

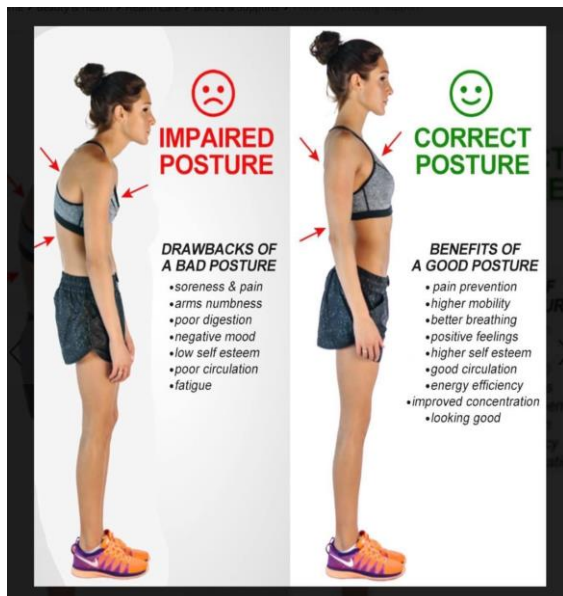
Us Plus Mental Health and Wellbeing Bulletin 6

Hello everyone,

Well, I didn't anticipate compiling these bulletins during another 'Lockdown'. This Lockdown experience feels very different as we are all still in school so much of our daily activity has not changed. We do however, feel the differences out of school and it is really important to look after our mental health and wellbeing even more at this time. Today's Us Plus Bulletin focuses on a range of strategies and advice you can use to support yourself and others.

Mrs Taylor

The first one looks at your posture – something we can all work on and it will make us feel better!



Physical health and mental health are very closely interlinked. Exercise is really, really good for us helping us to become physically fit and improving our mental health. Working on correct posture is a great start!

Looking after our mental health does not have to be a huge drain on our time. The advice below gives suggestions of 'quick' ways to relax and improve our wellbeing.



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

Finally – if you know someone who is struggling with poor mental health here is some key advice on how to help...

