**Student Bulletin – week commencing 18th January**

**Weekly Well-Being Information.**

We know that it can be very difficult to cope during lockdown. Many of the activities that you enjoyed doing have probably stopped. Seeing the people you like to see and spend time with has become difficult, as well as handling the ongoing concerns about what is going on. This can all make us feel anxious and down. You know what? That is understandable and absolutely OK! What’s important is that you can manage that anxiety and you can recognise whether one down day is becoming several down days together.

You may start to feel sad regularly or lose interest in the things you used to enjoy or feel yourself wanting to spend more time by yourself. You could feel irritable a lot of the time or just want to sleep all the time or even struggling falling to sleep.

If you think this is you, then remember;

Try and talk to someone; a family member, contact a teacher or a trusted friend and tell them how you feel. Remember its OK to not feel great and someone will probably help you start to feel better.

There are also a lot of helplines, run by charities, who will also listen to you and try to help you.

Two you could try are;

[www.giveusashout.org](http://www.giveusashout.org/)  text 85258 – This is a texting service aimed mostly at young people who can text in and chat (via text) to a trained volunteer.

[www.childline.org.uk](http://www.childline.org.uk/) phone 0800 1111 helpline to talk to a counsellor

# Weekly Focus

The BBC are running a 30 day challenge to help us manage our well-being

[https://www.bbc.co.uk/programmes/articles/2pvpYmNxtDthSXN7zcZRYWd/take-the-body-positive-30day-mental-wellness-challenge](https://www.bbc.co.uk/programmes/articles/2pvpYmNxtDthSXN7zcZRYWd/take-the-body-positive-30-day-mental-wellness-challenge)

This week’s focus is Stay Active. Exercise, even just walking, makes a big difference to the way we feel. It releases hormones which helps maintain our wellbeing and makes us feel happier. There are daily challenges set on the BBC link above or just challenge yourself to do some kind of exercise each day this week.

**Help with Anxiety – Mindfulness Trick**

# Finger counting

* Sit or stand in a comfortable position and hold one of your hands out in front of you, fingers open, palms facing up.
* You are going to breath in for the count of 5 **BUT** as you do so place each finger down (one at a time on each count – so 1, move your thumb into your palm, 2 – move your index finger down to your palm and so on) until you make a fist.
* As you breathe out for five count, uncurl each finger one by one until you have an open hand.
* Repeat this at least 5 times or until you feel calmer.
* activity for a few minutes.