**Student Bulletin – week commencing 25th January 2021**

**Weekly Well-Being Information.**

We all have mental health and our mental wellbeing can [fluctuate day-to-day](https://www.youtube.com/watch?v=_FZ7ikpzBwc) especially during the current times. When you’re not feeling great, it can feel harder to take action to benefit your wellbeing.  
  
However there are small steps we can take in our everyday lives to look after our mental wellbeing. According to the British Medical Association, research has shown that there are many benefits of taking action to support your wellbeing, such as:  
  
**-** Greater self-confidence and control  
**-** Improved quality of life  
**-** Healthier behaviours  
**-** Better understanding of your own health

So looing after our well-being should become part of our everyday lives and not just through challenging times.

Remember, if you think you need support with your mental health;

Try and talk to someone; a family member, contact a teacher or a trusted friend and tell them how you feel. Remember it’s 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.

As well as the ones from last week, two other places you could try are;

<https://youngminds.org.uk/find-help/get-urgent-help/>

A site for young people to get information and support on any mental health issue

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

The site offers a lot of different places you can seek help and support from.

**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-30-day-mental-wellness-challenge>

This week’s focus is keep learning. You do have your usual school to complete which can help with this but learning something new is also good for managing our well-being. Discovering a new skills or interest does release those happy hormones again and helps us get involved with activities again. There are some suggestions of new things to try on week 3 of the BBC site above.

**Help with Anxiety – Mindfulness Trick**

**Body Scan – only do this in a safe place and it is safe for you to do so.**

Lie down on your back on a comfortable surface and close your eyes;

* squeeze every muscle in your body as tight as you can.
* After a few seconds, release all your muscles and relax for a few minutes;
* Think about how your body is feeling starting with your toes, think about knees, thighs fingers, arms, stomach, chest, neck, face and the top of your head.
* If you want to do it all again a few times.