

Woodbridge High School Wellbeing Pack



Kindness

Tolerance

Respect

Excellence

Why have we made this pack?

At Woodbridge High School we are committed to supporting all students maintain positive physical and mental wellbeing

Evidence suggestions there are 5 steps you can take to improve your mental health wellbeing:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

Trying these things out could help you get the most out of each day and feel more positive during this period of uncertainty.

Contents:

- Specific ways to look after your mental health: COVID-19
- NHS Guidance Mental Wellbeing
- Practical Guidance
 - Connect
 - Give to others
 - Learn new skills
 - Be physically active
 - Pay attention to the present
- Where to get additional support



Specific ways to look after your mental health: COVID-19

As news about coronavirus (COVID-19) dominate the headlines and public concern is on the rise, taking care of your mental health is as important as looking after your physical health.

There are many ways to keep a sense of control in order to ease coronavirus anxiety:

1. Seek accurate information from legitimate sources

Limit yourself to reading information only from official sources like the [World Health Organisation \(WHO\)](#), or the [BBC](#). These credible sources of information are key to avoid the fear and panic that misinformation may cause.

2. Set limits around news on COVID-19

Try to **avoid excessive exposure** to media coverage. Constant monitoring of news updates and social media feeds about COVID-19 can often make you feel more worry and distress. Consider turning off automatic notifications and taking a break from the news. Setting boundaries to how much news you read, watch or listen will allow you to focus on your life and actions over which you have control, as opposed to wondering 'what if?'.

3. Look after yourself

Where possible, **maintain your daily routine** and normal activities: eating healthy meals, getting enough sleep and doing things that you enjoy. Consider creating a daily routine that **prioritise your wellbeing and positive mental health**. Activities, like taking a walk, meditating or exercising, can help you to relax and will have a positive impact on your thoughts and feelings.

4. Reach out to others and support people around you

Keeping in touch with your friends and family may ease the stress caused by COVID-19. Talking through your concerns and feelings may help you find ways of dealing with challenges

5. Maintain a sense of hope and positive thinking

Try and focus on **things that are positive** in your life. WHO recommends to find opportunities to hear positive stories and see positive images of local people who have experienced the coronavirus and have **recovered**.

6. Acknowledge your feelings

It is normal to feel overwhelmed, stressed, anxious or upset, among a wide range of other emotional reactions, in the current situation. Allow yourself time to **notice and express what you're feeling**. This could be by writing them down in a journal, talking to others, doing something creative, or practising meditation.

Mental health charity 'Mind' also have some great advice related to coronavirus and your wellbeing [here](#)



NHS Guidance: Mental Wellbeing



1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

Do

if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together

arrange a phone call with friends you have not seen for a while

try switching off the TV to talk or play a game with your, friends or family

visit a friend or family member who needs support or company (if safe to do so)

make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart



Don't

rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people



2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

Do

[find free activities to help you get fit](#)



3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Some of the things you could try include:

Do

try learning to cook something new. Find out about healthy eating and cooking tips

work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online

try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint



4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends or family how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project



5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Connect

- Call a relative or a friend
- Have lunch with everyone in the household together
- Play a board game or card game with your family



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence

Give to others

Carry out [random acts of kindness](#)

Examples:

- Bake your family a meal/cake
 - Make a handmade gift
 - Help with the housework
- Use a reusable water bottle
 - Have a vegetarian day
- Ask an elderly relative about their past
 - Let a sibling go first/share
 - Make a care package

- Write down someone's best qualities and text/email it to them
- Say 'thank you' and 'sorry'

Learn new skills

Online Courses

- Learn a [new language](#)
- Learn [British Sign Language](#)
- Complete an [Open University Course](#) (KS4-5)
- An [online course](#) on learning how to learn (KS4-5)
- Complete an online [MIT course](#) (KS5 STEM)



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF

Online Activities

- Recipes of meals that can be made with [canned food](#).
- Learn a new [card game](#) to play with your family
- Learn a [dance](#) that is trending on TikTok
- A list of museums that are offering [free virtual tours](#)
- A variety of general interest [videos and articles](#) (updated daily)
- Watch a [TEDTalk](#) on a topic that interests you
- Learn to [play an instrument](#) online
- '[Google Arts and Culture](#)' have teamed up with 500 museums and exhibitions to bring featured exhibits to you
- Learn how to draw in a different style ([e.g- manga/anime](#))

- Complete creative arts and crafts challenges and share them with an online community ([a new challenge](#) is released every 2 weeks)

Offline Activities

- Read a book on topic you don't know about
- Draw/paint
- Listen to music that you don't normally listen to- ask your family for recommendations!
- Help with DIY in the home
- Stargaze in your garden
- Help to cook a meal for your family
- Learn how to plait/braid your hair into new styles
- Help to look after the garden
- Learn to knit
- Learn to play an instrument



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR HOOD

Be physically active

It is really important to remain as active as possible during self-isolation. It is really tempting to stay in bed but you will be doing more harm to your body than good. It has been proven that the fitter and healthier you are the better the body can fight off any illness.

There are a variety of physically active things you can do at home to make sure you and your family stay healthy. Why not lead an activity for all people isolated in your home?

- Try an online workout:

Yoga 	Cardio 	Latin Dance Zumba	HIIT 
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Some good fitness accounts in youtube to follow are:

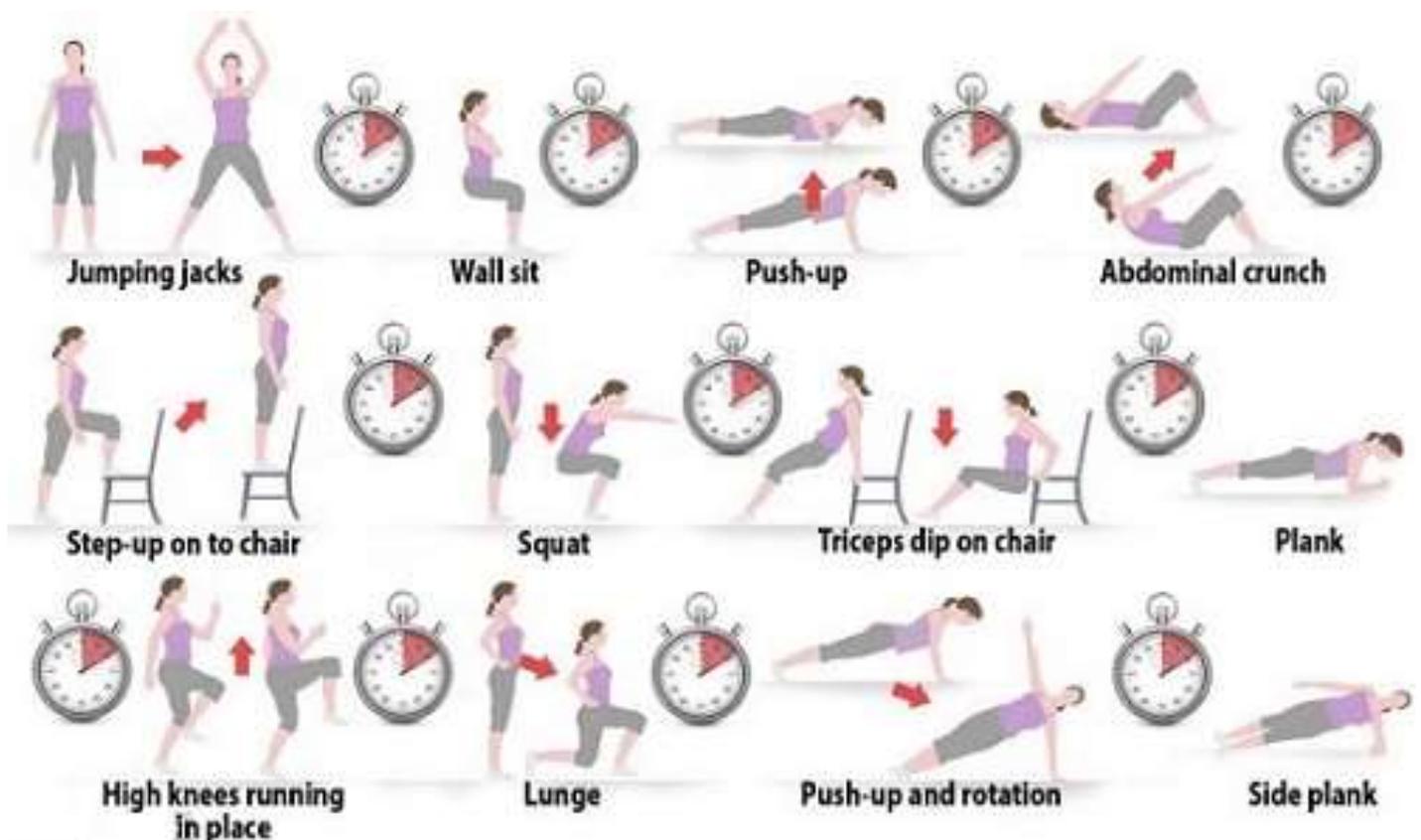
- [POPSUGAR Fitness](#)
- [Yoga With Adriene](#)
- [The Body Coach TV](#)
- [Fitness Blender](#)

- Joe Wicks (The body coach) is also promising lots of content on his Instagram and youtube accounts so keep an eye on

this link for some fun and effective [work outs](#). If you have Alexa, try saying 'Alexa, open the body coach'

We don't all have access to the internet so here are a few things you can try at home without any resources...

- Play games in the garden with a younger sibling
- Take the dog for a walk
- Circuit training
 - Choose 5 or 6 exercises from the list below.
 - Do each exercise with as much intensity as you can manage for 1 minute each.
 - Give yourself 30 seconds rest between each exercise.
 - Repeat the circuit 2 or 3 times
 - Gradually increase the amount of stations you have/the time you are working for/decrease the rest you get to make it harder.



- Complete a daily workout

.....repeatable.....
WEEKLY WORKOUT
AN AT HOME BODY-WEIGHT ROUTINE FOR EVERY DAY OF THE WEEK
billybirdiadesigns.blogspot.com

"the routine"

- 5 Tricep Dips
- 10 Lunges (each leg, alternating)
- 10 pushups
- 10 Squats
- 15 Sit-Ups/Ab Exercise
- 20 Jumping Jacks

DAY 1 - LEGS

- ROUTINE x2
- 25 squats
- 25 Sumo squats
- ROUTINE x2
- REPEAT SQUAT EXERCISES*
- ROUTINE x2
- March in place 20 seconds
- Stretch all muscle groups and relax.

DAY 2 - ABS

- ROUTINE x2
- 50 Standing Oblique Twists
- 30 Second floor plank
- ROUTINE x2
- REPEAT AB EXERCISES*
- ROUTINE x2
- March in place 20 seconds
- Stretch and relax.

DAY 3 - ARMS

- ROUTINE x2
- 20 Push-Ups
- 10 Wall Tricep Pushes
- ROUTINE x2
- REPEAT ARM EXERCISES*
- ROUTINE x2
- March in place 20 seconds
- Stretch and relax.

DAY 4 - CARDIO

- ROUTINE x2
- 100 Jumping Jacks
- 30 Second In-place Sprint
- ROUTINE x2
- REPEAT CARDIO EXERCISES*
- ROUTINE x2
- March in place 20 seconds
- Stretch and relax.

DAY 5 - COMBO

- ROUTINE x2
- 20 Squats/20 Sumo Squats
- 30 Standing Oblique Twists
- ROUTINE x2
- 20 Push-Ups
- 50 Jumping Jacks
- ROUTINE x2
- March in place 20 seconds
- Stretch and relax.

DAY 6 - YOUR CHOICE

Choose from days 1-5
for today's workout!

What's your problem area?

LEGS • ABS
ARMS • CARDIO

DAY 7 - REST and RELAX

GoodtoKnow The 30-day plank challenge!

Firm your tum and feel stronger in just 30 days!

DAY 1 Static plank 20secs hold: 20secs rest X 3	DAY 2 Extended arm plank 20secs hold: 20secs rest X 3	DAY 3 Static plank 30secs hold: 30secs rest X 3	DAY 4 Extended arm plank 30secs hold: 30secs rest X 3	DAY 5 Side plank 20secs each side alternate: 30secs rest X 3	DAY 6 REST DAY	DAY 7 Static plank 30secs hold: 20secs rest X 3	DAY 8 Extended arm plank 30secs hold: 20secs rest X 3	DAY 9 Static plank 30secs hold: 20secs rest X 4	DAY 10 Extended arm plank 30secs hold: 20secs rest X 4	DAY 11 Side plank 30secs each side alternate: 30secs rest X 3	DAY 12 REST DAY
DAY 13 Static plank 45secs hold: 30secs rest X 3	DAY 14 Extended arm plank 45secs hold: 30secs rest X 3	DAY 15 Static plank 30secs hold: 20secs rest X 6	DAY 16 Extended arm plank 30secs hold: 20secs rest X 6	DAY 17 Side plank 30secs each side alternate: 20secs rest X 4	DAY 18 REST DAY	DAY 19 Static plank 60secs hold: 30secs rest X 2 / Extended arm plank 60secs hold: 30secs rest X 2	DAY 20 Side plank 40secs each side alternate: 30secs rest X 4	DAY 21 Static plank 60secs hold: 30secs rest X 2 / Up/down plank 8-10 reps: 30secs rest X 2	DAY 22 Side plank 40secs each side alternate: 30secs rest X 4	DAY 23 REST DAY	DAY 24 Static plank 80secs hold: 30secs rest X 2 / Up/down plank 80secs hold: 30secs rest X 2
DAY 25 Side plank 40secs each side alternate: 30secs rest X 4	DAY 26 Static plank 80secs hold: 30secs rest X 3 Up/down plank 8-10 reps: 30secs rest X 3	DAY 27 REST DAY	DAY 28 Static plank 60secs hold: 60secs rest X 8	DAY 29 Extended arm plank 60secs hold: 30secs rest X 3 / Up/ down plank 10-12 reps: 30secs rest X 3	DAY 30 Static plank for as long as you can: 60secs rest X 3 Extended arm plank for as long as you can: 60 secs rest X 3 Up/down plank as many reps as you can: 60 secs rest X 3						



The ultimate core exercise

- Take on the 30-day plank challenge!

Pay attention

When not in school it can be tempting to switch off however if we don't use our brain it begins to slow down!

Keep switched on by trying a few of these techniques

- Practice the 'mindfulness' exercise below:

Sit on the floor in the quietest room you can find for 10 minutes 3 days in a row. Close your eyes and focus on breathing in and out. Imagine you are somewhere relaxing (a beach, floating in the ocean). Tense and then relax each muscle in your body starting from your toes and ending at your head.

- Keep a diary and record your thoughts each day- try one line a day

- Try [yoga](#) for meditation

- Listen to music with no words

- Have a 2 day break from social media and online gaming

- Read a book

- You have five minutes to worry today

Starting now. Write it all down. Then you're done

- Take a moment to think....

What are you grateful for today...?

- Try [online brain training](#)

- Download the ['calm' app](#) to aid with mediation and sleep



- [Watch/listen](#) to a meditation video
- Sudoku (find some online challenges [here](#))

Rules: Ensure each row, column, and small square can contain each number (1 to 9) exactly once.



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
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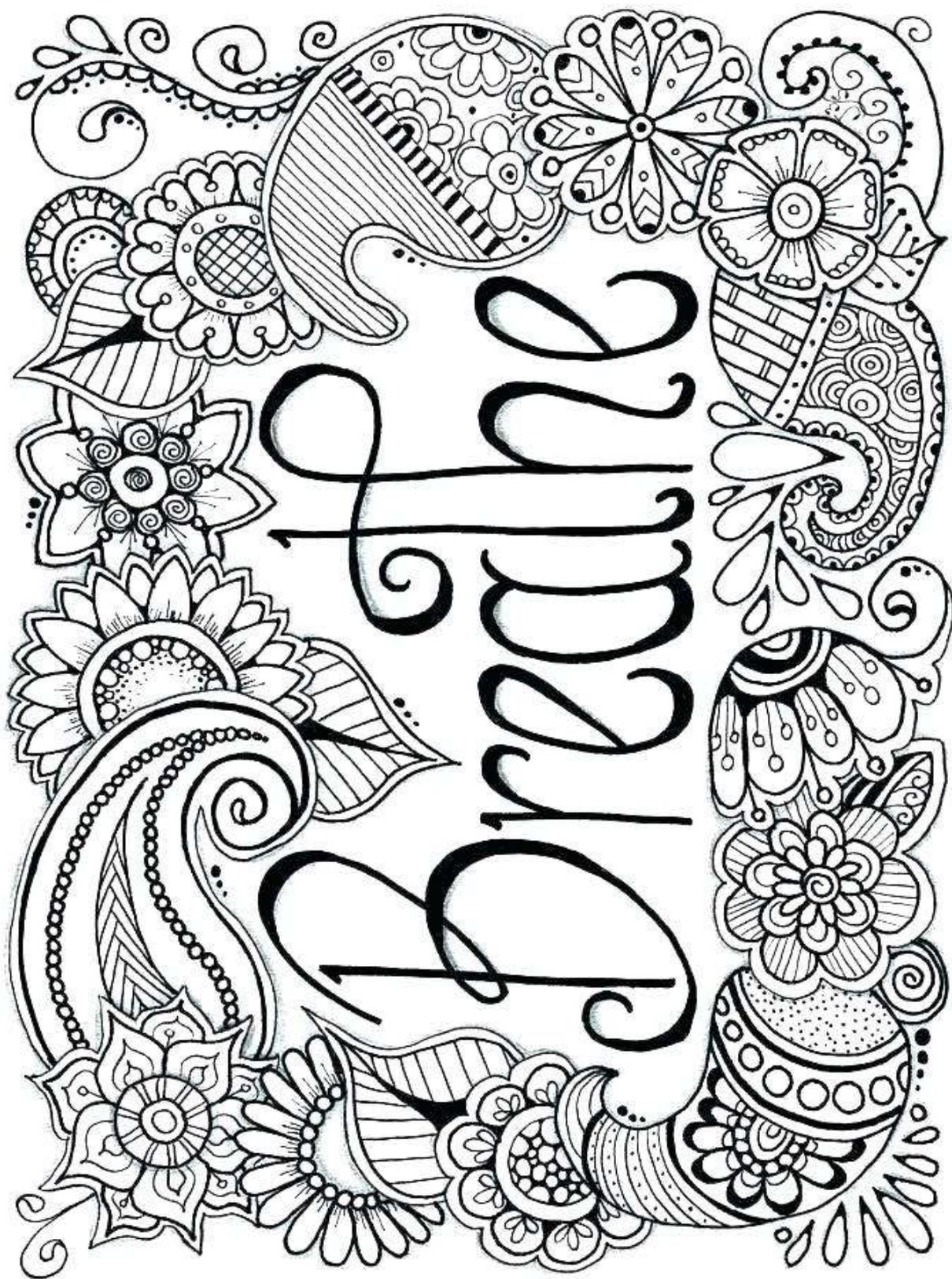
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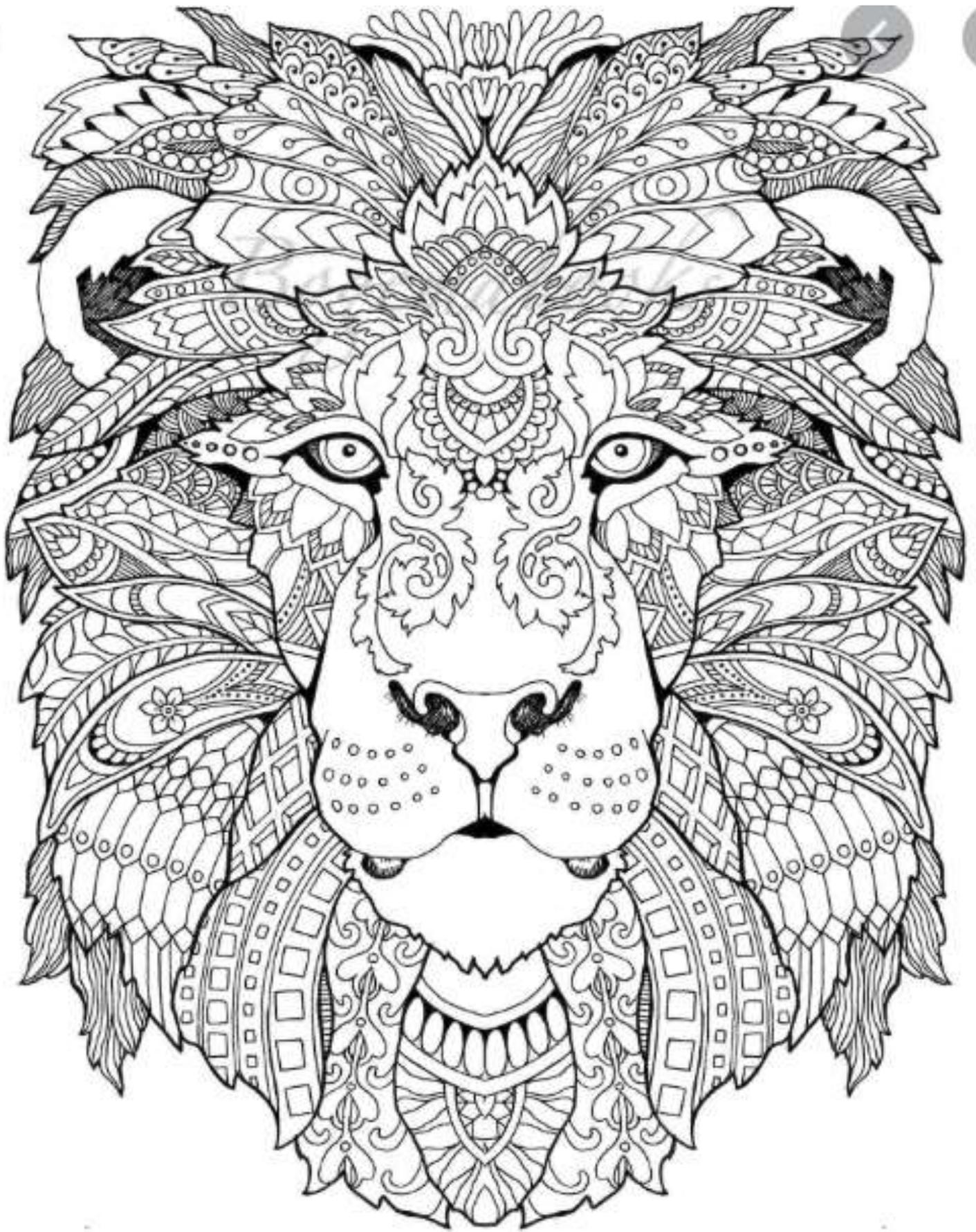
- Colouring for mindfulness

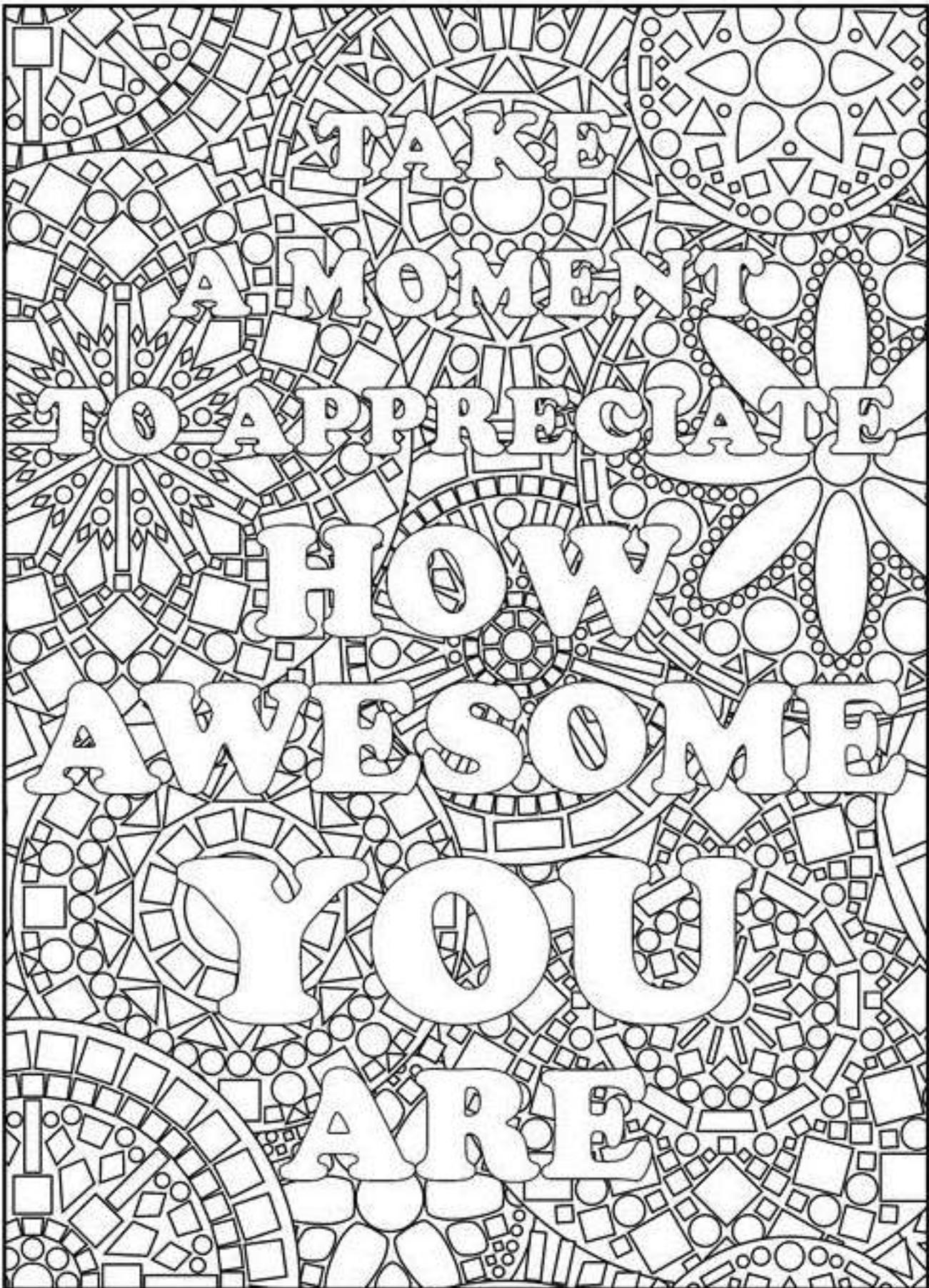


(Find online colouring [here](#))









**TAKE
A MOMENT
TO APPRECIATE
HOW
AWESOME
YOU
ARE**

Where can I get additional support?

Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

Website: <https://www.kooth.com>

Childline

0800 1111

childline.org.uk

Free 24-hour helpline for children and young people in the UK.

The Mix

themix.org.uk

Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our [moderated discussion boards](#) and [live chat room](#).

Papyrus

helpline: 0800 068 41 41

Mon-Fri 10:00 am to 10:00 pm

Weekends 2:00 pm to 10:00 pm

Bank Holidays 2:00 pm to 10:00 pm

papyrus-uk.org

Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.

Bereavement

Grief Encounter

<https://www.griefencounter.org.uk>

Supporting bereaved children and young people

Their helpline, grieftalk, can be contacted from 9am-9pm Monday- Friday.

0808 802 0111.

Winston's Wish

Freephone National Helpline (Monday to Friday, 9am to 5pm) on 08088 020 021.

Cruse (Bereavement Care) Helpline

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings (open until 8pm), 0808 808 1677.

Apps



Stay Alive

Stay alive is a free suicide prevention app that helps its users to stay safe from acting on their thoughts of suicide. Downloading this app means that the help and information someone may need when managing thoughts of suicide is easily accessible, helping them to stay safe.



Self-help Anxiety Management

This app is helpful for helping the user manage their anxiety. The anxiety tracker can help the user better understand things that make them feel anxious, whilst the self-help toolkit allows them to learn new skills around anxiety management. Some people have found this app helpful to use whilst waiting to access further long-term support or to build on their existing anxiety management skills.



Moodometer

This NHS app allows the user to track and understand influences behind their mood. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggest ways to lift your mood.



Grief: Support for Young People

This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and are in need of support. It provides the user with information and real life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.



Calm Harm

This app can be used to help the user manage urges to self-harm. It's a private app and can be password protected. The help and advice provides suggestions of 5-15 minute categorised activities that can help the user 'ride the wave' of an urge to self-harm. The user is signposted to resources that the app determines may be helpful. These suggestions are based on the users answers to questions about what triggered their urge to self-harm.