

Act of
Kindness

Mental Health



Theme of the week:

Learning that inspires:
Wellbeing



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Our Values

1. Dreaming big
2. Rewarding effort
3. Leading together
4. Respecting each other and our world
- 5. Learning that inspires**



We all have mental health

- We are fully aware that for the vast majority of learners, parents and carers, the thought of an unknown amount of time at home without physical contact with friends, loved ones and a “normal” routine is a scary prospect.
- At some point over the coming days, weeks or months it is expected that the deterioration in one’s mental health is a likely outcome. Despite the constraints of social distancing, isolation and a potential national lockdown, we are also aware that many learners are going to be in comfortable homes with cohesive family units and have the support mechanisms around them to “get through this.” But this will not be the case for all.
- To help through these difficult times we have out together some ideas to help you through these times. Finally please do remember we are in this together and we can get through whatever the coming weeks and months throws at us.

School community



- Keep in regular contact with your teachers, if possible at your regular lesson times.
- Remember you are not alone. Your teachers are still available to support you, both academically and pastorally.
- Ask for help when needed; independent learning is a new skill to learn. Don't be afraid to say if something seems confusing or you need extra support.
- Try to keep on top of your workload to avoid feeling overwhelmed.
- Take the opportunity to also follow your passions; if a particular topic interests you, research it. You never know where it might lead!
- Be sure to keep your teachers updated so we can support you in this.

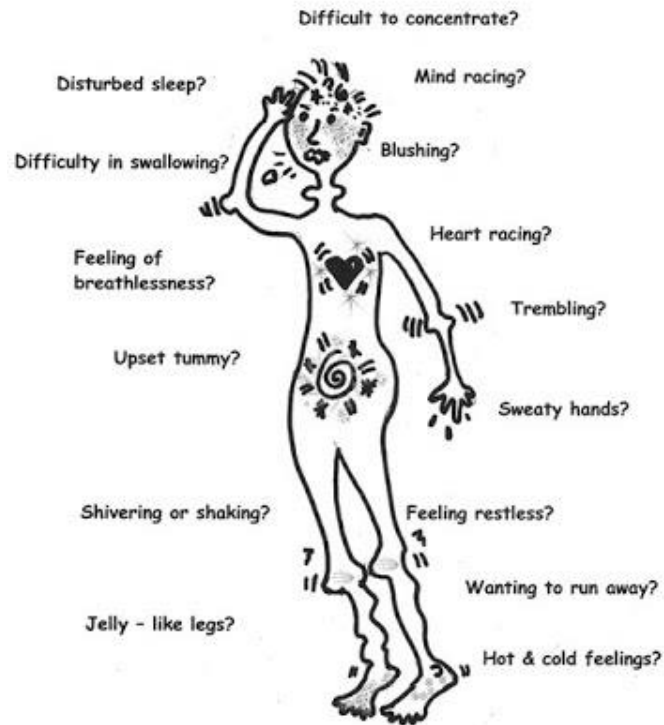
Wellbeing



- Interactions with family and friends
- Healthy eating
- Regular sleep patterns
- Communication with others
- Work/life balance
- Other interests
- Physical activity

Signs and symptoms to look out for

What does anxiety (worry) look like?



Do you have any of these symptoms?

- Change in sleep patterns
- Becoming withdrawn
- Friendship groups: can become less or more social than usual
- Change in eating patterns
- Change in appearance
- Personality shifts
- Problems with concentration

Wellbeing – What Parents/ Carers Can Do



- Model and promote
- Healthy eating
- Encourage downtime
- Create productive habits – work routines
- Interactions/ listening
- Encourage exercise (and join in too!)
- Monitoring social media access
- Be aware of important academic dates
- No issue is too small!

Build in structure



- Try to maintain a routine similar to your normal day/ week (e.g, weekday and weekend routines)
- Have allocated time for work and for rest
- Maintain habits – dress in the daytime, etc
- Make time for what you love
- Break your day/ week into chunks
- Plan your time
- Build in social contact; distance physically but don't become socially isolated

Weekly Planner



Times							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

24 actions to keep you busy...



<p><u>Day 1</u> Leave a Happy note for someone else to find in your house.</p>	<p><u>Day 2</u> Make a card for someone's birthday/celebration coming up</p>	<p><u>Day 3</u> Call a relative or friend who is far away and have a chat with them.</p>	<p><u>Day 4</u> Go out into your garden or local park and focus on nature's beauty.</p>	<p><u>Day 5</u> Make a cup of tea for someone and sit for 5 minutes and have a chat.</p>	<p><u>Day 6</u> Visit the MindMate website and explore the resources.</p>
<p><u>Day 7</u> Visit a virtual museum! Go online and explore the collections online.</p>	<p><u>Day 8</u> Get in contact with a local care home and arrange to send a letter to one of the residents.</p>	<p><u>Day 9</u> Turn your devices off and enjoy spending some time with a sibling or parent/carer.</p>	<p><u>Day 10</u> Use your phone or camera to take 5 pictures of objects in your garden or home.</p>	<p><u>Day 11</u> Say something positive to everyone in your household today.</p>	<p><u>Day 12</u> Do something helpful for a friend or family member today.</p>
<p><u>Day 13</u> Do a chore in the house without being asked to do it.</p>	<p><u>Day 14</u> Send a positive text to all your friends.</p>	<p><u>Day 15</u> Listen to your favourite song and dance around the room.</p>	<p><u>Day 16</u> Stay off social media today and keep yourself occupied.</p>	<p><u>Day 17</u> Take a selfie and note down 5 things you like.</p>	<p><u>Day 18</u> Play a game that you haven't played in a while.</p>
<p><u>Day 19</u> Hoover the stairs or a room in your house.</p>	<p><u>Day 20</u> Go to your local park and play on the swings.</p>	<p><u>Day 21</u> Bake some buns and sit and enjoy one in the garden.</p>	<p><u>Day 22</u> Sit down in a silent room and focus on your breathing for 5 minutes.</p>	<p><u>Day 23</u> Call a relative and have a chat with them.</p>	<p><u>Day 24</u> Find a workout video online and do it.</p>

Remember the Basics



- Get some fresh air*
- Go outside, preferably in the mornings/ during daylight* Exercise at regular points throughout the day.
- Keep hydrated
- Try to maintain regular meal-times
- Eat a balanced diet

*If it is safe to do so and bearing in mind any medical advice.

Keep Moving



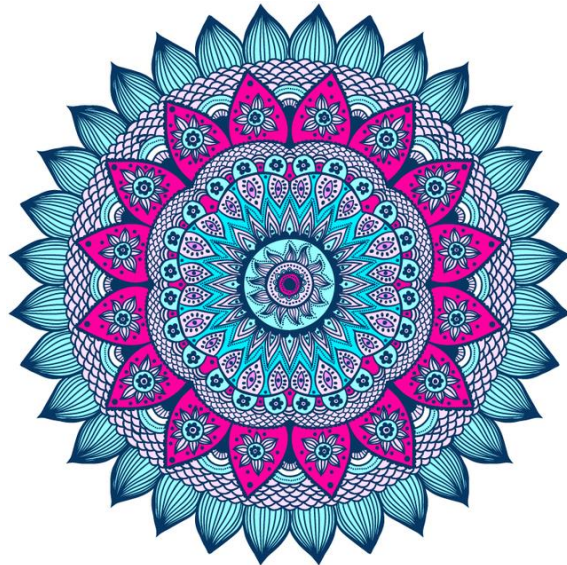
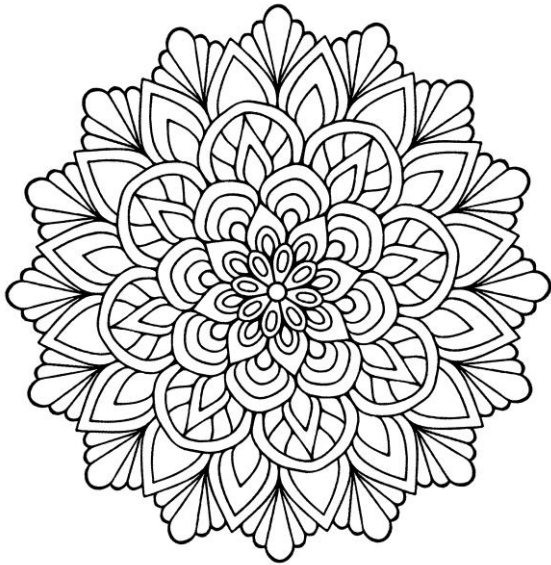
- Your daily activity will be reduced if you are at home, so it is important to build movement into your routine
- Your usual exercise method may no longer be available
- Use this opportunity to try something different
- Youtube and other apps have tutorials and guided workouts
- Try HIIT (High Intensity Interval Training), or more gentle exercises such as Yoga or Pilates
- Go outside into the garden and play a game*
- Take care not to injure yourself – work within your usual fitness levels and take it steady

Make your time meaningful



- All those things you never seem to have time for – list them!
- Take up a new skill or hobby
- Make time to be creative – art, music, crafts etc.
- Make time to help others where possible, either virtually or, where safe to do so, in person; collect some shopping for a neighbour, offer to do some gardening for someone nearby, etc.
- Keep up to date with study so you don't feel overwhelmed

Mandalas/ mindful colouring benefits



- Creative activities encourage flow
- Slows breathing and heart rate
- Allows self-expression
- Time together
- Can encourage “accidental” conversations
- Provides a mental pause

Music - benefits



- Can reduce distractions
- Sets a mood for concentration or relaxation
- Can build routines
- Reduces anxiety

Journaling prompts – some ideas



- The main thought in my head today was...
- Right now I feel challenged by...
- I feel supported when...
- I am grateful for...
- One thing I could do to help myself today is...
- What I want to say to my anxious thoughts...
- Write your anxious thoughts that include words like “never,” “always,” “everyone,” and “no one.” Circle those you can prove are 100% true

Talking - benefits

What are you going to have for lunch today?

What is your favourite song right now? Why?

What has made you smile/ frustrated/ confused today?

Has anyone around you had a hard time today?

If you could do anything this weekend/ next holiday, what would you choose?

What are you most looking forward to right now?

- Improves relationships
Identifies potential problems early
- Builds self-esteem
- Generates problem-solving ideas together

Control



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