



Us Plus

Mental Health and Well-being Bulletin 6

Hello everyone,

I hope you enjoyed some of the apps I shared on the previous bulletin and feel both mindful and physically healthy!

Today's well-being bulletin is focused on how we can cope with some of the stresses linked to the Coronavirus including social isolation. The Government's directions for us to stay in and stay safe means we cannot spend time with our friends and extended family members as we may usually do during our social time. This can be quite difficult for us all to cope with, but the advice contained in this bulletin may help.

Please do remember to be kind online as many of our current communications are through online platforms!

I hope everyone has a lovely Easter Weekend even if the Easter Bunny does not get to you this year!

Mrs Taylor

Visit the following sites for online support and advice if you are feeling worried about the current situation and its impact on you:

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>



<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

Coronavirus and your wellbeing

You might be feeling overwhelmed, sad, or confused about the outbreak of coronavirus and feel worried about yourself, or your family and friends:

This is completely normal – things keep changing as we learn more about the virus, schools have closed, and people are now self-isolating to protect themselves and others.

We're here to give you advice and support to help you through this time.

This page has information on the following:

- [What is coronavirus?](#)
- [Some common terms explained](#)
- [What can I do if I'm worried about my health?](#)
- [What will happen with my treatment or support?](#)
- [What can I do if I'm worried about someone else?](#)
- [How can I cope with staying at home?](#)
- [What can I do if I'm worried about staying inside with others?](#)
- [How can I cope with changes to school or college?](#)
- [Where else can I get support?](#)

Coronavirus

Things I can control - I will focus on these

Spending my time doing what I enjoy	Delivering random acts of kindness	How much time I spend on Social Media	Social Distancing
How much news I read or watch	The decisions I make	How I speak to others and myself	Washing my hands

Things I can't control - I will let go of these

What others do	How long this will last	How others feel	How others react
Other People's thoughts and ideas	What the Government does	Who becomes unwell or not	What is available in the shops

@VELA.THERAPY

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

