

YOU ARE NOT ALONE!



*In June 2020, YoungMinds reported that 80% of young people agreed that the coronavirus pandemic had made their mental health worse. This was often related to increased feelings of anxiety, isolation, a loss of coping mechanisms or a loss of motivation**

Mental wellbeing is all about feeling good and functioning well. We all have mental health, and we can all do simple things to look after it. Did you know that around 40% of our mental wellbeing is down to the choices we make and the actions we take?

Take a minute to sit quietly and check- in with yourself.

how are you feeling? Do you want to share it with your form or keep it private?

As always teachers can join in too!

FEELINGS CHECK-IN

I feel...

I need to...

Overwhelmed	Take a step back
Stressed	Focus on relaxing
Anxious	Practice coping skills
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Self-compassion
Upset	Take time for myself
Alone	Reach out for support

BlessingManifesting

WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

#ADDRESS YOUR STRESS



Where's my mental health today?

How do I feel today?

Mentally?

Physically?



Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?



How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit getselfhelp.co.uk or moodgym.com.au



My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your Stress Container at mhfaengland.org/mhfa-centre/campaigns/mhaw2018



MHFA England

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

GROUNDHOG DAY



GROUNDHOG DAY

NOUN

1. (in the US and Canada) February 2nd, when, according to tradition, the groundhog emerges from hibernation; if it sees its shadow, it returns to its burrow for six weeks as a sunny day indicates a late spring, while a cloudy day would mean an early spring
2. a situation in which events are or appear to be continually repeated

February 2nd marks Groundhog Day - a North American tradition, most famously celebrated at a ceremony in Punxsutawney, Pennsylvania, USA, where the actions of the groundhog are closely monitored as it first emerges from hibernation.

This event is of course, documented in the 1993 film 'Groundhog Day' starring Bill Murray. Murray portrays Phil Connors, a cynical television weatherman covering the event, who becomes trapped in a time loop, experiencing the same day repeatedly.

The film had a significant impact on popular culture; leading to the phrase "Groundhog Day" being recognised as a situation that could be experienced; it has become a common term to reference an unpleasant, monotonous situation or tedious events that appear to be repeating in exactly the same way.

The term has been used often during the COVID-19 pandemic, to refer to the monotony of quarantine, isolation and imposed lockdowns as we attempt to stem the spread of the virus. Many of us no doubt, feel trapped in a cycle that we definitely want to escape.

If we dig below the film's funny surface, we realise it presents a powerful message about finding purpose and meaning in our lives. The evolution of the main character in this story shows us the importance of living in the present moment and being an active participant in life.





"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." Buddha

If you are feeling stuck in a Groundhog Day cycle, these simple habits might be worth a try! After all, the present moment is the only thing we can control.

Mindful Cooking

Can you chop a carrot without thinking about anything but the carrot? I bet you can't.

Take a mindful nature walk

The next time you feel the need for a walk—whether it's a quick trip around the block or a lengthy stroll through a pretty, scenic spot—make it a mindful nature walk. All you need to do is engage all your senses and stay aware of what's happening both around you and within you. Be intentional with your awareness; notice your feet hitting the ground with each step, see everything there is to see around you, open your ears to all the sounds surrounding you, feel each inhale and exhale, and just generally be aware of what is happening in each moment.



Mindful Music

Try this little experiment: While you're in your car or some other place listening to music, see if you can listen to one song all the way through without doing anything else (checking your phone, changing the station, etc.) or thinking about anything else (figuring out what to make for dinner, how you would rewrite that one line. Instead, simply focus on hearing and listening to the music. What is it like to feel music?

Single-task

It becomes easier to stay present for more time throughout the day by single-tasking. That means to not use tabs when you browse the internet but to just be fully engaged with one thing online at a time. It means to not use your smartphone or computer as you also try to watch the TV. Or to use any of those internet-devices during a conversation. Get a good start to your day and set the tone for it by doing one thing at a time as soon as you wake up.



Mindful Play

What does it feel like to have fun? When you find yourself in the middle of a game- playing fetch with your dog, Words With Friends with your sister, hide and seek with your son,- check in briefly with how it feels to have fun. If aliens arrived tomorrow and explained that they didn't understand "fun" and what it felt like (not what it is), how would you describe it to them?

5 Senses in 5 Mindful Minutes

Life is tough at the moment and living through this pandemic with the challenges we are facing both personally and professionally is undoubtedly taking a toll on wellbeing. Things may feel out of your control. You may be experiencing stress and anxiety.

One of the most powerful approaches you can take is to learn how to do a grounding exercise that immediately calms your body and mind.

Reconnecting with all of your five senses can ground you in the present moment, putting a stop to racing thoughts. It's not going to solve the problems on your to-do list, but you'll probably feel better equipped to deal with them. Five minutes is all you need to engage your senses and get a foothold on your day.



1. Relax:

Sit in a comfortable upright position with your feet planted flat on the ground. Rest your hands on your thighs or on your desk.

2. Breathe:

Just breathe. Refreshing, comfortable, and even breaths. Don't worry about technique, just allow relaxing breaths to enter deeply and exhale fully.

3. Engage:

It's time to engage each of your five senses, one at a time, for at least one minute each. You can keep a clock handy or just estimate. The point here is to focus on the present moment and how each sense is being activated in that moment. You might start like this...

Hearing:

Begin to relax by just noticing all of the sounds around you. Give yourself permission to suspend your judgement of the sounds. They are not good or bad, they just are. Are you now hearing more than you were before you started? Subtle sounds may have previously gone unnoticed. Can you hear them now? Remember your steady breaths while you are listening.

Smell:

Now shift your concentration to noticing the smells of your environment. Is somebody cooking lunch in your building? Can you detect the electronics smell of your computer or fresh air coming in through your window? Try closing your eyes so you can focus on the subtlest of scents.

Sight:

If you closed your eyes a moment ago, open them to notice the colours, shapes, and textures of your surroundings. If you really look, just about everything has colour variation and texture that may have gone unnoticed. How many shades of blue or red? Any colour missing?

Taste:

You can do this one regardless of whether or not you have food to put in your mouth. If you have a snack go ahead and take a small bite, noticing all of the flavours and textures that arise. If you don't have food, just notice your tongue in your mouth, your saliva, and your breath as you exhale. Most of us have tastes in our mouth at all times. Run your tongue over your teeth and cheeks- what do you notice? Keep breathing, one more minute.

Touch:

Last one. Where did you place your hands when you first started this exercise? Notice the sensation of where your hands meet something solid like the fabric of your clothes or the surface of your desk. Notice the pressure between your feet and the floor. Try feeling the textures that you noticed by sight a moment ago. To fully ground yourself in the room and bring the exercise to a close, feel several objects on your desk and perhaps even stand up from your chair to bring energy and sensation to all parts of your body.

Time is up. Even when there are distractions during this five-minute exercise, you can gently bring yourself back to your senses. No need to get frustrated when that happens, because a distraction is just another engagement of a particular sense. Incorporate it into the exercise.

**#wellbeingweek
#stayinthepresent
#dontruintoday**



*"Almost everything will work again if you unplug it for a few minutes, including you."
Anne Lamott*

1

CONNECT

Even when we all live under one roof, it can be easy to disconnect and forget to spend time together.

- Something as simple as asking "are you ok?" can start an honest conversation
- Set aside a regular time to have a meal together
- Share your best and worst moments from the day

2

BE ACTIVE

Being active isn't just good for our physical health; it's also proven to have a positive effect on our mental health and wellbeing.

- Swap a daily car or bus journey for a walk together
- Try a new activity or sport together
- Set an exercise challenge to complete as a family each week

3

TAKE NOTICE

When you're spending time together as a family, take notice and be aware of the present.

- Bring out the board games and spend some technology free time together
- Create a calm space at home that's free from mess and noise
- Keep a family diary with stories and photos

4

LEARN

Learning enhances our self-esteem, and learning something new as a family can help bring you together.

- Try making a new recipe together
- Learn a new word together and practice using it
- Make school homework an activity for the whole family

5

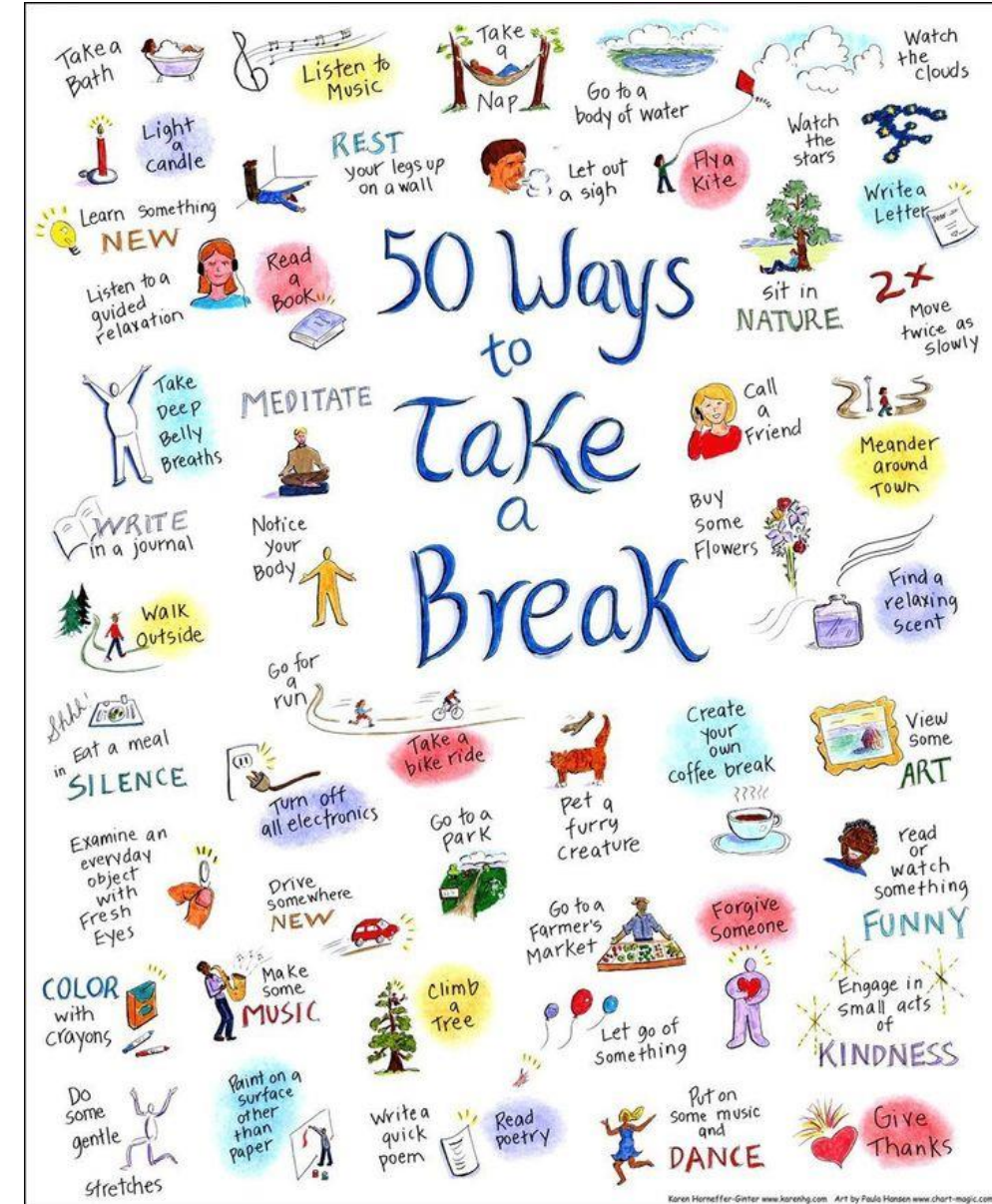
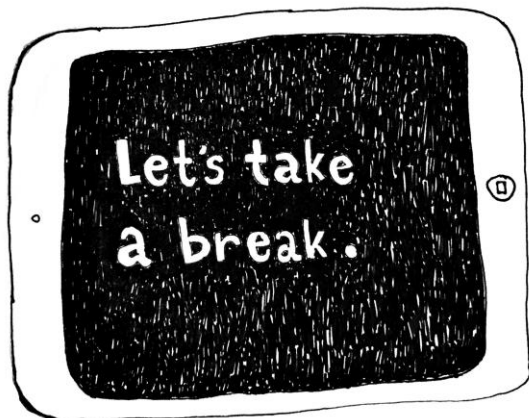
GIVE

Giving feels good – and working together as a family to give can be even better.

- Start a penny jar to donate to your favourite charity
- Gather up anything you no longer need and donate to your local charity shop
- Don't forget each other – do a favour or something nice for another member of the family

Take a breaks between lessons and from your screen...

- READ A BOOK
- PLAY OUTSIDE
- PRACTICE A SPORT
- WORK IN SCHOOL WORKBOOK
- DO AN ART/CRAFT PROJECT
- PRACTICE AN INSTRUMENT
- BAKE SOMETHING
- PLAY WITH TOYS
- GO ON A BIKE RIDE OR WALK
- WRITE A STORY
- PLAY A BOARD/CARD GAME
- MAKE UP A DANCE



MENTAL HEALTH SUPPORT SERVICES

For Young People

Centre 33
Whatsapp:
07514 783745
Call
0333 41410808
help@centre33.org.uk
 **13-25yrs**

YPCS
Call: **0800 634 4395**
Admin@ypcs.uk
 Online Chat
11-18yrs
Young Peoples
Counselling Service

ChildLine
Chat boards,
1-2-1 Support,
Call: **0800 1111**
 **Under 19yrs**

ClearFear
Anxiety
Support App
11-19yrs
Calm Harm
Self Harm **13yrs+**
Support App 

Young Minds
Young People text:
YM to 85258
Parents helpline:
08088025544
14-25yrs 
YOUNGMINDS

Kooth
Online Chat:
Mon – Fri: **12–10pm**
Sat & Sun: **6–10pm**
11-18yrs


CALM
Call
0800 58 58 58
A helpline for people who
need to talk or find support
 **9am- midnight every
day of the year**

The Kite Trust
LGBTQ+ Support
01223 369508
info@thekitetrust.org.uk
 **Under 25yrs**
Gender and sexuality
Supporting young people

Samaritans
Call for Free
116 123
Whatever you are going
through, call anytime
 

The Mix
Crisis Messenger:
text **THEMIX** to **85258**
Call
0808 8084 994
Under 25yrs 


**ChatHealth
Cambs & Pboro**
Text
07480 635 443
Ages 11-19
 

Papyrus
Suicide Hopeline
0800 068 4141
Under 35yrs
 **9am- midnight
every day of the
year**

youthispired_peterborough
Youth Inspired
Youthispired_P
youthispired@pcvs.co.uk



Follow Youth Inspired for useful information & 'Whats On' guides for young people in Peterborough



Local support @ <https://thelowdown.info/>

Contact Us 01604 634385 info@thelowdownnorthampton.co.uk   

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Services Update: 14/01/21

We are currently working through our waiting list for face to face counselling. Once our waiting list has reduced we will resume accepting face to face referrals.

- **COUNSELLING:** **Self referrals** for counselling are currently being accepted for remote support only – Monday-Friday between 11am and 5pm. This service is being delivered by our friendly, trained counsellors.
- **ALL ENQUIRIES:** Will be managed remotely Monday-Friday between 9am-5pm as usual on 01604 634385. Emails to info@thelowdownnorthampton.co.uk will also be managed remotely by a member of our team.
- **WELLBEING SESSIONS:** We are now offering remote wellbeing sessions every Saturday between 1pm and 3pm and every Wednesday between 5pm and 7pm using either video call or telephone. To book your slot, please call us on 01604 634385. Further wellbeing information and tips to look after your mental health is accessible via this dedicated [web page](#) too.
- **NEW LGBTQ+ DROP-IN:** We now offer virtual or face-to-face drop-ins every
- **LGBTQ:** In addition, remote support is available for our Out There group Fridays 6pm-8pm on the usual group phone/email. Out There Plus continues remotely on the 2nd and 4th Wednesday of the month from 6pm-8pm.
- **SEXUAL HEALTH:** We are unable to offer sexual health support for the time being, however sexual health queries are being diverted to the hospital clinic and you can contact them on 01604 609766. There are no walk-ins currently, but there is a small team in the clinic to provide telephone consultations for any STI symptoms or emergency contraception; these clients will be able to pick up their prescriptions. Testing kits can be ordered via [this link](#).
- **CONTRACEPTION:** The C card system is being reinstated. Young people will be able to do C card training and then get free condoms from pharmacies. Contact CHAT C CARD for more information on 07519 293410.
- **NEW SUPPORT SERVICE:** Espresso Yourself drop-ins continue at the lowdown Mondays & Fridays 4-8pm. During lockdown we're not offering

Helpful links! WFA is here for you...

Check out our website www.westonfavellacademy.org for helpful information for you and your family....



to develop opportunities for such activities and extend the range of residential trips to.



no matter what happens,



I'm always here for you.

- GCSEPod
- Healthy body, healthy mind - COVID STYLE!
- Library resources
- Show My Homework
- Staying Safe
- Student Voice
- Timings of the Day
- Trips and Events
- Wellbeing and Support

And follow us on twitter...

<https://twitter.com/WestonFavellGAT>



New to Twitter?

Sign up now to get your own personalised timeline

Sign up





On our website we have many links to information that can help you with whatever difficulties you are experiencing.

<https://www.westonfavellacademy.org/page/?title=Wellbeing+and+Support&pid=105>

- Helpline Information - Kooth.com and Young M... DOWNLOAD ▾
- Helpline Information - Samaritans and Papyrus... DOWNLOAD ▾
- Helpline Information - Shout, Mind and Calm ... DOWNLOAD ▾
- Self help - Anxiety PDF DOWNLOAD ▾
- Self help - Bereavement PDF DOWNLOAD ▾
- Self help - Mindfulness PDF DOWNLOAD ▾
- Self help - Stress PDF DOWNLOAD ▾

- Self help - Ways to Relax by Using Breathing ... DOWNLOAD ▾
- Child Friendly Explanation of Coronavirus PDF DOWNLOAD ▾
- COVID-19 Mental Health Support for schools P... DOWNLOAD ▾
- Fun activities to do at home PDF DOWNLOAD ▾
- MOS Thrive Brochure 2020 PDF DOWNLOAD ▾
- Promoting positive well-being in children and t... DOWNLOAD ▾
- Resources to support Emotional Wellbeing and ... DOWNLOAD ▾
- Service Six Helpline PDF DOWNLOAD ▾
- Talk Out Loud Brochure PDF DOWNLOAD ▾
- Year 11 Coronavirus support resource PDF DOWNLOAD ▾