



Us Plus Mental Health and Wellbeing Bulletin 16

Hello everyone,

After hearing the great news about us all being able to return to school this bulletin is looking at the routines we need to establish again to make sure we are resilient and ready to return to learning whilst also looking after our mental health and wellbeing.

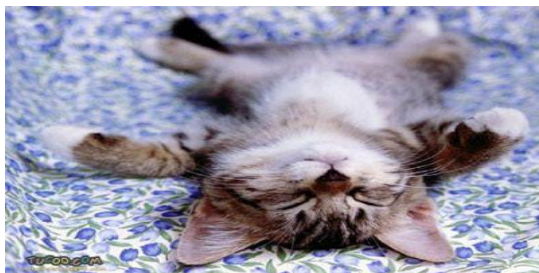
I've found that, during lockdown, I organise my day very differently to what I do when at school, including watching Netflix late at night when I should be sleeping! I'm sure many of you have been doing the same! Hopefully the tips in this bulletin will help you re-establish your back-to-school routine.

Mrs Taylor

The following links focus on sleep routines. Getting a good night's sleep is so important for our physical and our mental health. Have a look at the advice and begin to build this into your routine as soon as you can:

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

<https://sleepcouncil.org.uk/advice-support/sleep-advice/common-sleep-scenarios/sleep-advice-for-teenagers/>



Making sure you are engaging with your school work and working at the times you would have your timetabled lessons will also help you 'get back' into the routine you need for your best learning. Even if you have not managed to do this so far during the lockdown then this week would be a good time to re-start ready for your return.

Finally – the activity below will help you address any worries you may have about returning to school. I've also attached this as a word document to the Us Plus email so you can download the shapes to cut out to form your own strategy pyramid!

What is a strategy?

A strategy is a plan to do something. When we think about the transition back to school and some of the changes that are worrying us, it can help to make a plan to overcome these challenges.

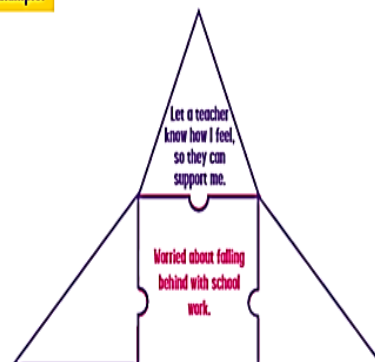
Why is this important?

Sometimes when we feel anxious or worried, it can be hard to think of ways to make ourselves feel better. Having a strategy or a plan can help us to feel more in control of a situation, and gives us a way to cope with the feelings that may come along with it.

Activity:

1. Think about all the things you may be worried about when you are back in school and write these in the section that says "Worry".
2. Then think of a possible strategy or solution that would help you to manage this worry, and write this in the puzzle piece labeled "Strategy 1".
3. Repeat this for the other 2 pieces, thinking of 2 more strategies/solutions to your worry.
4. Carefully cut out your 3 strategy puzzle pieces (ask an adult for help if you need to), and stick them into a separate piece of paper to make a complete shape!

Example:



Time:

10 - 15 mins



What you will need:

- Pens/pencils
- Scissors
- Glue/blu tack/sellotape
- Extra paper

If you get stuck:

If it's a situation you can't change such as "amount of homework" then think about an attitude you can adopt to help you manage. These can be:

- Asking someone to help you
- Create your own timetable for homework deadlines

Extension activity:

Create your own puzzle! Once you have your puzzle, choose another 2 worries from your list and think of 3 different ways to solve this.

Remember that you can contact the TIS team at Penrice 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

