

RE-ESTABLISH A ROUTINE

Routines can be reassuring too. Try and get into the swing of what worked before as far as possible in terms of healthy eating, activity and sleep, or think about new routines that work better for the situation as it is now.

FOCUS ON THE GOOD THINGS

The current situation will not last forever and any negative feelings you have should pass. Discuss the future, think about what you're looking forward to and try to focus on those positives when you're worried.

REACH OUT

If you would like to talk to a Counsellor at JCA there is a weekly drop-in reopening on Thursday Lunchtime 12-1pm in SF5 or speak with your Zone Team who can make a referral for you.

HELPLINES & RESOURCES

Childline 0800 1111

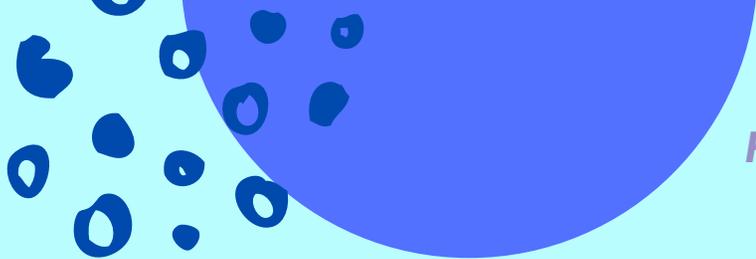
Kooth www.kooth.com

OTR 0808 808 9120

LOTTY (text) 07375 669869

Returning to School

AND LOOKING AFTER
YOUR MENTAL
HEALTH



RE-CONNECT WITH FRIENDS

GRATITUDE

Understandably our thoughts and feelings may be focused on the challenges of recent events and it's not always easy to find things to be grateful for. However, studies suggest that finding things to be thankful for is important for our wellbeing, leading to physical and psychological benefits, as well as being a 'social glue' that connects people.

Things to try:

- Create a gratitude journal and list 3 things you feel grateful for everyday
- Write a letter to someone who has inspired you. What do you feel grateful to them for? What difference has this made to you?
- Take a quiet moment to consider gratitude using these prompts - or make some prompts of your own
 - I'm grateful for three things I hear
 - I'm grateful for three things I see
 - I'm grateful for three things I smell
 - I'm grateful for three things I touch/feel
 - I'm grateful for these three things I taste

Have you been in regular touch with friends over the past few months? Are you worried friendships have weakened? What else can you do to reconnect now, as far as restrictions allow.

PROMOTING HOPE

Research indicates that hope significantly and positively matches up to your wellbeing. The higher your hope the better your overall adjustment may be. Hope has been described as the 'rainbow of the mind' as has this symbol been used throughout the pandemic to raise up our hope.

What do you hope for...?

We are creating a board of hope at school please let us have your ideas in SF5.

SUPPORTING YOU

As we transition out of lock-down, there are only naturally going to be some anxieties about what comes next. Everyone's journey will have been different and experiences varied.

We are here for you.

If you are feeling anxious about starting back at school, seeing your friends and teachers again then there are some great resources and tips available for you to look at on the YoungMinds Website:

- It is normal to feel worried about all of the change happening, lock-down measures easing and the return to school, But if you find that you are worrying so much that it is hard to do other things then reach out and talk to a trusted adult, teacher or the counselling service at JCA in SF5.
- Remember it is OK to take things at your own pace
 - Arm yourself with facts
- Don't overexpose yourself to the news and keep up to date with information that comes from school
 - Plan your time and develop regular routines
- What helps you to feel calm? Include this in your everyday activities