their own time, helping with household tasks, planning a day with friends, or managing simple responsibilities. These experiences help build confidence, problem-solving skills, and a sense of capability. Parents and carers can support this by offering guidance without taking over, allowing young people to try things for themselves while knowing support is available if needed. Building independence gradually helps young people feel more confident as they move into the next school year and beyond.

Finding a healthy balance with screens

With fewer routines in place over the summer, screen time can naturally increase. While technology plays an important role in how young people relax and connect, too much time on screens can sometimes affect mood, sleep, and energy levels. Rather than focusing on strict rules, it can be more helpful to encourage balance. This might include suggesting a mix of activities throughout the day such as time outdoors, socialising, hobbies, and periods of rest alongside screen use.

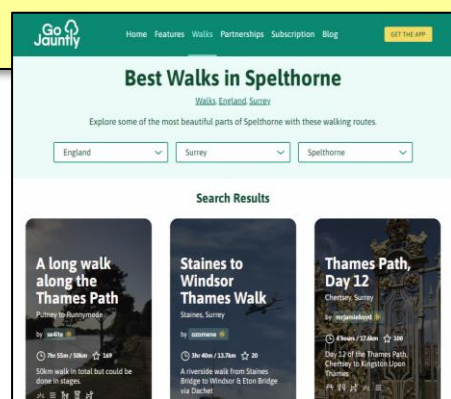
Inviting young people into the conversation can also make a difference. Asking 'what helps you feel good after a day on your phone?' can encourage reflection without confrontation. When balance is approached collaboratively, young people are more likely to develop healthy habits that last.

Website recommendation of the month

Go Jauntly

(<https://walks.gojauntly.com/walking/gb/england/surrey/spelthorne>)

In a break from tradition, this month's website recommendation focuses on activities for the holidays. 'Go Jauntly' is a free app and website that offers a wide range of local walking routes and outdoor activity ideas. It encourages families to explore their local area in a simple and accessible way, making it ideal for summer holidays. With routes suitable for all abilities, it's a great option for getting young people outdoors, active, and away from screens.



And finally ...

As we reach the end of the academic year, we would like to thank you for your continued support in promoting the well-being of our (your) young people. The summer provides an important opportunity to rest, reconnect and recharge, and we hope some of the ideas in this edition are helpful in supporting this. We wish you and your families a restful and enjoyable break, and we look forward to continuing to support our students' wellbeing in the new academic year.

Well-Being Quote:

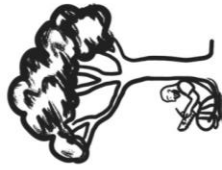
"Rest is not a luxury – it's a necessity"

Tricia Hersey

Jump Back Up July 2026



MONDAY



6 Pause, breathe and feel your feet firmly on the ground

TUESDAY



7 Shift your mood by doing something you really enjoy

WEDNESDAY

1 Take a small step to help overcome a problem or worry

THURSDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

FRIDAY

3 Be willing to ask for help when you need it

SATURDAY

4 Find something to look forward to today

SUNDAY

5 Get the basics right: eat well, exercise and go to bed on time

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change the way you think about it

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

10 Reach out to someone you trust and share your feelings with them

11 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

23 Remember that all feelings and situations pass in time

25 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

25 Notice when you are feeling judgmental and be kind instead

31 Remember we all struggle at times - it's part of being human

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

31 Remember we all struggle at times - it's part of being human

25 Notice when you are feeling judgmental and be kind instead

31 Remember we all struggle at times - it's part of being human

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human

25 Notice when you are feeling judgmental and be kind instead

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together