

Wellbeing Newsletter



Brought to you by the HHS Student Wellbeing Champions

February 2021

Hello!

We are the student wellbeing champions and we are bringing you this newsletter because we would like to promote ways you can improve and fulfil your wellbeing. We are here to help you feel comfortable, happy, and healthy so you can build a positive school experience.

The importance of sleep

Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression. There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.



Tips to getting a better sleep

1. Try to go to bed to sleep and wake up at the same time every day (even the weekends!)
2. Don't eat late in the evening
3. Take a relaxing bath or shower
4. Exercise during the day
5. No screens in bed!



The importance of routine

Predictable, repetitive routines have been proven to be calming and help reduce anxiety. This is partly because they give you a sense of control over your day, and that then expands out into feeling in control of your life. There is also a sense of relief in achieving everything you need to do, which in turn reduces anxiety and stress.



Tips on how to get into a routine

1. Decide what needs to be in your routine. Do you want to get more exercise or more alone time?
2. Set small goals. Break each large goal into smaller goals - work your way up to something you want to accomplish.
3. Layout a plan - add in what you want to accomplish with your routine. Want to get more exercise? Start a new hobby?
4. Be consistent with time - time is important for your routine, keep track of the time so you know what is coming up next.
5. Make it fun! Have fun with your routine don't add in something you're not going to enjoy.
6. Track your progress - are you sticking to the routine? If so, then well done and keep it up. If not, then look for where you can improve.
7. Reward yourself.



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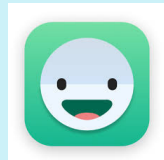


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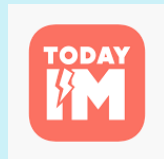
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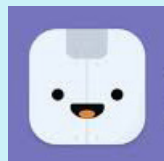
Clear Fear provides you with a range of ways to manage anxiety. It also helps you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different ways in which anxiety shows, resources and a grit box to boost resilience.



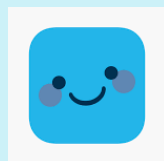
Daylio enables you to keep a private journal without having to type a single line. Daylio helps pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. It also keeps track of your activities and create patterns to become more productive! You can review all entries in the statistics on charts or the calendar and share them with your friends.



Today I'm is an app which helps you log your emotions and worries you have in a creative way, it also allows you to share your day and worries with other people, this allows to express the way you are feeling. Which helps with anxiety and depression.



Reflectly is a mindfulness app utilizing artificial intelligence to help you structure and reflect upon your daily thoughts and problems. Your personal mindfulness companion. Reflectly is like your best friend, you can vent your thoughts and feelings to improve your mood and practice mindfulness. Write down how you feel each day in your own mood diary.



My Possible Self is a mental health app proven to reduce stress, anxiety and depression. My Possible Self app will teach you coping mechanisms to handle situations life may throw your way. Investing time in yourself will help you live a better, healthier and more fulfilling life.

Where can I go for support if I need it?

IF YOU ARE GOING THROUGH SOMETHING TOUGH, YOU ARE NOT ALONE.

Here are some helplines for if you are struggling.

- 1. ChildLine:** 0800 1111
(can also be messaged)
- 2. Kids helpline:** 1800 55 1800
(can also be messaged)
- 3. Samaritans:** 116 123
- 4.** If you feel in danger of any sort by a guardian or parent you can reach out to many sources for help.
 - **18 and Under:**
0800 731 4080
 - **National Youth Advocacy Service:**
0808 808 1001

