



Us Plus

Mental Health and Well-being Bulletin 7

Hello everyone,

Welcome back to our second week of home learning. I hope you all managed to get some rest, relaxation and sunshine last week and that you did not overdo the Easter Eggs!!

Today's bulletin is a reminder of how to stay mentally healthy whilst learning from home.

Mrs Taylor

Routine

Try to stick to a routine. This does not have to be the same as your school timetable if you have to share a laptop or there are other reasons why your time to study is different from our usually school day. The important thing is that you organise your day with regular learning times and regular breaks. It's also a good idea to get dressed before starting your work (but not in your School uniform ... unless you really want to)! Try to eat at regular times too and make sure you take some exercise every day. It is also really important that you spend some time each day doing activities you enjoy and it is usually better to plan time for these after you have completed your school work.



Don't panic or get upset and frustrated if you find the work set challenging. Re-read the instructions, ask someone at home to help if they can and contact your teacher by email or, even better, message on Show my Homework. This learning is like the learning in

class – you will find some of it easy and some more challenging – the important thing is that you try to complete it to the best of your abilities. We absolutely understand that 'remote' learning is really difficult at times.

Make sure you stay in touch with your friends too but use your online platforms sensibly and with a focus on being kind. It's important we all support each other during this time ... and hopefully this will continue when we get back to school!

Keep active (mind and body)

I shared the links below on a previous bulletin – if you haven't tried them already ... give them a go!

Mindfulness:

Keep up with Mindful Gnats -

<https://apps.apple.com/gb/app/mindful-gnats/id973919092>

Smiling Mind - <https://www.smilingmind.com.au/>

Superbetter - https://www.superbetter.com/how_it_works

Fitness:

The Body Coach – Joe Wicks ... you can follow his daily PE sessions or some of the other fitness options he offers -

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Yoga with Adrienne – great free yoga sessions -

<https://www.youtube.com/user/yogawithadrienne/videos>

The Body Project – you can pick from a range of types of exercises depending on your fitness level -

<https://www.youtube.com/watch?v=Ba3qZjzPonI>

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

