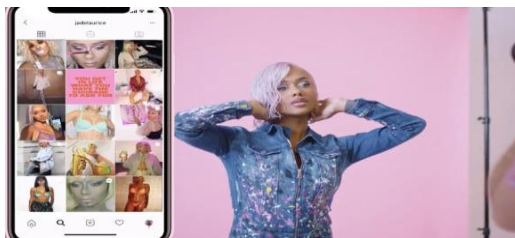


Us Plus Mental Health and Wellbeing Bulletin 3

Welcome to this week's Us Plus Bulletin. Today is World Mental Health Day! Some of you will know this as we looked at it in Year 8 and 9 assembly last week! I've included a link to videos that can help you look after your own mental health – either click on the link - that will take you to all the videos OR copy and paste the link into your search bar. I hope the videos are useful!

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>



Self-care and Social Media



Unhelpful thoughts

The Worry Tree



SWEAT – how exercise helps.



SLEEP



Dealing with change



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 us at

tis@penrice.org.uk

