

# Theme of the week:

Act of Kindness

Mental Health

## Learning that inspires: Wellbeing

# ***We all have mental health***



- We are aware that for majority of learners, parents and carers, the thought of an unknown amount of time at home without physical contact with friends, loved ones and a “normal” routine is scary.
- It is important at times like these, learners, parents and staff take time to think about their own mental health.
- To help through these difficult times we have put together some ideas to help you maintain a positive mindset.
- Finally please do remember we are in this together and we can get through whatever the coming weeks and months throws at us.



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# How can school help?



- Keep in regular contact with your teachers, if possible at your regular lesson times.
- Remember you are not alone. Your teachers are still available to support you, both academically and pastorally.
- Ask for help when needed; independent learning is a new skill for some. Don't be afraid to say if something seems confusing or you need extra support.
- Try to keep on top of your workload to avoid feeling overwhelmed.
- Take the opportunity to also follow your passions; if a particular topic interests you, research it. You never know where it might lead!
- Be sure to keep your teachers updated so we can support you in this.

# Wellbeing

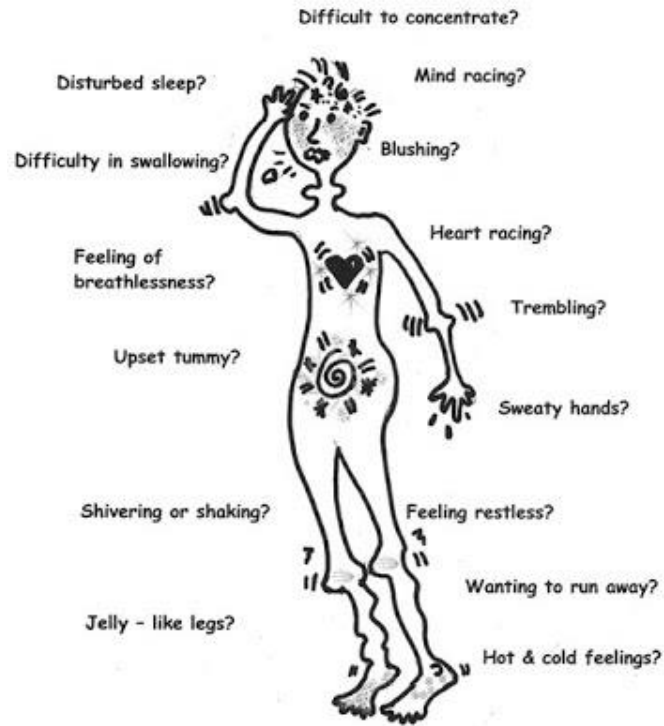


- Interactions with family and friends
- Healthy eating
- Regular sleep patterns
- Communication with others
- Work/life balance
- Other interests
- Physical activity



# Signs and symptoms of a drop in mental health

What does anxiety (worry) look like?



Do you have any of these symptoms?

- Change in sleep patterns
- Becoming withdrawn
- Friendship groups: can become less or more social than usual
- Change in eating patterns
- Change in appearance
- Personality shifts
- Problems with concentration

# Wellbeing – How can Parents/Carers help?



- Model and promote Healthy eating
- Encourage downtime – make sure your child takes time to relax
- Create productive habits – work routines
- Interactions/ listening
- Encourage exercise (and join in too!)
- Monitoring social media access
- Be aware of important academic dates
- No issue is too small!

# Build in structure



- Try to maintain a routine similar to your normal day/ week (e.g, weekday and weekend routines)
- Have allocated time for work and for rest
- Maintain habits – dress in the daytime, etc
- Make time for what you love
- Break your day/ week into chunks
- Plan your time
- Build in social contact; distance physically but don't become socially isolated

# Weekly Planner



Times							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



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# 24 actions to keep you busy...



<b><u>Day 1</u></b> Leave a Happy note for someone else to find in your house.	<b><u>Day 2</u></b> Make a card for someone's birthday/celebration coming up	<b><u>Day 3</u></b> Call a relative or friend who is far away and have a chat with them.	<b><u>Day 4</u></b> Go out into your garden or local park and focus on nature's beauty.	<b><u>Day 5</u></b> Make a cup of tea for someone and sit for 5 minutes and have a chat.	<b><u>Day 6</u></b> Visit the MindMate website and explore the resources.
<b><u>Day 7</u></b> Visit a virtual museum! Go online and explore the collections online.	<b><u>Day 8</u></b> Get in contact with a local care home and arrange to send a letter to one of the residents.	<b><u>Day 9</u></b> Turn your devices off and enjoy spending some time with a sibling or parent/carer.	<b><u>Day 10</u></b> Use your phone or camera to take 5 pictures of objects in your garden or home.	<b><u>Day 11</u></b> Say something positive to everyone in your household today.	<b><u>Day 12</u></b> Do something helpful for a friend or family member today.
<b><u>Day 13</u></b> Do a chore in the house without being asked to do it.	<b><u>Day 14</u></b> Send a positive text to all your friends.	<b><u>Day 15</u></b> Listen to your favourite song and dance around the room.	<b><u>Day 16</u></b> Stay off social media today and keep yourself occupied.	<b><u>Day 17</u></b> Take a selfie and note down 5 things you like.	<b><u>Day 18</u></b> Play a game that you haven't played in a while.
<b><u>Day 19</u></b> Hoover the stairs or a room in your house.	<b><u>Day 20</u></b> Sit in your garden and watch the clouds for 5 or 10 minutes	<b><u>Day 21</u></b> Bake some buns and sit and enjoy one in the garden.	<b><u>Day 22</u></b> Sit down in a silent room and focus on your breathing for 5 minutes.	<b><u>Day 23</u></b> Call a relative and have a chat with them.	<b><u>Day 24</u></b> Find a workout video online and do it.

# Remember the Basics



- Get some fresh air\*
- Go outside, preferably in the mornings/ during daylight\* Exercise at regular points throughout the day.
- Keep hydrated
- Try to maintain regular meal-times
- Eat a balanced diet

\*If it is safe to do so and bearing in mind any medical advice.

# Keep Moving



- Your daily activity will be reduced if you are at home, so it is important to build movement into your routine
- Your usual exercise method may no longer be available
- Use this opportunity to try something different
- Youtube and other apps have tutorials and guided workouts
- Try HIIT (High Intensity Interval Training), or more gentle exercises such as Yoga or Pilates
- Go outside into the garden and play a game\*
- Take care not to injure yourself – work within your usual fitness levels and take it steady



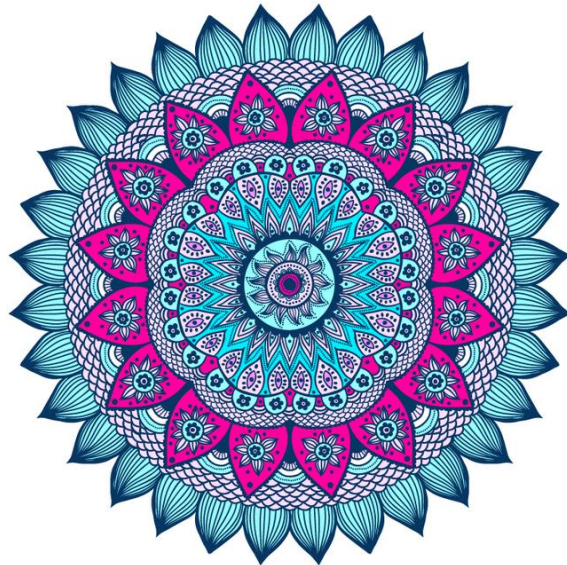
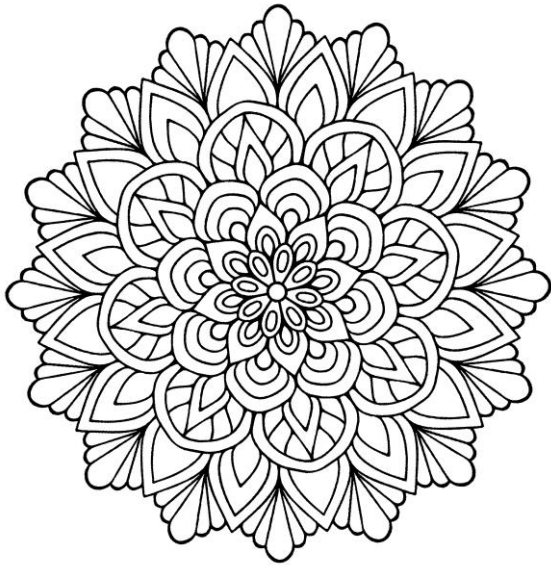
# Make your time meaningful



- All those things you never seem to have time for – list them!
- Take up a new skill or hobby
- Make time to be creative – art, music, crafts etc.
- Make time to help others where possible, either virtually or, where safe to do so, in person; collect some shopping for a neighbour.
- Keep up to date with study so you don't feel overwhelmed



# Mandalas/ mindful colouring benefits



- Creative activities encourage flow
- Slows breathing and heart rate
- Allows self-expression
- Time together
- Can encourage “accidental” conversations
- Provides a mental pause

# Music - benefits



- Can reduce distractions
- Sets a mood for concentration or relaxation
- Can build routines
- Reduces anxiety



# Journaling prompts – some ideas



We are living through an important event in history. Take some time to write down what is happening.

- The main thought in my head today was...
- Right now I feel challenged by...
- I feel supported when...
- I am grateful for...
- One thing I could do to help myself today is...
- What I want to say to my anxious thoughts...
- Write your anxious thoughts that include words like “never,” “always,” “everyone,” and “no one.” Circle those you can prove are 100% true

# Talking - benefits

What are you going to have for lunch today?

What is your favourite song right now? Why?

What has made you smile/ frustrated/ confused today?

Has anyone around you had a hard time today?

If you could do anything this weekend/ next holiday, what would you choose?

What are you most looking forward to right now?

- Improves relationships  
Identifies potential problems early
- Builds self-esteem
- Generates problem-solving ideas together