

WELLBEING BULLETIN

Updates for the students and parents of Nailsea School



STRESS AND ANXIETY

From time to time, everyone feels stressed or anxious– these feelings are quite normal reactions to challenging events in our lives such as starting a new school, changing year groups .

Stress and anxiety can affect you physically and mentally – they can make it hard to:

- Concentrate.
- Make decisions.
- Deal with frustration.
- Control your temper.
- Keep your sense of humour.

Or they can make a person feel restless and jumpy, to have problems sleeping, to feel breathless, to feel fearful, to have headaches or even to feel sick or dizzy. They are also the most common struggles our students have to cope with on a day to day basis.

Welcome to Nailsea Schools first Wellbeing Bulletin. We aim to use this bulletin to share with you useful information and strategies in order to support our students mental wellbeing.

We endeavour to provide a safe and welcoming environment where children are respected and valued. If you have concerns that a child has been harmed, or is at risk of harm then please contact a member of the safeguarding team in person or on the following email address:

safeguardingteam@nailseaschool.com

HELPING YOURSELF :

Recent research suggests that as many as 1 in 6 young people will experience an anxiety condition at some point in their lives, this means that up to 5 people in your class may be living with anxiety. So here are our top tips for helping relieve anxiety.

TALK TO SOMEONE YOU TRUST

Talking to someone you trust about what's making you anxious could be a relief. It may be that just having someone listen to you and show they care can help in itself. If you aren't able to open up to someone close to you, the Samaritans and Anxiety UK both run helplines that you can call to talk to someone.

At school every staff member is here to help you . Some key staff who you might want to talk to are your Heads Of House , Tutor , Miss Cadwallader or Mr Mawford .

APPS

Apps can help you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, they can help you change negative thoughts to help you better cope with life's ups and downs. Our favourite ones are listed below :



CALM Free download optional subscription



STOP BREATHE & THINK: Free download optional subscription

STOP, BREATHE & THINK



Headspace: Free download optional subscription



The mindfulness App: Free download optional subscription

KEEP A DIARY

It can be really hard to stop worrying when you have anxiety. You might have worries you can't control. Or you might feel like you need to keep worrying because it feels useful – or that bad things might happen if you stop. It can be helpful to try different ways of addressing these worries. For example, you could .Write down your worries and keep them in a notebook. By making a note of what happens when you get anxious or have a panic attack. This could help you spot patterns in what triggers these experiences for you, or notice early signs that they are beginning to happen. You could also make a note of what's going well. Living with anxiety can mean you think a lot about things that worry you or are hard to do. It's important to be kind to yourself and notice the good things too.

We also provide anxiety support packs - To request a pack please email Mr Mawford - cmawford@nailseaschool.com

Helpful Resources :

Anxiety UK

www.anxietyuk.org.uk

Telephone - 08444775774

(Weekdays 9.30 =17.30)

Text Service - 07537416905

No Panic

www.nopanic.org.uk

Telephone: 08449674848

(10am-10pm)

Youth Helpline -

03306061174

(weekdays 3pm- 6pm)

MindShift

www.anxietybc.com/resources/mindshift-app

MindShift is designed to help teens cope with anxiety by teaching them how to relax, develop more helpful ways of thinking

SAM

<http://sam-app.org.uk/>

This is a selfhelp app for anxiety which includes a personal toolbox, negative thought buster, colouring exercises and information.

Stop Panic and Anxiety Self-Help

<http://www.excelatlife.com/apps.htm#panicapp>

This is a selfhelp app for people experiencing panic attacks. It can provide immediate audio assistance during a panic attack and help prevent panic attacks