

TERM 5 2020

WELLBEING BULLETIN

Updates for the students and parents of Nailsea School



Mental health & Lockdown

Coronavirus is influencing our actions and our future plans, and is almost ever-present in our thoughts. In the face of such uncertainty, it is not surprising that many of us are living with a heightened sense of anxiety. Many people are feeling worried and fearful of what will happen in the coming days, weeks and potentially months and having to quickly adjust to major changes in their lives.

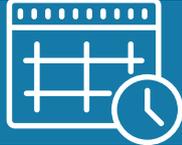
This addition offers advice that we can all use whether or not we have a mental health issue.



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

ROUTINE



With school closures and the imposed lockdown the biggest disruption it has caused has been to our daily routine. The imposed lockdown has meant the normal things that we do aren't happening the way they normally would. And for those suffering with mental illness like anxiety and depression routine is often one of the coping strategies that really helps to keep things under control. Getting up and going out, talking and doing the same thing each day can be really helpful in protecting us from anxiety and depression. Due to lock down our routines may start to disappear and so it is really important to create a new routine.

Planning your day even the little daily tasks such as waking up, self care activities and exercise for example can help give you a sense of purpose which in turn will boost mood and have a positive impact on our mental health. Have a go at planning your new routine on the daily planner attached.

TIME OUT



Take time out from worry. One thing that is currently happening is people are constantly refreshing their newfeeds in search of more information in these uncertain times. Newsfeeds can be a source of constant worry and it can be very difficult to deal with. It can be really beneficial to stop refreshing and allow yourself time to think about something completely different or even take the chance to do something mindfully and loose yourself in that task to allow your mind to reset.

Of course we all want to know what is going to happen but the worry caused can really build up our anxiety and so giving yourself time off from the worry is really important. Try setting a time aside each day to be news free or set aside a limited time a day that you will allow yourself to be on your newsfeed.

5 Ways to wellbeing

Give yourself a hand with these five ways to wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for mental wellbeing.

Things I can do to support my mental wellbeing; every week and when I am stressed:

CONNECT



Now, more than ever, we need to ensure we are connecting with the people around us. The places we would normally connect with others, like the school, restaurants or gyms are no longer accessible. Try to think of ways you can still socially connect with others, using video calling rather than audio so that you can see people. There are lots of virtual activities being set up such as faith and community events online.

BE ACTIVE



Use your daily outside exercise time to go for a walk, run or cycle ride. Even a 10 minute stroll can really help. Don't forget this requires physical distancing and it may be that we will have to adapt further and find ways to exercise within our home environment. If this is the case, why not put on some music and dance around your living room, join an online class or even do some stretches while you are watching TV? Housework, gardening and DIY also count. Exercising makes you feel good so it is important to think of ways that you can still do this.

KEEP LEARNING



As well as keeping up with online learning tasks don't be afraid to try something new, rediscover an old hobby or sign up for a course; there are lots of free courses online. Learn to play an instrument or how to cook. Learn a new language or set yourself a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do. It may be that you have put off doing something and now you have the time and opportunity to embrace learning something you have been putting off.

5 Ways to wellbeing continued :

TAKE NOTICE



Be observant, look for something beautiful or remark on something unusual. Savour the moment and adjust to the changes happening, if you are using remote meetings or video calls, take notice of those that you are talking to. Enjoy the time that you have and allow yourself to relax. If you are finding it difficult to manage your emotions and the current uncertainty, a useful technique is a grounding exercise based on our senses:

5 sense grounding tool :



5 things you can SEE

4 things you can FEEL



3 things you can HEAR



2 things you can SMELL

1 thing you can TASTE

GIVE



Do something nice for a friend, colleague or loved one. It may be that you send them a message, phone or video call them or send a card.

REMEMBER : TEAM NAILSEA ARE STILL HERE FOR YOU. IF YOU ARE STUGGLING WITH YOUR MENTAL HEALTH PLEASE DO GET IN CONTACT
SAFGUARDING@NAILSEASCHOOL.COM