

April Newsletter



Hello Everybody,

We're excited to bring you the April newsletter!

Spring has officially arrived, bringing longer days, warmer weather and the annual tradition of "springing forward" by setting our clocks ahead one hour. Although losing an hour of sleep may not be the best thing, there are actually many benefits to this time change.

The Easter holidays are upon us for those of you in the UK. While this can be a fun and exciting time for children, we know it can also be a challenging time for parents. With the children out of school and routines thrown off, keeping them entertained and maintaining a sense of structure can be tough. But hey, adding chocolate to the mix can make for an interesting time!

So, while losing an hour of sleep may not be ideal, we encourage you to embrace the longer days, enjoy the extra time with your loved ones, and use this time to reset and refresh.

Please note that The Haven will be closed this week for the Easter break, but we'll be back next week to resume our client sessions and consultations.

From

Sair, Emma and The Haven Team. x

New blog post - Springing Forward!

In our new blog post, we discuss the benefits of losing an hour due to daylight saving time in the spring. Despite the common dislike for losing an hour of sleep, the article explores the positive effects of this time change and how it can improve overall well-being.

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New Rest & Relaxation Session released!

Our next rest and relaxation session will be available on the portal from 1st April; this gives you an opportunity to unwind in the comfort of your own home and practice some mindfulness with our guided meditation.

[Join the portal](#)

Rest and Relaxation Sessions.



Tidy up Time!

Continuing with our spring cleaning theme, motivating children to assist with tidying can be more challenging than it sounds. Here is a guide outlining what to steer clear of when guiding children through tidying tasks.



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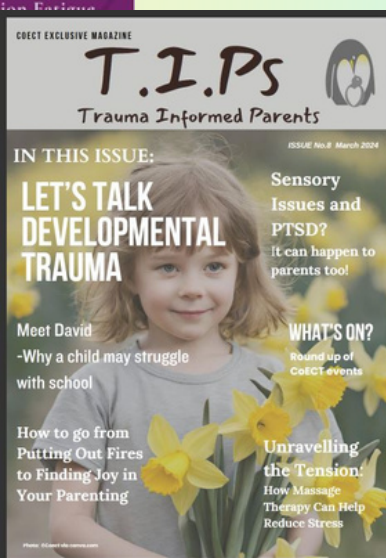


Relieve the symptoms of compassion fatigue, including burnout

If you're a parent, carer or an individual in a supporting role who is struggling with the emotional toll of compassion fatigue, attending a day retreat might be just what you need. Here are six reasons why you should consider going:

- 1. Self-Care and Rejuvenation:** You can't pour from an empty cup. A day retreat gives you a chance to step back from the daily grind and focus on yourself. By prioritising self-care, you can recharge and feel renewed.
- 2. Reflection and Awareness:** It's easy to get lost in the demands of caregiving. Our retreat provides a quiet and reflective environment where you can explore your thoughts and feelings related to compassion fatigue. By gaining insight into your emotional well-being, you can take proactive steps to improve it.
- 3. Learn Coping Strategies:** You don't have to go it alone. A compassion fatigue day retreat provides a morning workshop led by our practitioners with expertise in practical coping strategies to manage stress, reduce burnout, and boost resilience.
- 4. Connect with Others:** It can be isolating to care for others, especially if you don't understand what you're going through. Our Day Retreat provides a supportive community of like-minded individuals who can offer validation, comfort, and companionship.
- 5. Mindfulness and Relaxation:** Being in a constant state of stress takes a toll on your mind. At our Day Retreat, you'll have the opportunity to practice mindfulness and relaxation techniques. These practices can help reduce stress, boost emotional resilience, and promote a sense of calm.
- 6. Permission to Rest:** We often feel guilty about taking time for ourselves. Our Day Retreat provides permission to prioritise your own needs without feeling selfish. By taking time for yourself, you can be better equipped to care for others.

Attending a compassion fatigue day retreat is a proactive step toward managing your stress while continuing to care for others. You deserve to feel supported and empowered. To find out more about the day and our upcoming locations visit <https://www.thehavencentre.co.uk/dayretreats>



Issue 8 of the CoECT TIPS Magazine is out now!

Contributions from our associates Jessica Spenceley, a Therapeutic Social Worker and TBRI® Practitioner, and Nicola Crabb, a Massage Therapist, are included in this issue.

Also several reasons to join us at one of our day retreats.

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