

# WELLBEING AND MENTAL HEALTH GUIDE

Support and resources to  
help students and parents  
with the return to school



# SUPPORT IS AVAILABLE

We have put this guide together to provide some useful information, support and advice for you and your family to use so you can look after your mental health as we begin to return to school.

We have also included some online resources which may be helpful to you.

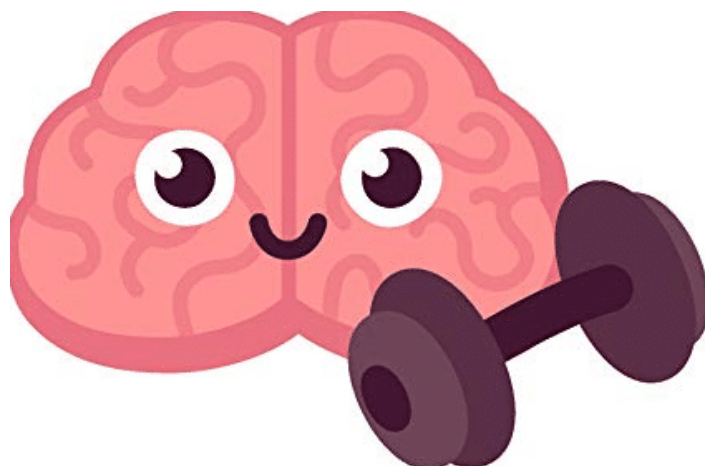


# LOOKING AFTER YOURSELF

Covid-19 has now had a big impact on people across the world. It is more important than ever to take care of yourself both physically and mentally at this time.

As humans we don't cope so well with change therefore we will all experience a degree of stress and disruption on some level as we come to terms with the new normal.

Even those who generally feel mentally well are likely to notice an impact on mood and sleep.



# MANAGING ANXIETY

The changes to our routines over the past few months can leave us feeling anxious. Here are some top tips on how to keep calm:

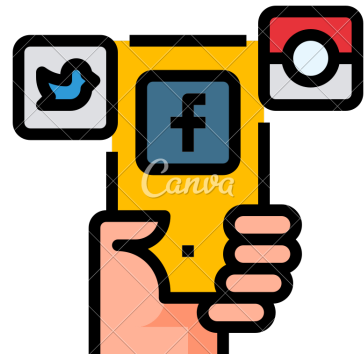


## **Anxiety is temporary**

We almost expect a level of worry at this time - this is normal. But we also know once the stressful time is over, we return back to our usual, rational selves. This challenging time will pass.

## **Limit social media/news time**

Try to avoid constantly checking your phone – it only makes your anxiety grow stronger. Perhaps limit yourself to 30 minutes a day to check the news or scroll through social media.



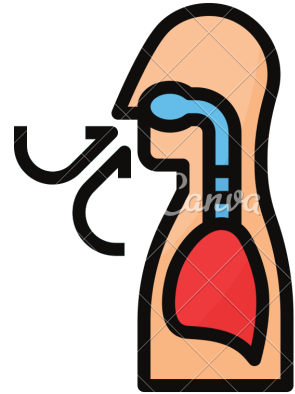
# MANAGING ANXIETY

## Breathe!

Getting some well needed air will help calm the brain and allow you to think more clearly.

Try this box breathing exercise:

<https://www.youtube.com/watch?v=AOL3isokmY4>



## Try some colouring

Colouring in has been proven to ease anxiety and process difficult emotions. Distract yourself and focus your mind if you begin to feel overwhelmed. Try these fun resources or try our example on the next page:

<https://www.scriberia.co.uk/journal/happy-at-home-colour>

## Be kind to yourself

Try to take a step back if you feel irritable - not every day will be a good one and that is okay. Look after yourself and others - random acts of kindness go a long way. Try this gratitude journal as a good place to start:

<https://ineqe.com/wp-content/uploads/2020/05/GratitudeJournalPrintableCompressed-2.pdf>



# TALKING HELPS



It's normal to feel worried or stressed about the current situation and how it is impacting on you. Share your concerns with people you trust - it may also help them to talk about it.

We also recommend the online service **Kooth.com** which offers online confidential counselling and support, as well as articles and forums. It is monitored entirely and follows safeguarding protocols.



Free, safe and anonymous  
online support for young people

Monday - Friday 12pm - 10pm  
Saturday - Sunday 6pm - 10pm

**There are staff available at school for you to talk to if you have worries.**

Please speak to your Head of Year for more info.

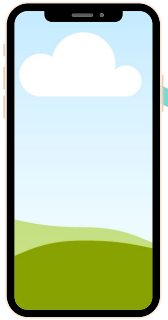


Why not have a go at some mindful colouring...



# STAYING CONNECTED

In these testing times, the change to our routine can be difficult to adjust to. The long periods of not being around others all day can be unsettling and lead us to feel low in mood, bored or lonely.



Staying connected with others is really important for your mental health. If you are craving some connection - plan in regular digital catch ups with your friends and family members via FaceTime or Skype. You may even want to arrange a walk or bike ride.



**Social distancing is about physical distance not emotional distance**



# SELF HELP

Staying healthy is crucial in maintaining a good level of wellbeing. How we feel physically will affect how we feel mentally. Now is a good time to focus on your health.

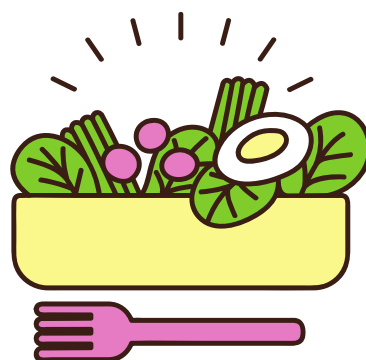
## Exercise

Regular exercise has been proven to reduce stress levels by taking your mind off your worries and pumping feel good endorphins to improve your mood. Exercise can include anything that gets your body moving - walking, running, playing sport, dancing, online exercise classes.



## Diet

You are what you eat! Eating a balanced diet and drinking lots of water helps keep your body working well. Now may be the time to try some new recipes with your family!



# SELF HELP

## Sleep

A good rest each night is paramount for overall health and brain function. Putting the Xbox or your phone down and getting a good night's rest will aid concentration and energy levels.



## Hobbies

Keeping your mind active and learning new things is good for your wellbeing! And a perfect distraction during these challenging times. You could learn a new language, start baking, read a book or try out a new dance craze.



**For more self care ideas we highly recommend this website:**

**<https://www.annafreud.org/on-my-mind/self-care/>**

# COPING WITH LOSS

Sadly some of us may have lost loved ones during the Covid-19 crisis.

Bereavement can be difficult to cope with and affects us all differently.

Many people often find it helpful if they can talk about what is happening, to help make sense of events and feel less afraid.



Our school pastoral team are here to listen and can offer support around bereavement and loss. Please contact our school counsellor at [kirsty.hutchinson@whitleybayhighschool.org](mailto:kirsty.hutchinson@whitleybayhighschool.org) if you want to discuss this further.

**There is further advice available here:**

**<https://www.childbereavementuk.org/coronavirus-covid-19-information>**

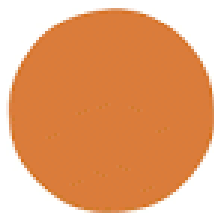
# MENTAL HEALTH APPS

As we are less able to access face to face support at the moment it is important we have a toolkit of resources we can turn to on tougher days.

We have tested out and reviewed lots of free, mental health and wellbeing apps, all available on IOS or Android. Here is a selection of the best we have found.

## **For mindfulness beginners - Headspace**

Headspace is probably the most famous wellbeing app and gives you basic techniques on mindfulness and meditation from as little as 3 minutes a day, giving you a moment to pause and collect your thoughts.



HEADSPACE

## **For tracking your mood - Daylio**

We can't recommend this one highly enough. Daylio is a bit like an online journal but you don't have to write how you feel in words - you customise your own mood ratings (from 'meh' to 'buzzing') and keep a log of how you are feeling.



## **For managing emotional distress or self harm - Calm Harm**

An award-winning app we frequently recommend, Calm Harm aims to help us through the irrational or negative cycles that can be switched on when we are highly distressed. Depending on what you need in that moment, you can select activities from categories such as 'distract', 'comfort' and 'release' to divert your mindset.



## **For improving mood - Happify**

With a psychologist-approved mood-training programme, the Happify app is your fast-track to a good mood. Try various games and activity suggestions to train your brain to overcome negative thoughts, using CBT style techniques.



## **For goal setting - My Possible Self**

My Possible Self has been clinically proven to reduce anxiety and allows you to reframe the future in a positive way (even in times of uncertainty), while also reminding you how far you have come, helping you achieve goals from managing fear to problem-solving.



**For even more, check out the NHS apps library:**

**<https://www.nhs.uk/apps-library/category/mental-health/>**

# FURTHER RESOURCES

## Wellbeing and Mental Health Advice

### **WBHS website**

<https://www.whitleybayhighschool.org/wellbeing>

### **Government guidance**

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

### **Kooth**

Free online counselling for young people over 11.  
[www.kooth.com](http://www.kooth.com)

### **Mind**

Mental health information and self-help guides.  
[www.mind.org.uk](http://www.mind.org.uk)

### **Anna Freud Centre**

<https://www.annafreud.org/coronavirus-support/coronavirus/>

# FURTHER RESOURCES

## Telephone/text numbers

### **School Nurse Chat Health Service**

**07507 332532**

Students can ask about health worries they may have  
8.30am-4.30pm Mon-Fri

### **Samaritans 116 123**

Whatever problems you are facing, Samaritans are  
there to listen 24/7

### **Young Minds Parent Line 0808 802 5544**

Advice for parents and carers worried about a young  
person 9.30-4pm Mon-Fri

### **Young Minds Crisis Messenger**

**Text YM to 85258**

Crisis text support for under 25s

### **NHS 111**

For NHS advice and referrals for any health or mental  
health related issues



# WBHS Wellbeing Challenge

## DECLUTTER

your bedroom or workspace

Pack yourself a healthy lunch for the next day



**UNPLUG**  
FROM YOUR DEVICES  
FOR A NIGHT

Do a random act of  
**KINDNESS**  
for someone

Try a new exercise



**Relax**  
with your favourite movie



Go for a

**30**   
minute walk

Have a conversation



...about something other than school work

take a bath



  
Celebrate  
something you are proud of



Organise your inbox



Take a break from homework  
with your family

**RUN**



...even if only for  
**10 minutes**

Make a To-Do list



Try a  
**yoga class**



Listen to a  
**podcast**

Head to the



**BEACH**



Cook yourself your  
**FAVOURITE**  
comfort food



**READ**

for 20 minutes before bed



try a free  
mental health  
**app**



Set yourself a  
**GOAL**



go to bed  
**1 HOUR**  
earlier



Take a one day social media



**detox**



try a  
**MINDFULNESS**  
breathing exercise

Contact a friend



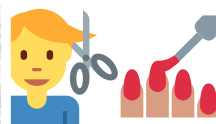
...just to ask how they are



take a  
**DOG**  
walk



Unleash your  
**creative side**



**Freshen up**  
your look



play your fave music

**REALLY LOUD**

Plan something sociable with your friends

