

Wellbeing Newsletter



Brought to you by the HHS Student Wellbeing Champions

March 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.

Why is diet linked to wellness?

For good health and wellness, a balanced diet is important. It guards against heart disease, diabetes and cancer, among other chronic diseases. Poor nutrition can be a contributing factor in feelings of depression and improving your diet may help you protect both your physical and mental health.

The NHS change for life website is a great source of tips for your diet. Why not try the sugar swaps they recommend over Easter or use their recipe planner to try some tasty meals as a family?

www.nhs.uk/change4life



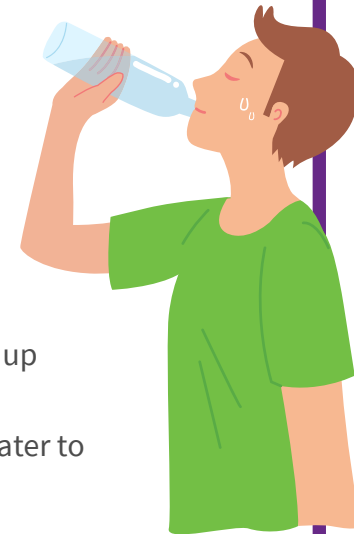
5 a day - Why eat more fruit and veg?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit and veg helps keep us healthy, and may reduce the risk of disease and some cancers. There are lots of varieties of fruit and vegetables to choose from, the NHS change 4 life website had lots of tips and recipe ideas for healthy snacks to help you eat your 5 a day.

Tips on staying hydrated

The NHS recommend that we drink 6-8 glasses of water a day to keep us alert and healthy. Why not try to following tips?

1. Drink a glass of water in the morning when you wake up
2. Carry a water bottle with you
3. Add lemon slices, strawberries or cucumber to you water to flavour it
4. Take a few sips of water between tasks
5. Eat food that contains water like melons, peppers, or cucumber
6. Use a water tracker on your phone that remind you when to drink
7. Take a sip of water before snacking
8. Drink before you are thirsty



Why is hydration important?

Our brains are mostly water, keeping hydrated helps us to concentrate better, be more focused and alert. It also boosts our energy levels. We lose a lot of water through sports so it is important to replenish this during the day. Water is also essential for digestion, and the function of our organs. As an added bonus keeping hydrated moisturises your skin!!



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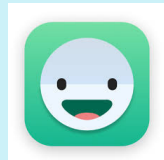


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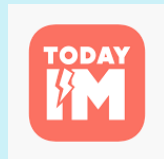
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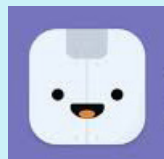
Clear Fear provides you with a range of ways to manage anxiety. It also helps you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different ways in which anxiety shows, resources and a grit box to boost resilience.



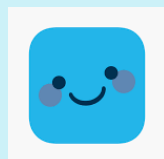
Daylio enables you to keep a private journal without having to type a single line. Daylio helps pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. It also keeps track of your activities and create patterns to become more productive! 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

