



Hylands School

Well-being Newsletter, January 2021

Hello students

How are you? It is totally NORMAL to be feeling a bit 'up and down' at the moment. I have been sent so much information about how you can support your well-being during these strange times and I thought I would share some of this with you.

EWMHS and Young Minds say:

Set a daily and weekly routine: WHY? This gives structure and purpose to your day—a good mix of work, rest and free time is important. It is vital to get up, get dressed and eat regular meals. *'The Fabulous app'* can help you plan a routine.

Set daily achievable goals and include self-care: Look after yourself, eat, sleep, exercise, relax, limit news exposure. *'Teen Smart app'* can help you plan goals. www.thetherapistaid.com has worksheets on sleep, emotions, anxiety, anger and more.

Make time for the things important to you: Video call friends and family, draw, paint, craft, read, cook, exercise, play with siblings and pets...

Identify the triggers that make you feel low: It is normal to feel worried, sad, lonely, or anxious during this time because of all the uncertainty. Try and track your mood. Is it affected by sleep problems, news reports, social media, lack of routine or not enough exercise? If social media is becoming compulsive, build in positive habits that cuts down your need to be on it and fill your time with other activities, www.thetherapistaid.com has a 'triggers worksheet' that you could look at.

Walk away from tense situations: You can defuse difficult situations by walking away until everyone feels calmer; go for a walk or find somewhere quiet to sit and cool off.

Speak to school or support agencies for further advice and support: Remember there are lots of people at school to support you. Contact your PSM, your tutor, Head of Year or a teacher if you are struggling at the moment. We may not be at school together at this time, but that does not mean we are not available to support you or are not thinking of you.

<https://youngminds.org.uk/find-help/looking-after-yourself/>

Helpful websites:

www.themix.org.uk,

www.childline.org.uk

www.thesamaritans.org,

www.youngminds.org.uk

www.thetherapistaid.com

There are also lots of resources and useful information and links on the Hylands School website too.

Remember, it's not going to last forever, and we will get through this.

Inspire * Challenge * Achieve



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Hello parents and carers

My name is Hannah Norton-Lawrence and I am the Mental Health and Well-being lead at Hylands School. I hope this newsletter finds you all well. This is a tough time for families; coping with our own anxieties, juggling work, children, home education and caring for relatives. I have lots of information about how to support young people's well-being during this time and I thought it might be useful to share some of it with you.

The charity Barnados have identified the reasons why young people are struggling with the current situation; missing social contact, peer support, lack of personal space, getting away from family arguments, too much focus on school work, missing out, the fear of Covid-19, young love and anxiety.

Here are some things that might help relieve tensions:

- * Check in regularly to see how they are doing
- * Go for a walk together (you don't have to talk, just be there)
- * Encourage them to stay in touch with friends and family
- * Stay calm when talking about Covid-19
- * Minimise news updates
- * Accept we can't control everything
- * Give them space
- * Reward them for complying
- * Encourage them to exercise and / or get fresh air

- * Try not to over rely on them
- * Try to stick to a routine but be flexible and realistic
- * Make sure they know about support lines and that is it fine to ask for help (more information below)
- * Help them to develop coping strategies i.e. exercise, sleep, mindfulness (*calm app, headspace app*)
- * Encourage them to keep connected but make sure they know about on-line safety
- * Be realistic—sometimes young people break the rules, this is part of them becoming an individual and pushing the boundaries
- * If they do go out alone, talk to them about safety i.e. not engaging with strangers, social distancing and washing hands when they get home
- * Make a list together of things you can look forward to

Speak to school or support agencies for further advice and

support:

There are lots of people at school to support you. Contact your child's form tutor, Head of Year, PSM or a teacher.

Additional resources:

<https://youngminds.org.uk/find-help/for-parents/>

<https://www.barnardos.org.uk/blog/how-help-your-teenager-staying-home-during-lockdown>

<https://www.annafreud.org/media/11453/7waysanxiety.pdf>