

the chapters

Therapy Services Ltd.

Wellbeing

In order to be the best people we can be at any one time we need:

- safety,
- self-care,
- self-awareness,
- to know when and how to seek help and support from others when we need it.



This is relevant to both the children we work with and their key adults and organisations seeking support. Safe and healthy environments optimise life chances for children.

Whoever we work with, their well-being is at the core of what we do.

The Chapters aims to promote well-being in all its services and offers information and strategies to promote well-being, and can signpost to organisations that offer specific support in this area.

Learning

The Chapters supports the principle of lifelong learning. Our brains are continually developing, and by learning about ourselves and our environments, we are better equipped to manage the chapters of our life and the challenges they hold. We learn best when we feel safe. We learn best when we feel curious.

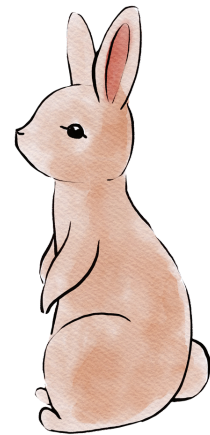
The Chapters:

- promotes strategies for developing curiosity,
- encourages openness to new ideas and understanding, and
- believes in the power of practice, practice, practice.

Learning about brain science is fundamental to human change and development, so The Chapters offer information and advice about how the brain works and how to unlock our true potential.



Mindfulness



The Chapters believes that increased awareness fundamentally alters how we deal with life's challenges effectively. As we develop an awareness of ourselves, our emotions, our worries, our physical state, and also the world that we inhabit, we see new possibilities and find new strength.

Our mental well-being is fundamentally enhanced by positive sensory stimulation, such as:

- nature,
- music,
- healthy activity
- self-care and compassion

The capacity to remain present is essential for well-being and growth, so separating the past from now and thoughts from facts provide the foundation for making new meaning from old struggles.

The Chapters promote mindfulness practices through activity, stillness, and story-telling to promote personal growth and strengthen attachments.

Acknowledgement

Feeling acknowledged is fundamental to our safety, attachments, development and learning. Children and families benefit from being compassionately:

- noticed
- understood,
- recognised for their resilience and
- nurtured,

A new direction can then be offered, and they can be supported whilst they navigate their experiences and make new meaning from them.



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Connection

To feel noticed and valued by another human being is essential. So too, is our capacity to truly connect to ourselves.

Connection can include,

- knowing our own emotions and habits
- recognising them in others,
- finding our most resourceful selves when we need them,
- building attachments that can grow, develop and strengthen.
- connection to the world around us.



The Chapters uses natural play and communication strategies to help children and adults recognise the value of connection, and gain skills and confidence to reconnect in challenging times.

Celebration

For the brain to develop and change, we need to experience a positive payoff so old habits are less likely to repeat. Instead of focusing on negatives and 'goals', it is essential to value each new step:

- a broader perspective
- self-reflection
- self-care
- brave new responses

Time taken to allow positive celebration helps integrate change and builds self-esteem.

