

WHAT'S INSIDE:

CHELLASTON ACADEMY SAFEGUARDING, MENTAL HEALTH AND WELLBEING NEWSLETTER

2

**TALKING TO SOMEONE
STRUGGLING WITH
MENTAL HEALTH**

**3. LOOKING AFTER YOUR
BODY AND
'THE TIME I GAVE UP'**

4.

**MOTIVATION
AND
ARGUMENTS IN
LOCKDOWN**

5.

**THE HAPPY
NEWSPAPER**

6.

**PARTING MESSAGES
FROM THE
TEAM**

Hello everyone! Welcome to the **Chellaston Wellbeing Newsletter** and **HAPPY MENTAL HEALTH AWARENESS WEEK!** January seems to have taken forever, and it's not been the easiest of times, so well done for making it through and we hope that you will find this week's letter helpful! This week is a special week because it is **MENTAL HEALTH AWARENESS WEEK** and what is a better way to celebrate it than release another newsletter!

This newsletter is accessible for all years with helpful advice to any issue you need support with. It includes inspirational quotes, links/phone numbers to various organisations and columns written by yours truly.

We understand how difficult the past year has been to everyone, so hopefully this letter can shed some light & support during this time.

The current contact email address is

wellbeingteam@chellaston.derby.sch.uk

HOW TO SUPPORT SOMEONE STRUGGLING WITH MENTAL HEALTH:

BY JUDITH WICKS



Talking about mental health can often be quite daunting and uncomfortable especially when it's such a complex and different matter for each of us, but there are lots of ways to support somebody you care about. If you are worried about someone, and you're aware there's an issue, it's important **not to wait**, since hoping that they will come to you for help will lose valuable time. Instead, **set aside time to speak** in a safe, non-judgemental space with no distractions and allow them to speak as much or as little as they would like. **Don't put pressure on them** to share things they are not ready to talk about, it can take a lot of trust and courage for us to open up to someone and it's important to understand if they would like help or not. **Listing solutions to improve wellbeing** can be useful but often, it's more valuable for somebody to simply be listened to and have the opportunity for their feelings to be acknowledged and understood. **Maintaining eye contact and repeating something** that they've said back to them is a really good way of reassuring them that they have your full attention. As well as this, **you don't always have to fill in silences either** - if they've paused in their response they may not have finished speaking or they might be finding it hard to articulate what they're feeling.

Supporting someone can often be very upsetting so it's essential that you look after yourself as well, be kind to yourself and take some time to relax or do something you enjoy.

LOOKING AFTER YOUR BODY:

BY ANNA WELLS

'IF YOU DO NOT LOOK AFTER YOUR BODY WHERE WILL YOU LIVE?'

Our physical health has a big impact on how we feel. In times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. It's also important to allocate a small part of your day to activities you enjoy. I like to go on a short walk every day, which has many benefits to it. As well as giving me something to look forward to, it's a form of low energy exercise with high rewards like an energy boost. The natural light and clear air will improve your mental wellbeing, walks also improve creativity and help you sleep better. It also helps you to achieve a positive mindset, clearing your head and making it easier to focus. Getting outside amongst nature can also help you gain a sense of perspective on any problems you are struggling with, as you change your focus.

Let me tell you about the time I gave up something I loved. When I was in Year 8 I LOVED football (CMON YOU BLUES!) and that meant that I was around the boys quite a lot of the time. The girls in my year group didn't approve of my hobby so I was picked on. I was classed as a boy and never allowed to join in the fun with the girls. I began to hate football for this reason and stopped playing with my guy friends because I wanted to be accepted by the girls. I became really miserable because I listened to what others wanted from me. But what about what I wanted? What about what you want? The key to self-care is putting yourself first and young Beatrice didn't do that. Don't be like me and stop doing what you love for the satisfaction of others. Make a promise to yourself today that in favor of your mental health you will only do what brings you joy and not what brings others joy!

PS: : Afterwards I found a love for Graphics Design and you'll be happy to know that I haven't let that go regardless of the world's thoughts on that! I'm doing what makes me happy now....**ARE YOU?**

THE TIME I GAVE UP BY BEATRICE MUZA



MOTIVATION:

BY ALEX DUNN

Online school is a struggle for everyone, especially when we don't know when we will go back to school. Motivation is low and we understand people are stressed. Personally, my motivation has never been this low-I have always been good at getting things done when they need to be done, so this lack of motivation has caused me some issues.

Although I am still struggling with this, I've found some tips on how to make it much easier!

-Set yourself deadlines-if I know I must get something done by a certain date, I am much more likely to do it. If there is a piece of work you must do, tell yourself that you need to complete it in full by a particular day before the due date & you will be more likely to complete it!

-Complete it in chunks-doing it slowly will stop you from feeling overwhelmed. Make sure you leave enough time before the due date/the date you set yourself so you know you can finish it.

-Take breaks-it will also stop you from feeling overwhelmed. If you start to feel like you're slowing down, take a 20-minute break & do something different to refocus your mind when you start again.

You might not be able to get as much done as you usually would but that's okay! We're still living in a very uncertain time & your mental health is more important right now. Take your time & look after yourself before anything else :)

ARGUMENTS IN LOCKDOWN

BY EVIE PROFFITT



Lockdown has brought families closer together than ever, and while this isn't always a bad thing, it can bring with it- more arguments. While this is completely normal and is often just an expected release of pent up emotions, if you are worried for either yourself or others when surrounding this topic, there are many helplines mentioned later that are great resources to turn too; when concerned with the frequency or severity of arguments. Stress, frustration and annoyance are all common emotions many of us are very familiar with as we go through another lockdown. These can often express themselves in fall outs with parents, guardians or siblings, even if we don't mean for them to. Here are some tips you can try when you feel an argument brewing: **Walking away.** If you're like me who gets really emotional at the slightest bicker, asking for some space, walking away and taking some time to calm down before coming back to the situation, is a great way to keep arguments from escalating. **Write a list.** It can be difficult to be open about what is causing us to feel irritated-so writing it down onto paper can be a really good method when approaching discussions. You might find when provided with structured points, you can talk more openly and honestly. **Taking the time to listen.** With arguments we often get so keen to prove our point we forget to listen to each other. Taking a second to collect yourself, and actively listen to what others may have to say- will often lead to them doing the same. This can be really useful tactic to engage in a meaningful conversation. Remember as always, to be kind to yourself and others, a happy 'good morning' can be all it takes to raise the mood of a loved one.

THE HAPPY NEWSPAPER: BY OLIVIA BROWN



It seems like there is so much bad news around at the moment, and it's everywhere we look, and the increasing reliance on technology means we have access to it all, all the time on social media, the TV and radio. While it's important to have an awareness of the world, the bombardment of all the negative news can make it seem as if the world is a terrifying place. I am not going to sugar coat it; the world can be scary but there are so so many beautiful and good things too. It can be hard to focus on these (science fact: our brains are programmed to focus on the negatives- thanks brain!) but we can find light in the darkness and the more we look for it the easier it is to find.

The Happy Newspaper makes it easier, it's a newspaper to celebrate all that's good in the world! You do have to have a subscription, but they have released some free online resource packs! Some of the activities are for younger children but there are fun facts and just relaxing things to do.

They should be attached to the email with this newsletter. Everyone relaxes in different ways, so even if you find these packs aren't useful to you, make sure you find time to stop doom-scrolling and look at all the positives around you, and on some days this will seem really hard, but I promise you, there is good in the world.

P.S: Attached to this email are some resources from The Happy Newspaper!

PARTING MESSAGES FROM THE TEAM

QUOTES GATHERED BY ALEXANDRA DUNN



'A SUCCESSFUL MAN IS ONE WHO CAN LAY
A FIRM FOUNDATION WITH THE BRICKS
OTHERS HAVE THROWN AT HIM'– DAVID
BRINKLEY

'I HAVE BECOME MY OWN VERSION OF AN OPTIMIST. IF
CAN'T MAKE IT THROUGH ONE DOOR, I'LL GO THROUGH
ANOTHER DOOR-OR I'LL MAKE A
DOOR'

-RABINDRANATH TAGORE

'LIFE IS 10% WHAT HAPPENS TO ME & 90% OF HOW I
REACT TO IT'-CHUCK SWINDOLL

'YOU CAN'T LEARN IN SCHOOL WHAT THE
WORLD IS GOING TO DO NEXT YEAR'-
HENRY FORD