

Whole School Approach Newsletter

Hi everyone, welcome to our first newsletter. We hope you are managing to keep mentally and physically healthy during this difficult time.

We wanted to create a Newsletter with some hints and tips that we hope will help you with your mental wellbeing.

Firstly, have you heard of Maslow's theory? In basic terms Maslow suggests that if our basic human needs are not being met, it makes daily functioning difficult. Think about three of our basic needs, eating food, drinking enough water and getting enough sleep. Are your basic needs being met to help you during this difficult time?

In order for our mind to stay well we need to look after our physical health also. It is important to fuel our bodies with enough water, nutritious food and enough sleep.

When we are dehydrated we struggle to reason and think clearly.

Getting through stressful times or times of change requires a lot of energy which we get from food.

Quality sleep is essential for us to recover and process the day before we start again.

During stressful times it can be difficult to focus on our very basic needs when our minds are trying to cope with what is going on around us. However it is essential to fuel the body correctly in order to help our mind.

Ways 2 Wellbeing

How do you look after your mental wellbeing?

The following five steps have been researched as ways to improve your wellbeing every day. Now more than ever we need to look after ourselves and can still take action to do this even though life is looking pretty different for most of us. Remember everyone is different and what works for one may not work for another.

<https://www.youtube.com/watch?v=MfM0Tj-9AIs>

BE ACTIVE

Find something you enjoy
Dance, walk, run, circuits, bike, yoga, gardening!

TAKE NOTICE

Stay in the moment.
Be mindful, be present, really listen and look at what is around you

CONNECT

Talk, listen and connect with others
Phone friends, family, face time, zoom and spend quality time with those you live with

GIVE

Time & Your words
Do something nice for someone else

KEEP LEARNING

New hobby, new experience, new opportunity

It's ok not to be ok..... Ask for help

- <https://www.mind.org.uk>
- 1-1 telephone drop-in with a WSA practitioner contact: WholeSchoolApproach@heywind.org.uk
- <https://www.nhs.uk/conditions/stress-anxiety-depression>
- <https://www.samaritans.org>
- Humber young people's urgent mental health 24/7 helpline 01482 301701 (option 2) – Parents can contact if worried about a young person