

WELLBEING

AUTUMN 2020

HEAD GIRL JESS AND DEPUTY HEAD GIRL KAYLEIGH WOULD LIKE TO SUPPORT YOU WITH YOUR WELLBEING. THEY CAME UP WITH THE IDEA OF HAVING A WELLBEING NEWSLETTER. THERE WILL BE AN ISSUE EVERY TERM.

MANAGING YOURSELF

Gaining control of your emotions will help you to become mentally stronger

Managing our emotions doesn't mean suppressing them but instead finding a healthy way to deal with overwhelming emotions. Learning how to control our emotions better means our emotions don't control us, leading to greater mental clarity. Emotions are powerful and, although they are a natural part of our reactions, identifying how uncontrolled emotions can affect your day-to-day life and your relationships with those around you will make it easier to recognise how best to regulate them, improving your mental wellbeing.

HOW TO BETTER CONTROL YOUR MOOD: LABEL YOUR EMOTIONS

Before you can change how you feel, you need to acknowledge what you're experiencing. Try asking yourself the following questions:

- What am I feeling right now?

- What happened to make me feel this way?
- Does the situation have a different explanation that might make sense?
- What do I want to do about these feelings?
- Is there a better way of coping with them?

By considering possible alternatives, you're reframing your thoughts, which can help you modify your first extreme reaction. It can take some time before this response becomes a habit but with practice, going through these steps in your head will become easier

TRY A MOOD JOURNAL

Writing down and reflecting on your feelings and the responses they trigger can help you uncover any particular radical patterns or habits and allows you to educate yourself to better control those emotions.

REDUCING STRESS

When you're under a lot of stress, managing your emotions can become more difficult. Even people who generally can control their emotions well might find it harder in times of high tension and stress. Healthy ways to cope with stress include: - Getting enough sleep - Trying meditation - Giving yourself space to do what you enjoy such as going on a walk, watching a funny video, drawing etc.

Article link -

www.inc.com/amymorin/how-to-control-your-emotions-so-youremotions-dont-control-you.html

WHO TO TURN TO IN SCHOOL

ANY MEMBER OF STAFF. FORM TUTOR, PASTORAL TEAM, SENIOR LEADERS - EVERYBODY IS APPROACHABLE. BY EMAIL, IN PERSON, TELEPHONE, TEAMS, OR A FRIEND WHO CAN RAISE CONCERNS ON YOUR BEHALF.

**MRS K COLECLOUGH DOES WELLBEING WALK AND TALK SESSIONS -
KS3 LUNCHTIMES WEEK 1, KS4 LUNCHTIMES WEEK 2.**

My name is Kim and I'm a youth worker in the school. I work for a local Christian charity called Warrington Youth for Christ, and I am in school every Tuesday and Friday. You might see me in lessons, delivering video collective worship in form times, or out and about around school at break and lunch. Most of all, I am here to provide support for students wherever they are. Do you feel like you need someone to chat to? Feeling a bit fed up, stressed or overwhelmed? Or maybe things are going great and you want someone to share that with? If you see me round school, stop me for a chat! That's what I'm here for.

At Youth for Christ we also offer an online mentoring service, so if you are at home self-isolating and need someone to talk to, follow us on Instagram @yfcwarrington or @kim_youthworker



Hello! My name is Anna, you may have seen me around school on Monday's. I am part of a team of Education Mental Health Practitioners (EMHP's) who work within schools in Warrington. EMHPs are a brand-new addition to children and young people's mental health support. We deliver a range of low-level interventions for mild to moderate mental health issues, such as:

- Low mood
- Worries and anxieties
- Feeling panicky / having panic attacks
- Emotional literacy and understanding emotions

How can you access our service?

School staff can make a referral to us. If you feel you would like some support for any of the above difficulties, please speak to your teacher or Head of Year who can make a referral.

For more information, visit: <https://www.nwbh.nhs.uk/schools-support-warrington> where you can learn all about the Mental Health Support Team and the work EMHP's do within schools to help.

Anna Beck - Mental Health Educational Practitioner

USEFUL LINKS

WWW.KOOTH.COM

WWW.CWP.NHS.UK/ABOUT-US/OUR-CAMPAIGNS/FUTURE-IN-MIND

WWW.TIME-TO-CHANGE.ORG.UK/CORONAVIRUS

MISS HAYES' TOP TIPS FOR REDUCING STRESS & WORRY

- Do work little and often – Start making revision resources now at the start of the year, maybe after each lesson. This may seem like a big task but if you start to make some notes, mind maps and flashcards for 20 minutes every day, this can help you to break down the workload that you will have to do at the end of the year.
- Ask your teachers – If you are struggling and feel that you do not understand topics that you learnt remotely, feel free to contact your teacher and let them know you are struggling (ensure you are abiding to the social distancing rules and/or contacting teachers appropriately online). If you are struggling with stress management and are feeling overwhelmed, feel free to reach out to your form/senior tutor also.
- Take time out of your day for yourself – Ensure you are keeping up with things you enjoy, such as watching Netflix, reading, stargazing, playing the piano, sport etc. Take maybe an hour of each day to do these activities, as these are key to maintaining your mental health.
- Take each day as it comes – Try to only worry what you have to do today instead of thinking too far ahead. In a few weeks or months, school may look very different so it's important to try to only focus on the now.
- Try not to overexpose yourself to the news – Constant news updates about changes can lead to more feelings of fear and anxiety so try to limit the time you spend reading/watching the news. Remember that information on social media may be false so stick to reliable sources, such as the Government's website, and unfollow any social media accounts which are fuelling your anxiety.
- Start a stress journal - This can help you identify the regular stress factors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down – 1) what caused your stress (make a guess if you're unsure) 2) how you felt, both physically and emotionally, 3) how you acted in response, 4) what you did to make yourself feel better.
- Time management - This cannot be emphasised enough as this is the key to organising not only your schoolwork but essentially your life priorities. Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. Try to not over-commit yourself. Prioritise tasks and break your workload into small steps.
- Practising gratitude - When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective. Write down the things you are grateful for or things that made you happy that day in a notebook or on your phone.
- Keep laughing – The act of laughing helps your body fight stress in a number of ways.

HOW TO STOP PUTTING PRESSURE ON YOURSELF

01



Be realistic with the expectations that you set yourself. Set some SMART Goals to help you achieve your targets

02



Identify your pressure points and triggers. Understand what they are

03



Stop comparing yourself to others. Be happy with what you can achieve

04



Stay in the present moment. Try not to dwell on the past or think too much about the future

05



Learn from your mistakes and take away some key lessons for next time

06



Challenge unhelpful thoughts about yourself. Ask yourself what is the evidence for and against these thoughts

07



Plan your time effectively. Get organised and keep on top of things

08



Take time to look after yourself. Practice some self care or relaxation throughout the day

09



Focus on your strengths. Identify what they are and work towards improving them

10



Allow yourself to make a mistake every so often. Let yourself take a risk and be creative

11



Don't be afraid to get things wrong. Test out things and push yourself out your comfort zone