We all have times when we feel down, stressed or frightened. Most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us. Everyone is different. You may bounce back from a setback, while someone else may feel weighed down by it for a long time. Your mental health doesn’t always stay the same. It can change as circumstances change and as you move through different stages in your life. But what is important is doing the following:

- Talking about your feelings… this isn’t a sign of weakness, it’s part of taking charge of your well-being and doing what you can to stay healthy. Talking can help you to cope with a problem and feeling listened to makes you feel more supported. And it works both ways, if you open up it might encourage others to and it gives a positive message to your children that it’s good to talk.

mentalhealth.org.uk
**Eat well**
What we eat may affect how we feel – for example, caffeine and sugar can have an immediate effect.
But food can also have a long-lasting effect on your mental health. Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that’s good for your physical health is also good for your mental health.

**Keep in touch**
Strong family ties and supportive friends can help you deal with the stresses of life.
Friends and family can make you feel included and cared for. They can offer different views from whatever’s going on inside your own head. They can help keep you active, keep you grounded and can help you solve practical problems.

**Ask for help**
None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don’t go to plan.
If things are getting too much for you and you feel you can’t cope, ask for help. Your family or friends may be able to offer practical help or a listening ear.

**Keep active**
Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better.
Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health. Exercising doesn’t just mean doing sport or going to the gym. Walks in the park, gardening or housework can also keep you active. Experts say that most people should do about 30 minutes’ exercise at least five days a week. Try to make physical activity that you enjoy a part of your day.

**Take a break**
A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break, or some time out for exercise. A few minutes can be enough to de-stress you. Give yourself some ‘me time’. Taking a break may mean being very active. It may mean not doing very much at all. Take a deep breath... and relax. Try yoga or meditation, or just putting your feet up. Listen to your body. If you’re really tired, give yourself time to sleep. Without good sleep, our mental health suffers and our concentration goes downhill. Sometimes the world can wait. You can download relaxation podcasts at www.mentalhealth.org.uk/help/podcasts-and-videos.

**Care for others**
Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together. Helping out can make us feel needed and valued, and that boosts our self-esteem. It also helps us to see the world from another angle. This can help to put our own problems in perspective. Caring for a pet can improve your well-being too. The bond between you and your pet can be as strong as between people.

**Do something you’re good at**
What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you’re good at it, and achieving something boosts your self-esteem. Concentrating on a hobby, like gardening or doing crosswords, can help you forget your worries for a while and can change your mood. **It can be good to have an interest where you’re not seen as someone’s mum or dad, partner or employee. You’re just you.** An hour of sketching lets you express yourself creatively.

**Accept who you are**
Some of us make people laugh, some are good at maths, and others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. We’re all different. It’s much healthier to accept that you’re unique than to wish you were more like someone else. Be proud of who you are. Recognise and accept the things you may not be good at, but also focus on what you can do well. If there’s anything about yourself you would like to change, are your expectations realistic? If they are, work towards them change in small steps.
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<tbody>
<tr>
<td>1.</td>
<td>Relax in a hot bath filled with your favourite products</td>
<td>2.</td>
<td>Phone a friend you haven’t spoken to for a while</td>
<td>3.</td>
<td>Go for your hours exercise and enjoy the beauty of nature</td>
<td>4.</td>
<td>Have some quality ‘me time.’ Sit, back, relax and read your favourite book</td>
<td>5.</td>
<td>Why not stay in your PJs today and watch your favourite film together</td>
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<td>7.</td>
<td>Take some time to make yourself a hot drink and sit and relax.</td>
<td>8.</td>
<td>Write down 3 things that make you happy and put them on the fridge.</td>
<td>9.</td>
<td>Have an early night and wake up feeling refreshed</td>
<td>10.</td>
<td>GOOD FRIDAY</td>
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<td>11.</td>
<td>Spend an hour doing something creative for yourself; like painting, sewing or craft</td>
<td>12.</td>
<td>EASTER SUNDAY</td>
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<td>13.</td>
<td>Light a scented candle or an oil burner</td>
<td>14.</td>
<td>Watch your favourite comedian or something that makes you laugh out loud!</td>
<td>15.</td>
<td>Write down your most recent achievement and put it up where you’ll see it</td>
<td>16.</td>
<td>Put something in your calendar for next year to look forward</td>
<td>17.</td>
<td>Cook your favourite meal from scratch using your favourite ingredients</td>
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<td>18.</td>
<td>De-clutter your bedroom, so it’s a place to relax and unwind</td>
<td>19.</td>
<td>Spend some quality time with your loved ones at home, maybe play a game</td>
<td>20.</td>
<td>Turn off your phone, computer or other electronic gadgets for an hour</td>
<td>21.</td>
<td>Put on your favourite music and dance around the room</td>
<td>22.</td>
<td>Drink a glass of water when you wake up</td>
<td>23.</td>
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<td>24.</td>
<td>Start the day by stretching your body</td>
<td>25.</td>
<td>Spend some time gardening either outside or by planting an indoor plant</td>
<td>26.</td>
<td>Spend some ‘me time’ reading some more of your book</td>
<td>27.</td>
<td>Try and move more today and sit less</td>
<td>28.</td>
<td>Can you do a ‘random act of kindness’ for someone</td>
<td>29.</td>
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<td>30.</td>
<td>Plan your May self-care chart...REMEMBER...be kind to yourself</td>
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The link below will lead you to an easy to read 10 tips to help you take care of yourselves. These 10 tips are all linked in some way to the 5 ways to wellbeing: https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/

The above page has links to helplines and support for you. For example there is a link to some NHS mental wellbeing audio guides to help you with controlling your anxiety, low mood, sadness and depression, overcoming sleep problems and unhelpful thinking and low confidence.

Self-care is giving the world the best of you, instead of what's left of you.

Katie Reed

I hope this is helpful, we are always thinking of our school community and no more so than at this present time. We are all at the end of the learning email for any help or advice. In the meantime take care of yourselves. Thinking of you all, you’re in our hearts and minds. Nicky Sutton