

WELL BEING

Please note the following advice and guidance at this difficult time. Please keep communicating with school staff regularly and let us know how you are getting on.

During the ongoing Coronavirus (Covid19) concern we need to be mindful of our collective mental health. There are a number of things that we can do to support and manage our own and our children's wellbeing during such a time. I hope you will find the information, tips and links below helpful to your family and your friends in looking after themselves.

Self-care

There is a lot of growing worry and anxiety for people in these circumstances. Having children and young people at home with schools closed and social activities limited adds another layer of stress. It is therefore important to consider both our physical health *and* mental health.

It is normal to feel worried, stressed and anxious when we are faced with such uncertainty, but the sooner we acknowledge these emotions and learn to take care of our mental health, the healthier and better equipped we will be to deal with such a challenging time.

MIND advice

Here is some excellent advice from MIND that has been produced specifically to help during Coronavirus:

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

There is a lot of additional advice and links covering many topics in each of these areas:

- Advice for staying at home
- Taking care of your mental health and wellbeing
- Support for work, benefits and housing

NHS advice

This NHS advice covers a lot of different areas around '**Mental wellbeing while staying at home**'.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

The Mental Health Foundation

The Mental Health Foundation give good advice for **promoting positive mental health and dealing with concerns**. You can see their guidance here:

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

Gov.UK advice

This link offers advice on the NEF's '**5 Ways to Wellbeing**'

<https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

Youngminds: Talking to your child about Coronavirus

Youngminds have produced this guidance offering advice from their helpline on how to approach talking to your child about Coronavirus:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Kooth Advice

[Isolation- Finding news overwhelming](#)

[Isolation-Struggling being stuck at home](#)

[Lack of Routine](#)

[Need to talk](#)

[Work takings it's toll](#)

[Worried about going back to school](#)

[Worried about missing exams](#)

[5 Steps to Well being Interactive Activities](#)