

Looking after your Mental Wellbeing



Information for children and parents

Iver Village Junior School



Believe, Achieve, Succeed Together.

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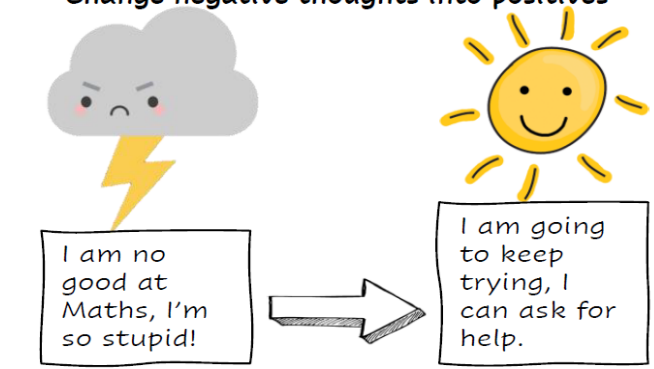
Self-care—Have a break

If you start to feel overwhelmed, stop what you are doing, turn off the T.V, tablet and phone. Sit comfortably and concentrate on breathing deeply. Imagine you are blowing big bubbles. Or try using the calming star.



Keep your thoughts positive

Change negative thoughts into positives



Stay grounded using your 5 senses. Relax your body, take a few deep breaths and focus on the following...

Wellbeing for good remote learning

- Have a good morning routine—get up at a good time and have breakfast so you are ready for registration at 9.30am
- Make sure you have all the equipment you need ready e.g. paper, books, pens/pencils
- Have a drink near you during the lessons
- Make sure you take movement breaks during the morning
- Have a break—take time to do something you enjoy: watch some TV, play a game, read a book.
- Exercise—go for a walk and get some fresh air
- Try some relaxation techniques—such as Yoga. There are some great links on our website.



Take time to be you!

The Five ways to Wellbeing



CONNECT with friends and family

- Talk to someone instead of sending a text
- Ask how someone's weekend was and really listen
- Put 5 minutes aside to find out how someone really is

BE ACTIVE, get physical

- Take the stairs not the lift
- Take the dog out for a walk
- Go for a bike/scooter ride
- Have a kick-about in the park

GIVE (create an act of kindness)

- Tidy your bedroom
- Make a family member lunch or a drink
- Do something nice to make a family member smile

The Five ways to Wellbeing

We can't control everything that happens, but we can change our experience of those things.

 HEADSPACE™



TAKE NOTICE (enjoy the moment and the environment around you)

- Recognise your strengths and weaknesses
- Identify what needs to be done to complete a task
- Understand and talk about your feelings
- Understand how your own behavior can affect others

LEARN (learn something new today)

- Read a new book
- Research something you've always wondered about
- Learn a new word
- Cook and eat something new

Don't forget to have a good nights sleep!

Support Links

There are some great Apps that can help during stressful moments.

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

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

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



Every Mind Matters—This website from the NHS offers expert advice and practical tips to help look after everyone's mental health and wellbeing

<http://www.nhs.uk/oneyou/every-mind-matters/>

The **NSPCC** are offering support and advice if you feel your child is struggling with their mental health and anxiety due to coronavirus.

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents>

Young minds— <https://youngminds.org.uk/>

YOUNGmINDS
fighting for young people's mental health



Barnardo's See, hear, respond hub provides information for parents and carers to help with some of the challenges the pandemic has presented