



Us Plus

Mental Health and Well-being Bulletin 10

Good morning everyone,

Today's bulletin is focused on behaviours and inspiration. As time goes on we are becoming more familiar with the new routines including our new ways of learning and communicating with our friends and family. It is still a really difficult time and many of us are experience a range of emotions and behaviours – some days is can be like being on an emotional roller-coaster! This is perfectly normal but it is important to recognise the behaviour of ourselves and others and try to support each other!

Mrs Taylor.

I shared the image below in the Parent Bulletins at the beginning of the week. Although the image mentions 'child's anxieties' I am 100% sure many adults feel (and perhaps show) the same behaviours ...my family see to link me to 'Chandeliering' although I'm sure that can't be true!!

rainbow breathing (see previous bulletins) to deal with them. It's also really good to talk about how you are feeling with a family member or friend. You can also talk to the TIS team at Penrice (See the information at the end of this bulletin).



The link below takes you to the inspirational story of Ezra Frech – a really brave and positive young man. Definitely worth a watch! Thanks to James Williams in 7LM for sharing this video with his tutor Miss Morse as a great example of perseverance ... a skill we are all practicing!



<https://www.youtube.com/watch?v=ekLpn4zKiNU>

Remember that you can also contact the TIS Team at school if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at ktaylor@penrice.org.uk



One of the key ways to deal with behaviour that can have a negative impact is to recognise them. Once you are aware of your behaviour you can use your breathing / relaxation strategies like bubble or