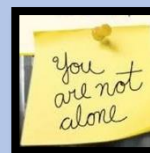


WELL-BEING AND MENTAL HEALTH NEWSLETTER

January 2021



This month topic: **Wellbeing & Self-care**

New year, new you! It's time to understand that looking after yourself is not selfish but a priority for your mental health and wellbeing (especially during these challenging times).

Tips to support your general wellbeing



TALK TO FRIENDS & FAMILY

Pick up the phone or video call

It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talk to people you can trust about how you are feeling.



WATCH LESS MEDIA COVERAGE

Stay informed but limit how much news you watch

The news channels are covering the outbreak 24/7 but it is bad for your mental wellbeing to watch too much. Limit yourself to one news program a day.



MAINTAIN A HEALTHY LIFESTYLE

Create a good balanced routine at home

Include proper diet, sleep and exercise into your day. Plan meals and trips to the supermarket if you are symptom free or write shopping lists if you need help.



DO SOMETHING YOU ENJOY

Get creative, read a book, practice yoga

You can take the time to slow down, stay off your phone and work on your hobby without feeling guilty.



DEAL WITH EMOTIONS POSITIVELY

Avoid Drinking, Smoking & Over Eating

If you are feeling overwhelmed, don't turn to alcohol or food to suppress your feelings. Talk to a health worker or counsellor and ask for help with physical and mental health needs if required.

LOOK AFTER YOURSELF & OTHERS

School counsellors

(email for online session))

a.savalle@abbeymanorcollege.com

r.anderson@abbeymanorcollege.com

ONLINE SUPPORT



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

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

The APP CORNER

For a good night sleep:



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

To get off of the sofa:



<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

AND DON'T FORGET...

STAY SAFE



HANDS



FACE



SPACE

Manage your mood with food:

<https://www.youtube.com/watch?v=CSHO9VdVRfg>