

Wellbeing Guidelines 08/03/21

Hello Everyone. I hope we are all doing well. We are into the third week of term and the weather is improving. Take advantage of the nice stretch in the evening and try to get out and about.

The Wellbeing Team and The Student Services Department would like to thank you for your engagement in the various initiatives we have been running since lockdown began.

COVID-19 Restrictions

The restrictions are hard on everyone but if we all do our part to try to suppress the Virus.

Continue to:

- Keep your distance.
- Wear a face covering.
- Wash your hands.
- Cover coughs and sneezes.
- Self-isolate if you have symptoms.

Wellbeing Tools

Some of the following wellbeing tools will help you if you're finding the time long. It's important to take time for yourself, once you're finished with your schoolwork!

Top tips for managing feelings

Be a feeling detective – be curious about what you are feeling and why you might be feeling this way. Once you understand your feelings, they can be easier to manage.

Talk it out – saying out loud how you are feeling to someone else can make a huge difference. This could be to a friend, parent, teacher or counsellor. They don't have to have all the answers (in fact, they probably won't), but talking about what is stressing you out can help you to find your own solutions.

Write it down - this might seem daunting, but your problems will seem a lot less overwhelming when they are written down on a page. You can keep a journal or throw the pages away afterwards if that helps.

Watch your inner voice – the way that you talk to yourself matters! If you have a very critical inner voice, this may make unpleasant feelings seem overwhelming. Try to talk to yourself with kindness.

Find ways to relax – there are countless ways to unwind your body and mind. Find out what works for you and schedule it into your week. No matter how busy we are, we all need downtime.

This too will pass – feelings are temporary and most difficult situations will change. Try to remind yourself of this when you start to feel overwhelmed.

Avoid comparisons – there is no right or wrong way to feel. Feelings just are and everyone will respond to stresses and worries differently. Try to accept your response with kindness.

Finding meaning in difficult feelings – it can be hard to understand difficult feelings and situations. Try to ask yourself what this difficulty is trying to tell you about yourself and the world around you. Is it helping you to become stronger or to get to know yourself a little better?

Coping Card

Try using a coping card to help you manage times of stress and anxiety

Coping card
x3 things I will do
x2 things I will say to myself
x1 person that can help me

JIGSAW Young people's
health in mind

Mindful Eating

1. CHOOSE A PIECE OF FOOD.

Try something like a nut, slice of apple or even a piece of chocolate.

2. LOOK AT THE FOOD.

Check out the shape, colour and texture.

3. SMELL THE FOOD.

Take in the aroma + notice how it affects you.

4. TASTE THE FOOD.

Place it on your tongue. Notice the response of your salivary glands.

5. BITE THE FOOD.

Don't eat it one mouthful. notice the chewing sounds + texture on your tongue.

6. CHEW THE FOOD.

Notice the texture changing as you chew it.

7. SWALLOW THE FOOD.

Actually take time to notice the sensation of the food as it travels down your throat to your stomach.

8. SAY THE NAME OF THE FOOD.

Yep, say it out loud. acknowledge it. be grateful.

9. PRACTICE A MINDFUL BITE ONCE AT EVERY MEAL.

Set the tone for your meal by turning on your mindfulness with this simple exercise.

MINDFUL EATING EXERCISE

GETZOMT.COM



As always, if there is anyone having any issues, please contact your year head or Tutor who is happy to help.

We hope you all have a lovely week.

Kind Regards

The Wellbeing Team

5 Useful Mindfulness EXERCISES

MINDFUL HAND AWARENESS EXERCISE

Grasp your hands really tight and hold for a 5 to 10 seconds, then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.

MENTAL FOCUS EXERCISE

Stare at any object and try to remain focused on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then just bring it back to the object. The longer you can remain focused, the more your mindfulness will increase.

MUSICAL STIMULI EXERCISE

Listen to your favorite song and pay attention to how it makes you feel. What emotions stir? What memories come up, and how do those memories make you feel? Engage the emotions and see where they lead.

UNDIVIDED ATTENTION EXERCISE

Do something around the house that you've never done before and do it with utter and undivided attention.

FULL SENSORY AWARENESS EXERCISE

Wherever you are, just stop and look around when safe to do so. Become aware of everything that your senses pick up. How do you feel? Do you feel over-stimulated? Do you feel anxious? Make a mental note and keep observing without judgement.

 **PRACTICING MINDFULNESS**

Many more at:
www.practicingmindfulness.com

We hope you have a good week.

Kind Regards

The Wellbeing Team