



# Highsted Grammar School

## Supporting your Wellbeing

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### Student pointers for supporting your mental health at this time:

It is vital that you are thinking about your physical and mental wellbeing during this time. Have a look at the advice below and maybe have a go at the activities.

### Routine / Structure

Something that you may find useful at this time is to have a set structure to guide your day. We are used to this when being at school, so if you have no structure at home on a 'school day' it can become very difficult to keep on track what you need to do.

You may have been following the normal school times of the day, following your timetable. Or you may have decided to divide up your assignments across the fortnight period, with morning and afternoon sessions, and a wellbeing activity to split up the day.

If you find your routine / structure is not working for you, email your Head of House for some support.

### Sleep

Ensure that you are going to bed at a reasonable time and not looking at your phone for, at least, half an hour before bed time. If you are on your phone before bed then this makes it very difficult to get a restful night's sleep.

### Useful strategies to relax

You need to make sure that you are relaxing. Find time to do this throughout the day. Select one, or more of the activities below to help you.

Listen to music.  Play your favourite song and sing!	Watch a good film.  Laugh out loud!	Play a board game.  You can even play this virtually with friends.
Keep a diary.  This will be interesting to look back on.	Eat healthily.  Plan a healthy balanced meal.	Carry out the breathing technique.  For 10 minutes: 'Breathe in for 7 and out for 11'.
Meditate.  Put on soothing music, in a quiet place and clear your mind.	Complete an exercise work out.  You could join the nation in the Joe Wicks' workout.	Brain Teasers.  Carry out stimulating brain teaser e.g.: Sudoku.
Colouring.  Select a colouring picture and complete.	Walk, jog or run.  Exercise outside if possible.	Puzzles.  Complete a Jigsaw puzzle.



## 5 Top Tips

1. Take breaks from technology. It can be a strain on your eyes, disrupt sleep and cause stress. Put your phone down!
2. Interact with the people you care about. This could be a phone call or video call. These people can make you laugh and put a smile on your face.
3. Eat fruit and vegetables. Don't just snack on chocolate and crisps!
4. Drink plenty of water. Dehydration can lead to headaches.
5. Be kind to yourself. At the end of each day think about all the positive things that you achieved throughout the day.

## Support lines:

If you have any concerns about your mental health, please contact the school by emailing your Head of House or Assistant Head Teacher to get support.

ORGANISATION	CONTACT INFORMATION
<b>Childline</b> Support for child under 19 to discuss any concerns	0800 1111 (24-hour helpline) Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>Mind</b> Support for mental health	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>YoungMinds</b> Support for mental health	Urgent help text YM to 85258 (free 24-hour helpline) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>KOOTH</b> Online counselling support	Monday- Friday 12.00pm-10pm Saturday – Sunday 6pm-10pm Website: <a href="http://www.kooth.com">www.kooth.com</a>
<b>Beat</b> Support for eating disorders	Phone: 0808 801 0711 (under the age of 18) Email: <a href="mailto:fyp@beateatingdisorders.org.uk">fyp@beateatingdisorders.org.uk</a> Phone: 0808 801 0677 (above the age of 18) Email: <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a> Website: <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>