



School

WELLBEING

Newsletter

This term, our wellbeing focus is **Self Care**

WHAT IS IT?

In its simplest form, self-care is just the little things we do to look after our own mental health. It's about trying to **listen** to how we are feeling and understanding what we need, even if it's difficult, so we can care for ourselves. This could mean taking a **timeout** when we're feeling overwhelmed; it could mean making time to do an activity that we know makes us **feel good**; or it could be as simple as making sure to do the basics like eating and sleeping well when we're struggling.

What works for one person may not work for someone else. It also looks different depending on where we're at mentally at the time; what works for us when we're doing well might feel impossible when we're going through a hard time. But that's okay. The important thing is that we **listen to what we need**, not what we think the world needs from us.

Young people may need some reminders and guiding as to what might be helpful for them. When going through a difficult time, it can be hard to motivate ourselves to do things which we know will help.

THIS TERM...

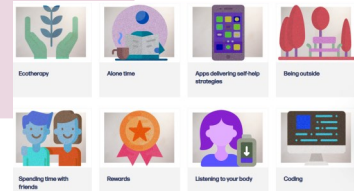
During Base Time, pupils will be taking part in a number of short tasks, aimed to develop their skills to support good self care habits.

Self-care is not a replacement for getting help. And it is not about having to fix your problems on your own. But it is an important part of maintaining good mental health.



Self Care & Social Media video: [Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](#)

Self Care activities for Young People: [Self Care](#), [Anxiety](#), [Depression](#), [Coping Strategies](#)

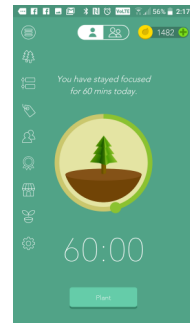


USEFUL APPS FOR YOUNG PEOPLE:

PEOPLE:



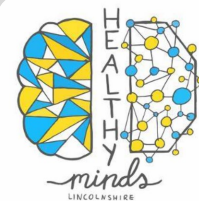
Forest: Helps you to put your phone down and stay focused.



SIGNPOSTING

Young Minds: [What Is Self-Care? | Self-Care And Mental Health | YoungMinds](#)

Healthy Minds Workshop: [Staying Emotionally Healthy -Secondary by HML Boston on Prezi Next](#)



Staying Emotionally Healthy
Workbook for Secondary aged children



TIPS FOR YOUNG PEOPLE WHO ARE STRUGGLING TO MOTIVATE THEMSELVES: [How To Do Self-Care When You're Really Struggling | YoungMinds](#)