



Us Plus

Mental Health and Wellbeing Bulletin 3

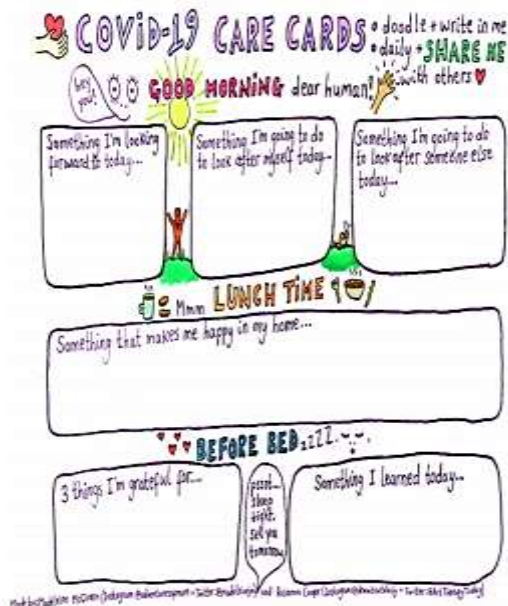
Hello everyone,

I hope you are enjoying the Easter Holiday so far! The sun seems to be staying out so we can still enjoy our gardens.

Remember during these unusual times it is really, really important to be kind – to those that you are living with and in any online contact you may have with others. Online bullying is a really serious issue and now, when we are trying to make the best of a difficult situation, we need to consider carefully the words we share online.

Mrs Taylor

The image below is a great 'care card' idea to keep focused on positive things. You can either copy and paste the one below or design your own version. The section focused on things to be grateful for is really important – this is a great way to look after your mental health and wellbeing.



I've also included a reminder of the help line that is open from 9am -9pm every day of the Easter Holiday. There is also lots of useful information on their website: your-way.org.uk



Miss Whelan shared this excellent coping calendar with me last week- lots of ideas for 'actions for happiness':



Finally, another reminder about your online behaviour. If you are receiving any nasty comments online please block the sender and tell your parent / carer.

