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Dear Parents & Carers

08/06/2022

### Being Good Enough

Self-care starts with being kinder to ourselves. Would we berate our best friend in the way we do to ourselves? We are often our worst critic, demanding more and expecting higher standards than we would ever dream of asking from someone else. Sometimes we want everything to be perfect as a way of keeping control, but often things are just beyond our control.

Begin to notice when this need for perfection is arising. What do we discover? How do we behave towards ourselves? Do we ease off or press the accelerator to achieve more? How does this pressure affect us? Does it affect our sleep patterns, our appetite, our relationships with others?

Once we begin to notice these thoughts, consider what is driving them. Try to challenge and reframe them. Adopting a 'good enough' approach can help to relieve the pressure.



Miss Lockett and Miss Moore  
Wellbeing Lead

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>

