



**MISS SHAW**



**MRS ROBINSON**

We would like to introduce ourselves, we are Miss Shaw and Mrs Robinson and we sit in an area within the academy called “The Hub”.

The intention of the hub and our roles, is to provide drop in sessions, groupwork and 1:1 Emotional Health and Wellbeing support, for our students, on a referral basis. Another aspect of our role, is to support the Emotional Health and Wellbeing of our parents/carers and staff by offering helpful resources around services and self-care. This is the first Wellbeing Bulletin of this academic year and going forward we will be sharing a bulletin fortnightly via twitter and MyEd for your reference.

In each bulletin we will publicise support within school, share our fortnightly Parent Wellbeing Coffee Morning events and signpost you as parents/carers to key services that will support both your son/daughters and your own Emotional Health and Wellbeing.

In this week’s bulletin, you will find the following information:

- WELLBEING PARENT/CARER COFFEE MORNING – THURSDAY 22<sup>nd</sup> SEPTEMBER
- MANAGING BACK TO SCHOOL ANXIETY
- GET YOUR DAILY D.O.S.E OF HAPPINESS
- SELFCARE SEPTEMBER WELLBEING CALENDER



## WELLBEING PARENTS/CARERS COFFEE MORNING



**Come and join us at our weekly parents or carers Wellbeing Coffee Morning**

**VENUE: COMMUNITY HUB (SITUATED OUTSIDE OF MAIN SCHOOL GATES)**

### **What is the purpose of the Wellbeing Coffee Morning?**

**Do you feel like your child struggles with their emotional wellbeing and mental health? Or do you or members of your family home need help, support and guidance? Please come along and speak to Miss Shaw and Mrs Robinson and we can explain the services we have on offer within the academy, along with signposting you to external services that will support your child's or your own mental health.**

**THURSDAY 22<sup>ND</sup> SEPTEMBER 2022**

**TIMES: 10.15AM – 11.15AM**

**TEA, COFFEE AND REFRESHMENTS PROVIDED**

**LITTLE ONES WELCOME!**



## BACK TO SCHOOL

The logo for YOUNGMINDS, featuring the word "YOUNGMINDS" in a bold, white, sans-serif font centered on a bright yellow square background.

### Tips for dealing with back to school anxiety:

*Be prepared* – organise your bag, uniform and books each night so that its not a big rush in the morning.

*Get a good night's sleep* - Getting plenty of sleep is great for clearing the mind, improving memory and ridding the body of toxins, to make you feel re-energised. It also aids concentration and helps to ease stress.

*Breakfast* – try to start the day with a healthy breakfast which will feed your mind and boost your energy levels throughout the day.

*Check your timetable* – check your timetable in the morning or night before to prepare yourself for lessons the next day and get any equipment prepared e.g. P.E kit

*Think ahead* - If you're really dreading going back, try and write a list of the things you are looking forward to. This could be seeing a friend, being in a certain class or an event you may have coming up in your school. Stick it somewhere you can see easily on your first day to remind yourself of the good things you have to look forward to

*Talk to someone* - If school is really getting you down, remember you're not alone. As difficult as it may seem, talking to a friend, parent or someone you can trust can really help.

# GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals

**1 What are the Happiness Chemicals?**

- DOPAMINE**
  - Enables motivation, learning and pleasure
  - Gives you determination to accomplish goals, desires and needs
- OXYTOCIN**
  - Gives feeling of trust, motivates you to build and sustain relationships
  - Known as "Cuddle or Love Hormone", plays a role in bonding
- SEROTONIN**
  - Feeling significant or important among peers
  - Calm form of accepting yourself with the people around you
- ENDORPHIN**
  - Releases a brief euphoria to mask physical pain
  - Response to pain and stress to alleviate anxiety and depression

## 2 How Deficiency Affects You

<ul style="list-style-type: none"> <li>procrastination</li> <li>low self-esteem</li> <li>lack of motivation</li> <li>low energy or fatigue</li> <li>inability to focus</li> <li>feeling anxious</li> <li>feeling hopeless</li> <li>mood swings</li> </ul>	<ul style="list-style-type: none"> <li>feeling lonely</li> <li>stressed</li> <li>lack of motivation</li> <li>low energy or fatigue</li> <li>disconnect of relationships</li> <li>feeling anxious</li> <li>insomnia</li> </ul>	<ul style="list-style-type: none"> <li>low self-esteem</li> <li>overly sensitive</li> <li>anxiety/panic attacks</li> <li>mood swings</li> <li>feeling hopeless</li> <li>social phobia</li> <li>obsession/compulsion</li> <li>insomnia</li> </ul>	<ul style="list-style-type: none"> <li>anxiety</li> <li>depression</li> <li>mood swings</li> <li>aches and pains</li> <li>insomnia</li> <li>impulsive behaviour</li> </ul>

## 3 How to Increase Happiness Levels

<ul style="list-style-type: none"> <li>meditate</li> <li>daily to do list</li> <li>long term goals</li> <li>food rich in L-Tyrosine</li> <li>exercise regularly</li> <li>create something: writing, music or art</li> </ul>	<ul style="list-style-type: none"> <li>physical touch</li> <li>socializing</li> <li>massage</li> <li>acupuncture</li> <li>listening to music</li> <li>exercise</li> <li>cold shower</li> <li>meditate</li> </ul>	<ul style="list-style-type: none"> <li>exercise</li> <li>cold showers</li> <li>sunlight</li> <li>massage</li> </ul>	<ul style="list-style-type: none"> <li>laughter/crying</li> <li>creating music/art</li> <li>eat dark chocolate</li> <li>eat spicy foods</li> <li>exercise/stretching</li> <li>massage</li> <li>meditate</li> </ul>
---	--	---	--

© 2020 Banana Tree Log

[www.bananatreeelog.com](http://www.bananatreeelog.com)

Icons made by Freepik, Smartline, Vitaly Gorbachev from [www.flaticon.com](http://www.flaticon.com) is licensed by CC 3.0 BY

# SELF-CARE SEPTEMBER CALENDAR

## Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing





# WELLBEING THE E-ACT WAY

**Eat well**

**A**ctivity everyday

**C**onnect with others

**T**reat others as  
you wish to  
be treated

