



# Looking after your wellbeing PSHE online support



With the announcement of COVID restrictions for Christmas and New Year and the news that years 7 – 10 and 12 will be remote learning after the Christmas break we will all be affected in one way or another.



Some of us may be relieved others will may feel frustrated and disappointed. As the lockdown situation changes it is totally normal to feel worried.

We are all living through times when our circumstances can feel as if they are beyond our control – like being at home self isolating.

We want to make sure we can continue to support your wellbeing while you are not in school.

We have included a selection of resources and activities to help you to take care of yourself and others.

We hope you find the information and activities helpful - you can pick and choose the areas you will find most useful.

## Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean environment and education on health and well-being so that children can stay healthy.



<https://youngminds.org.uk/>

Parent helpline 9 30 – 4pm  
0800 802 544



24 hour text support in the UK

Help and support  
Christmas and  
beyond



<https://www.kooth.com/>

On line mental wellbeing support



<https://www.childline.org.uk/info-advice/home-families/seasonal-events/christmas/>



Calm and Headspace apps to help reduce stress and anxiety.  
[www.headspace.co](http://www.headspace.co)  
[www.calm.com](http://www.calm.com)



# Christmas Well being



Christmas can be an exciting time when people get together to celebrate.

But it can also be a difficult time. If you're feeling lonely, worried or stressed, we've got tips and advice that can help you.

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/christmas/>

#### 4 ways to cope right now:

1. take a break if your family is starting to annoy or upset you
2. don't compare your Christmas to other people's, or what's said on social media, every Christmas is different
3. say how you're feeling on the [message boards](#) or express it with the [Art box](#)
4. talk to a [Childline counsellor](#).

**YOUNG MINDS**  
<https://youngminds.org.uk/>  
Parent helpline 9 30 – 4pm  
0800 802 544

**TALK TO US**  
If things are getting to you  
116 123  
jo@samaritans.org  
samaritans.org  
SAMARITANS

**shout**  
TEXT TO 85258  
24 hour text support in the UK

**Help and support Christmas and beyond**

**kooth**  
<https://www.kooth.com/>  
On line mental wellbeing support

**ChildLine**  
0800 1111  
<https://www.childline.org.uk/info-advice/home-families/seasonal-events/christmas/>

**HERE FOR YOU NO MATTER WHAT**  
CALM  
www.headspace.co  
www.calm.com



# Looking after your wellbeing PSHE online support



In this power point you will find information and activities on the following:

- Responses to lockdown measures
- Advice on keeping your self and others safe in the community
- Online safety
- The importance of sleep, nutrition and exercise for well being
- The 5 ways to wellbeing and how to put them into practice





# Looking after your wellbeing PSHE online support



## Section 1

- Responses to lockdown measures
- Coping strategies
- Where to get support
- Top tips





# Looking after your wellbeing PSHE online support



## Managing your feelings about changes to lockdown

Lockdown has been hard for lots of people, even though the rules are starting to change for some of us, there's still a lot we can't do, that we're missing out on, and that we're still worried about.

Lots of change and uncertainty can feel really stressful.

There are resources to help you understand your feelings about changes to lockdown, and give you some positive ways to cope.



## Responses to Lockdown – we are all different!

At first I was coping well with lockdown. Now I'm missing family a lot and having sleeping problems, and struggling to deal with the amount of school work I'm getting set."

I'm a very creative person and I'm finding it hard to release this creative energy, it makes me feel a bit crazy."

A lot of people are finding things tricky at the moment, and allowing myself to recognise that these are difficult times for everyone, and that it's okay to struggle has really helped my anxiety surrounding this situation



# Looking after your wellbeing

## PSHE online support



### Managing your feelings about changes to lockdown

When we were in full lockdown, the rules were the same for everyone, and what we each went through may have felt quite similar. We stayed at home, and we spoke to our friends online

Now the rules for each of us might be different. For example, you may be going back to school or college when your friends or siblings aren't. Or your parents might be going back to work while others stay at home. The rules are less clear, and apply to everyone differently. It will be like this for a while, and that may feel hard to deal with.

We may also find that lockdown rules are tightened again in the future, and that the process of going 'back to normal' rises and falls like a wave. Recognising this is a good step, and will help you to cope if this happens.

It's totally normal to feel worried about things changing as we move out of lockdown. But if you find you're worrying so much it's hard to do other things, speak to a friend or trusted adult about how you're feeling.

“Your wellbeing is always the most important thing to take care of, particularly at times like this. It is okay to be upset now but remember that we're all in this together, and there are always going to be people who will listen and who you can talk to.”



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## Changes to lockdown

Everyone will react differently to lockdown changing.

You may feel excited or hopeful when you hear about lockdown easing where you live, or you may feel worried or angry. You may not know how you feel, or feel a mixture of emotions.

For example:

Like things were better in full lockdown

Low or sad

Fed up or worn down

Angry or wound up

Worried, anxious or scared

Like you've been hard done-by

Like you've been through something traumatic

There is no right or wrong way to feel

It is what it is and we are all different.

However you are feeling right now is valid

It is ok to take things at your own pace

If you are struggling to understand how to manage your feelings or make sense of them click the link below for more information.

<https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-my-feelings/>



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## Coping strategies

**Coping** is our ability to respond to, and deal with, unpleasant, difficult or stressful situations. Our ability to cope with things can vary – we can cope well one day, and poorly the next.

**Coping strategies** are things we choose to do in unpleasant situations, to manage our emotions and help us get through them, or to lessen how it will affect us. There are both positive and negative coping strategies.

**Positive coping strategies** are healthy ways of coping that are good for our wellbeing in the long term. You can find some ideas and examples of positive coping strategies by clicking on the links below.

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/managing-feelings-about-changes-to-lockdown/#WhatArePositiveAndNegativeCopingStrategies>

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/managing-feelings-about-changes-to-lockdown/#WhatCouldHelpMeCopeAndAdjust>





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**Coping strategies – advice from other young people available on the Young Minds website.**



Here are our tips on [dealing with life under quarantine](#)

Our Activist Wes shares [how gaming has helped his mental health](#)

Our bloggers and Activists share their [self-care tips for self-isolation](#)

Our blogger Lily shares her tips for [how to look after your mental health in a difficult living environment](#) during isolation.

Our blogger Laura shares [how she's coping on down days in self-isolation](#).

Our blogger Alfie shares his tips for [looking after your mental health while studying from home](#).

Our blogger Laura shares her [tips for creating a routine during self-isolation](#).

Our Activist Maddie shares her experience during quarantine as she writes about [coronavirus, autism and her mental health](#).

Our bloggers share their tips on [how to stay connected during lockdown](#).

Our blogger Emma shares [why self-forgiveness is so important during lockdown](#)

These websites provide practical tips and advice on a range of issues from how to cope if your home environment is difficult to how to manage anxiety. Explore the pages – there is a wealth of information and guidance for almost every circumstance!



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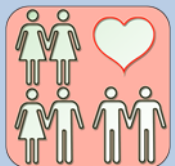


## Coronavirus – your questions answered

We can experience anxiety and worry when we do not have access to accurate information and it can be hard to know where to find reliable factual information. This clip is from a trusted source, BBC Newsround and addresses some of the questions young people have about Covid 19.



<https://www.youtube.com/watch?v=m2rQV34fr-M>





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## Where to get support

Anxiety UK - 0844 475 774 [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Childline - 0800 1111 24 hours a day. Confidential advice for children and young people. [www.childline.org.uk](http://www.childline.org.uk)

Relate - 0300 100 1234 Relationship support for all ages.

<https://www.relate.org.uk/>

Samaritans - 116. Confidential support for people experiencing feelings of distress or despair <https://www.samaritans.org/>

YoungMinds - 0808 802 5544 9.30am - 4pm Monday to Friday. Committed to improving the emotional wellbeing and mental health of children and young people. [www.youngminds.org.uk](http://www.youngminds.org.uk)

Kooth- provider of online mental health services for children, young people and adults

<https://www.kooth.com/>

The Mix

[0808 808 4994](tel:08088084994) (helpline)

[85258](text:85258) (crisis messenger service, text THEMIX)

[themix.org.uk](http://themix.org.uk)

Support and advice for under 25s, including a helpline, crisis messenger service and webchat.

Includes [information on how to deal with coronavirus-anxiety](#).

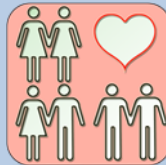
Young Stonewall

[08000 50 20 20](tel:0800502020) (helpline)

[youngstonewall.org.uk](http://youngstonewall.org.uk)

Information and support for all young lesbian, gay, bi and trans people.

Includes [information on how LGBT-inclusive charities can help during the pandemic](#).





# Looking after your wellbeing PSHE online support



## Top tips

Follow the NHS five ways to well being

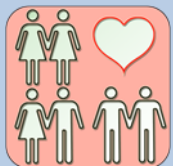


# Looking after your wellbeing PSHE online support



## Section 2

- Advice on keeping your self and others safe in the community
- Services that can help you
- Red Cross - how to guides
- Top tips





# Looking after your wellbeing

## PSHE online support



### Staying safe in the community

- Ask permission before going out. Tell your parents where you're going, when you'll be back, who you'll be with.
- Be home on time. If something goes wrong call to say you'll be a bit late and why.
- Take your MOBILE phone and answer it!
- Don't just hang around on the streets. Only go out if you have a reason and a place to go.
- Crossing the road – more young people die crossing the road than any other group – look up from your phone, take out your earphones and be careful!
- In shops and on public transport – try not to go alone, but if you need to be aware of what to do if something goes wrong. (Talk to staff/bus driver)
- Know how and when to call 999.





# Looking after your wellbeing

## PSHE online support



## Safety Plans

It might be useful to discuss with an adult at home having a safety plan in case of emergencies.

### What could this include?

- Who to contact in an emergency
- If the adult in charge suddenly falls ill, who is nearby and could get to you quickly? (Family members, friends, neighbours etc.)
- What to do if you feel worried about something (who can you speak to for reassurance or help)
- What to do if you feel unwell – plan for if an adult is present and if you are on your own





# Looking after your wellbeing PSHE online support



## Services that can help you

**If you are concerned about something, but it isn't an emergency where you should dial 999, what could you do?**

**Non-emergency police – 101** (e.g. if something has been stolen, if you have witnessed a crime, you have a concern that isn't an emergency)

If you want to talk to someone anonymously because you are worried about something or something/one is upsetting you, you can call **Childline** – 08001 111 [www.childline.org.uk](http://www.childline.org.uk)

### **Young carers**

Young carers have a lot of responsibility at a very young age; dealing with situations that many adults would find a challenge. They have to cope in difficult circumstances, often not only looking after their relative but also helping to bring up siblings and run a household. If you are, or you know, a young person in a caring role and this is affecting your emotional wellbeing and mental health get help from Devon Young Carers.

Visit [www.devonyoungcarers.org.uk](http://www.devonyoungcarers.org.uk) or phone [0345 643 4435](tel:03456434435).

- **Samaritans** - 116. Confidential support for people experiencing feelings of distress or despair  
<https://www.samaritans.org/>
- **YoungMinds** - 0808 802 5544 9.30am - 4pm Monday to Friday. Committed to improving the emotional wellbeing and mental health of children and young people. [www.youngminds.org.uk](http://www.youngminds.org.uk)





# Looking after your wellbeing PSHE online support



Visit <https://lifeliveit.redcross.org.uk/Emergency-action>

This website with videos will help you:  
Understand how to stay safe  
learn when to get adult **help**  
know how to call 999 and what to say to the operator  
keep **calm** and help the person not to worry.

**Why not explore one of the four exciting sections?**

**What is first aid?**  
Find out about first aid and why it is important

**Stay safe**  
Be aware of danger to avoid accidents

**Help save lives**  
How you can help others in a first aid emergency

**Emergency action**  
Learn what to do and who to call in an emergency

### IMPORTANT INFORMATION

**FIRE**      **POLICE**      **AMBULANCE**

### IN AN EMERGENCY

**DIAL 999**

PLEASE REMEMBER TO:

1. Tell them which emergency service you need
2. Tell them your address and phone number
3. Stay calm and stay on the line as they might have some questions
4. Don't be afraid. The person talking to you is there to help



# Looking after your wellbeing PSHE online support



## Keeping yourself and others safe

Five tips for an emergency situation:

1. Take a deep breath, count to 10, stay calm – think about your safety plan
2. Think before you act, be sensible
3. Identify what YOU can do to help (that might be just getting out of the way)
4. Check for danger – are you or others in danger, how do you protect yourselves
5. Decide what help is needed – any adult? a first aider? emergency services? Then act.



<https://www.healthforteen.co.uk/health/in-an-emergency/7-most-common-medical-emergencies>

**HEALTH FOR TEENS**

**NHS**



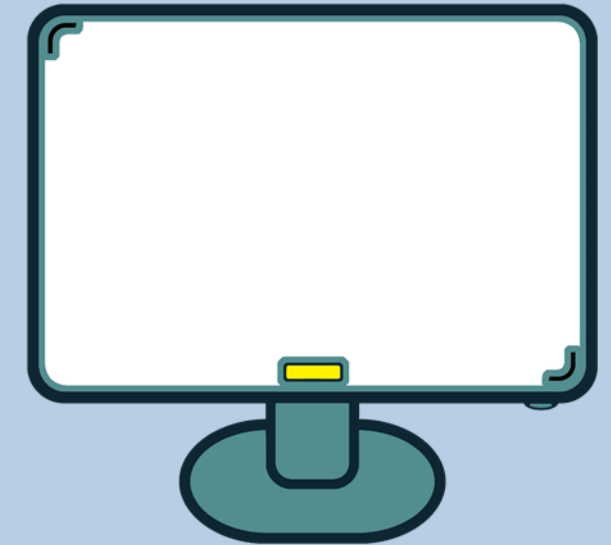
# Looking after your wellbeing

## PSHE online support



### Section 3 Staying safe online

- The positives of staying connected with social media
- The negatives affects of social media
- Where to get help and support
- Top tips for staying safe





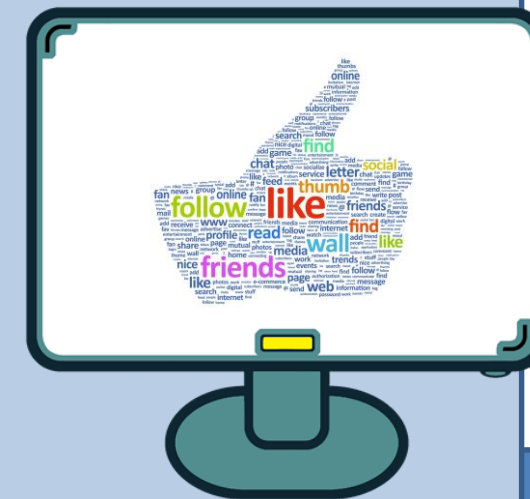
# Looking after your wellbeing PSHE online support



## The positives of staying connected with social media

The less positive aspects of social media are balanced by stories of how social media can be used as a force for good.

- It is an important method for people to connect and communicate with friends, loved ones and the wider community whilst social distancing measures are in place.
- Social media can help to reduce the sense of loneliness and disconnection at this time, helping us keep in contact with each other and to connect with what is happening in the wider world.
- It enables us to take part in fun activities with friends and family
- We can raise awareness of causes that we are passionate about





# Looking after your wellbeing PSHE online support



## The challenges connected with social media

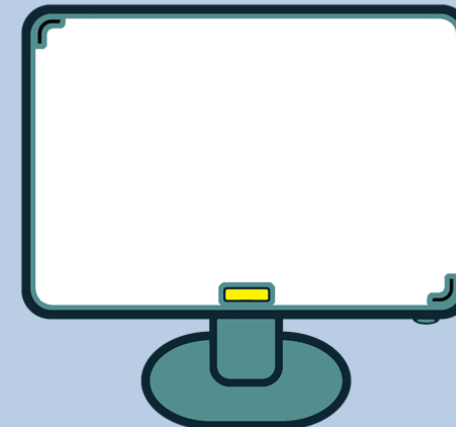
Social media use can also have negative affects;

- Disruption to sleep patterns
- Cyber bullying
- unrealistic views of other people's lives
- peer pressure
- Anxiety
- Poor self esteem
- Addiction
- Fear of missing out –(FOMO)
- Circulation of rumours and fake news

**REMEMBER** – whatever the problem is, talking about it can be the first step to solving it. If there's an adult you trust like a parent, carer or a teacher talk to them first about what's happening.



On the next slide there is some important information on where you can access help and support.





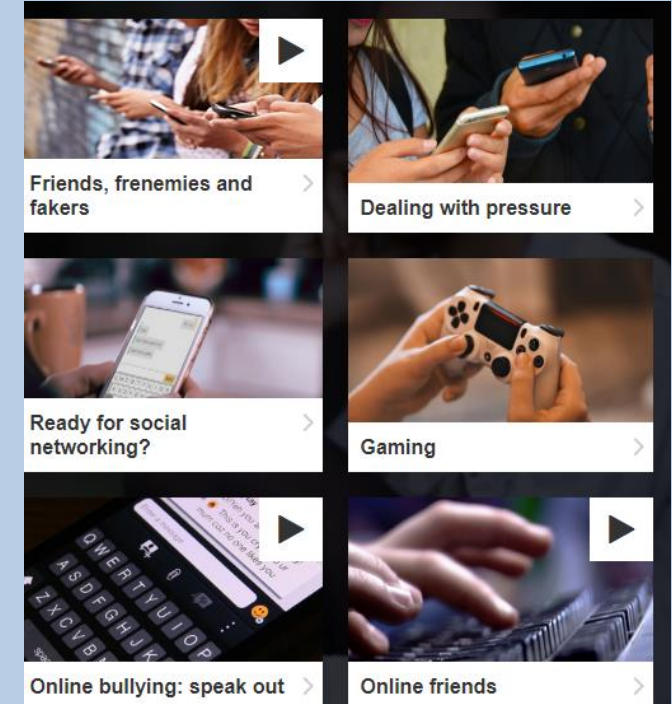
# Looking after your wellbeing PSHE online support



## Section 3 Staying safe online

**REMEMBER** – whatever the problem is, talking about it can be the first step to solving it. If there’s an adult you trust like a parent, carer or a teacher talk to them first about what’s happening.

<https://www.thinkuknow.co.uk/>



## Help!

Are you worried about something that’s happening to you or a friend?

Do you need help right now?

It’s not always easy to admit it but we all need help sometimes. If you’ve got a problem or something you’re worried about you’ll find lots of people and places that can help here.

REMEMBER – whatever the problem is, talking about it can be the first step to solving it. If there’s an adult you trust like a parent, carer or a teacher talk to them first about what’s happening.



Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you’re on a phone, tablet or computer.

Advice on everything including; staying safe while gaming to how to deal with online bullying and understanding your digital footprint



# Looking after your wellbeing

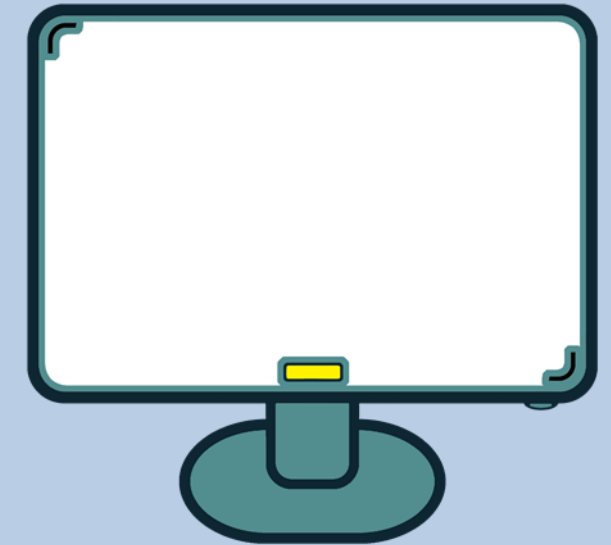
## PSHE online support



### Section 3 Staying safe

It's nice to use phones/the internet to keep in touch, but remember:

- Take care with what you post – remember once it's out there, it's out there – there's no taking it back.
- Playing computer games online – be aware of who you're speaking to and what you're saying.
- If anyone says something unkind, upsetting or threatening – block them and tell an adult.
- Do not share your details with anyone – this includes your phone number, your address, your passwords, your school etc.
- Don't spend too much time online – it isn't good for your physical or mental health.





# Looking after your wellbeing

## PSHE online support

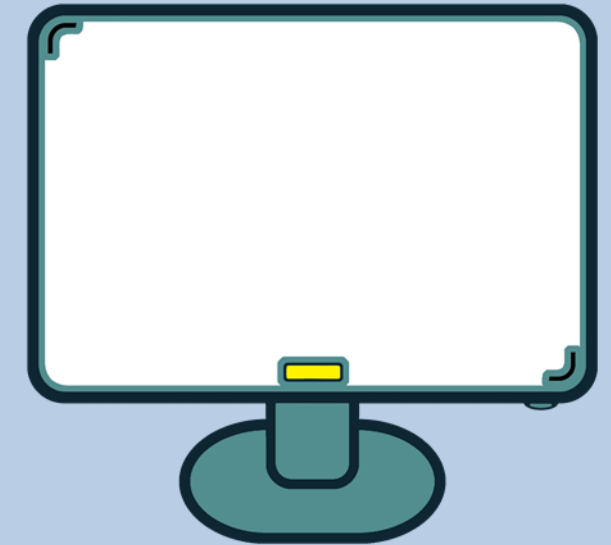


Reflect on your own engagement with social media platforms and what has your experience been like.

Read out the following statements and how much you agree or disagree with each:

- Social media plays a big role in my life
- People are more honest on social media
- People can be less kind on social media
- I publish a lot of things online
- I tend to share news articles I see, even if I don't know if they are true or not
- I see a lot of information on social media and I am not sure what is true and what is not
- I always consider other people's feelings when I post on social media
- Communicating with social media can help you deal with your feelings
- Online bullying is a big problem.

Responding to these statements will help you to see where you might need to look for guidance or support.



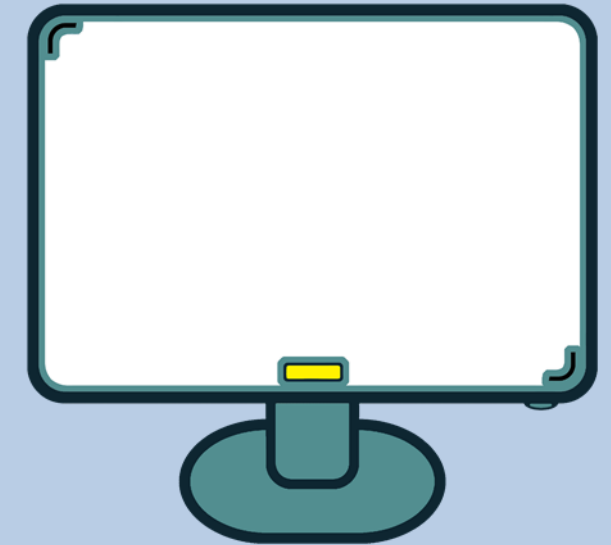


# Looking after your wellbeing PSHE online support



## Section 4 The importance of sleep, nutrition and exercise for well being

- KCC PE staff and the importance of physical activity for well being
- Nutrition – what makes a healthy balanced diet
- Sleep and the link to well being



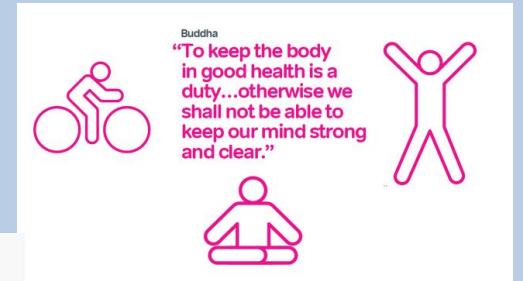




# Looking after your wellbeing PSHE online support



How does Physical Activity affect our mental health and wellbeing?



## 1. Reduces Stress!

Exercise reduces our **cortisol** levels

## 2. Reduces anxiety

Exercise releases **endorphins** which help to calm us down

## 3. Reduced risk of depression

Exercise helps to **improve our mood** –maybe due to the sense of accomplishment you feel when you have finished your walk/ workout/ yoga class





# Looking after your wellbeing PSHE online support



How does Physical Activity affect our mental health and wellbeing?



## 4. Improves social well-being

Whilst exercising you often meet new people and develop **more friendships**

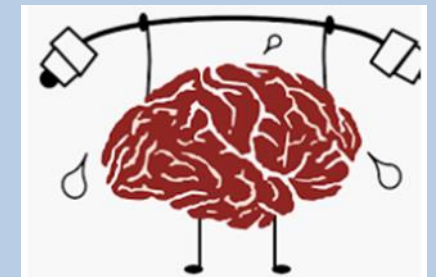
## 5. Increased self esteem

As you become faster, fitter and stronger, you improve your **self confidence**



## 6. Boosts brain power and memory

Exercise **improves cognition and memory!** Students who are active achieve better grades!





# Looking after your wellbeing PSHE online support



Set yourself a challenge to do something active every day

Maybe take up a new challenge

What can you do that you haven't done before or you would like to get better at?

Do the activities that YOU enjoy doing!



ALL activity is good activity!



Only comparisons are to yourself



**MIMOVE**  
Making the world more active



You should all now have this App. Keep recording over the summer!

Make a comment/ upload a photo if you wish



Average of 60 minutes/ day of cardio (run/ swim/ cycle/ fast walk)



Exercising with others is always more fun!

Miss Tully, Head of PE says "You don't have to be 'sporty' to be active! Do what you love!"

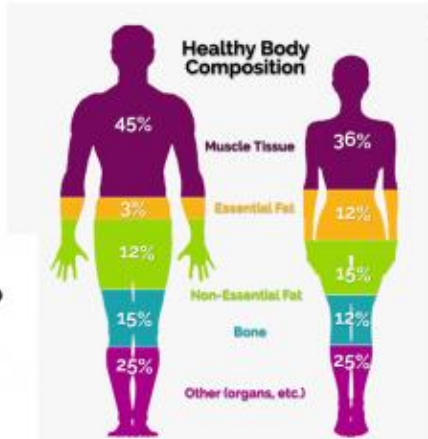


# Looking after your wellbeing

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It's all about balance!



Your body is an engine!

Take 5 a day!

Remember that keeping your body healthy will not only help to prevent you becoming physically ill, but it will help to support your mental health too.

1. **Eat a healthy diet** – fruit, vegetables, water – not all sugar, crisps and fizzy drinks – it will make you feel rubbish! And your body will really need vitamins and good energy.
2. **Try to stick to a routine** with eating breakfast, lunch and dinner and not snacking too much in between. If you do have snacks, try not to have too many or unhealthy ones.
3. **Exercise** – even if you have to stay home – you can go into your garden. Just keep moving!

# Looking after your wellbeing PSHE online support



## Healthy Food for Life

www.healthofireland.ie



### The Food Pyramid

For adults, teenagers and children aged five and over

Not good for good health

Foods and drinks high in fat, sugar and salt

NOT every day

Maximum once or twice a week

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Milk, yogurt and cheese

3 Servings a day  
8 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice

3-5 Servings a day  
Up to 7\* for teenage boys and men age 19-50

Vegetables, salad and fruit

5-7 Servings a day

\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Active				Inactive	Inactive		
	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)		Teenager (13-18)	Adult (19-50)	Adult (51+)
♂	3-4	4	4-5	3-4	♂	3	3-4	3
♀	3-5	5-7	5-7	4-5	♀	4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active!  
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Source: Department of Health, December 2016.

Learn the basics of food and nutrition.

Here are two video clips demonstrating the food groups and tips for healthy eating

<https://www.bbc.co.uk/bitesize/articles/z7yb42p>



# Looking after your wellbeing PSHE online support



## Sleep

When you are asleep your body rests and repairs itself and your brain takes the time to process everything that it needs to.

If you get into an unhealthy sleep pattern (i.e. going to bed very late/getting up very late) your body and mind will find it very difficult to work at their best.

**Simple practical steps to try out to get a good nights sleep**

- Switch off technology/phones** at least one hour before bed to avoid stimulation from the blue-light emitting from technology.
- Reading books**, a warm shower or bath, listening to relaxing music, have a warm beverage such as a non-caffeinated herbal tea
- Setting up a **bedtime routine** to signal to your body that you are making your way to bedtime.
- Being consistent** with a sleep/wake routine. Getting sunlight within a few hours of waking helps to set your body clock, even if just for 15 minutes daily.
- Meditation.** Close your eyes for a few minutes each day and just focus on breathing. You don't need to do anything else but witness your thoughts and feelings.
- Write your feelings on paper.** Journal how the day went, self reflection and re-read them to see what kind of positive or negative state your mind is in will help ease stress and "get out of your head"

**Other things you can try out to get a good nights sleep**

- Yoga**  
Yoga YouTube Channels like *Cosmic Yoga for kids* and specific Yoga apps are available for free. By Practicing Yoga it helps to relax the body, decreases heart rate and blood pressure and rest the mind.
- Stay away from sugar**  
Sugar before bed will give a boost of energy (spike your blood sugar levels), you don't want that before bed. Just a normal dinner is best. Ideally a mix of protein, a complex carbohydrate and veggies.
- Limit Screen time**  
30-60 minutes no screen time before bed – screens are very entertaining, stimulating and engaging – bright colours – connections to friends or celebs – keeps our brains active. You need some quiet time for the brain to have a relaxing/restful sleep
- Gratitude**  
Practice gratitude before bed by saying or writing down what we are grateful for puts us in a great mood. A mood full of appreciation fills us with Joy and love for life and the people around us who are supporting us. Happy hormone of Oxytocin is released and relaxes us making us feel at peace before we sleep conditioning the brain for happy dreams.
- Breathing** in for a 3-4 count, holding whilst counting to 3-4 and exhaling counting to 3-4, repeating as many times as needed to help relax your body and mind. Focuses your mind on the breath which allows the mind to rest, process all the information from your brain. This technique puts you into your body, when your attention is in the body you can feel what it needs more

This is not an exhaustive list but just some suggestions that may be helpful  
Please keep up to date with government guidance and take care of yourselves.



# Looking after your wellbeing PSHE online support



## Top tips

Follow the NHS five ways to well being



Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. Look at this toolkit to find practical ways you can put them into practice. Ideas for if you have minute an hour or longer. <https://www.mindkit.org.uk/5-ways-to-wellbeing/>



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## Self care – a last reminder that taking care of yourself and your well-being is really important

Self-care is the very thing that allows us to do everything we want to do in and with our lives. It is what gives us the energy, strength and resilience to keep going. Self-care is quite literally taking care of yourself. It is any action you take to look after and improve your health and wellness.

Self-care is doing what needs to be done so you can be balanced and energized to achieve all that you want out of life. Self-care nourishes your mind and body and allows you to thrive. It increases your happiness, ability to be successful and the quality of your life and relationships

Self-care means that you take care of your body and your mind by exercising regularly, forming healthy eating habits, getting enough sleep, taking time to rest and relax



### 5 minute self care ideas

These are self-care practices you can do daily. Many take very little time or energy, and most can be done in less than five minutes.

- Breathe – practice a 5 minute mindfulness activity
- Have a glass of water
- Have a healthy snack
- Do a 5 minute burst of exercise
- Connect with someone you care about – give them a hug, send them a message
- Take a moment to be still and present





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Keep moving. It is important to stay active even when we in lockdown. Exercise helps to manage anxiety and releases some of the anxious energy in the body. Regular exercise is essential for our muscles and joints. Continue with your usual exercise, or try different indoor activities such as yoga or stretching. If you haven't exercised in a long time, try doing 10 minutes of easy indoor activities. <https://www.nutrition.org.uk/healthyliving/active-lifestyle.html>



Eat healthily to ensure you get the correct nutrients and while staying indoors, keeping your body fit and your mood up. Try and eat a rainbow of fruit and veg to get as many vitamins as you can. <https://www.nhs.uk/change4life/recipes>  
<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell.html>



Sleep is vital to keeping our body well. It strengthens our immune system, improves our health, our focus and our overall well-being. Create a winding down routine before bedtime. <https://www.sleepfoundation.org/articles/teens-and-sleep>



Whether its listening to your favourite music, reading a book, taking a bath, baking, having a walk. Take a moment everyday for yourself and do something you enjoy. There are some excellent mindfulness and relaxation activities here: <https://www.headspace.com/>



Drinking more water may help to reduce your stress levels, and can help with any headaches caused by stress. The amount of fluid you need depends on many things including the weather, how much physical activity you do and your age, but you should aim for about 6-8 glasses of fluid per day. If the weather is hot or you are exercising you may need to drink more fluid. You can get water from nearly all fluid that you drink, but not really from sugary or alcoholic drinks. <https://www.nutrition.org.uk/healthyliving/hydration.html>



You can take a break, even for just part of the day. There may be some withdrawal or anxiety about not being right there for what you think is critical, but just stop and think. How many texts, Instagram stories or other digital communications do you need to see immediately? Very few! Once you try it, you may actually find it refreshing to have a break from the constant notifications. Take a walk, spend time with others in person, do some mindfulness colouring, finish a puzzle - give your brain a tech break.

## Top tips self care Summary

- Eat well
- Stay hydrated
- Stay connected to others
- Exercise
- Relax your mind
- Go offline





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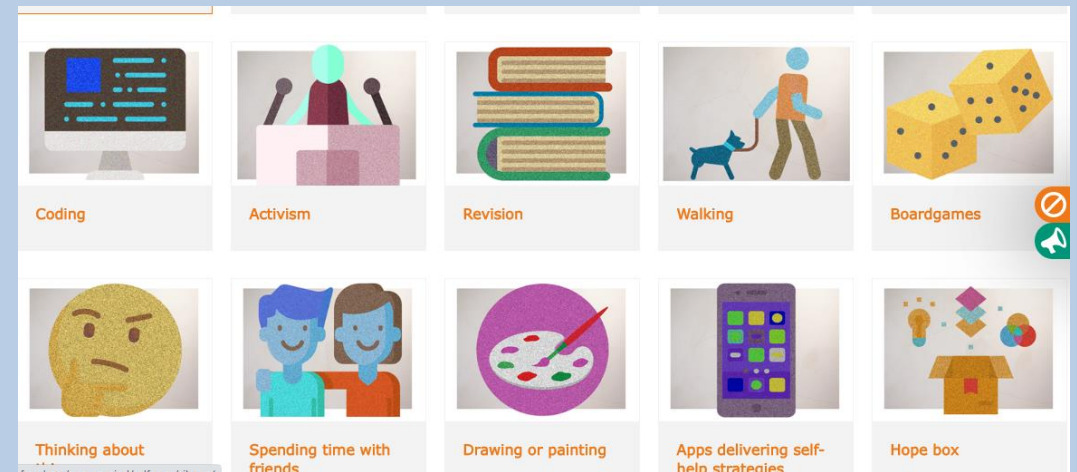
Over the past few months newsletters have gone out with advice, guidance and activities on the following:

- **Managing anxiety**
- **Self care**
- **Kindness**
- **Diversity**

These are all available via the school website should you wish to access them.

You will find some brilliant resources on this website for range of activities and resources to support your well-being

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





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We hope you can return to school soon and we look forward to welcoming you back

If you would like any further support or guidance with any of the areas covered in this PPT please email me Mrs Joyce

[Lorien.joyce@kingsbridgecollege.org.uk](mailto:Lorien.joyce@kingsbridgecollege.org.uk)

Or get in touch with your tutor or Head of year

Take care,

Mrs Joyce