

Wellbeing is a word that is used a lot and in many different contexts. Sometimes it can bring on a bit of an eye roll moment and that’s ok as long as you are feeling safe and happy but we don’t all feel like this all of the time. When you are part of Bishop Stopford Sixth Form we support you to look after your mental health in the same way we would encourage you to look after your physical health. During this weird and difficult time when many of you must be missing friends and loved ones there is lots of support out there if things aren’t quite feeling right. Here is a scale to try and demonstrate how some of you might be feeling and where the support is OR if you are feeling good, how you can support others:

|  |  |  |
| --- | --- | --- |
| **Number on the scale** | **How you might be feeling**  | **Support and suggestions** |
| C:\Users\lpruden\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6C81A23A.tmp | *Happy and Supported. Perhaps you are enjoying spending time with your family and taking time out from revision and study* | [www.actionforhappiness.org](http://www.actionforhappiness.org)*Follow the link and have a look at the coping calendar for April. Use the suggestions to keep yourself in that positive mind set but also to give love and support to those around you who might not be feeling their best* |
| C:\Users\lpruden\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\FCA100ED.tmp | *You feel good in the most part but have moments of worry and panic* | *Try listening to calming music or distracting yourself with as task when you feel the small moments of panic**Tell someone at home how you feel and tell yourself – it is ok to feel this way**List the things that you are in control of (your actions, your kindness to others, social distancing etc.) and the things you are not in control of (other people’s behaviour, the news etc.) once written****, scribble out the list you can’t control****!! It is not for you to worry about* |
| 2 Color 3D Letter "B" Reflective Decal – The Bravest Decals | *Really missing the contact of good friends, girlfriend /boyfriend or close family members* | *Make time each day to speak to or face time special people. Rather than using the time to talk about how much you miss each other, talk about a funny time you spent together, try to make each other laugh.**Many people are enjoying doing tasks together like baking a cake at the same time and seeing which one looks the best at the end. Watch a movie together, even if it feels weird sitting next to a phone!**If you feel really lonely or worried, try the link below*<https://kooth.com/> |
| C:\Users\lpruden\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\638E64A2.tmp | *Low in mood and/ or anxious about things a lot of the time. Feeling isolated and alone some of the time* | <https://studentsagainstdepression.org/><https://studentminds.org.uk/lookingafteryourmentalwellbeing.html>*Try recording your feelings over a period of time. It may be that the feelings pass as you come to terms with your new situation or you may notice that things get worse and want to take action.**Always reach out. Whether it be online (there are lots more links to be found in the emails from your Head of Year, on the wellbeing section of FF and if you click the links in your weekly newsletters)**Tell someone at home, a friend or a teacher you trust* |
| C:\Users\lpruden\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E9A1FB0E.tmp | *Desperately alone and concerned about your safety* | *Themix.org.uk  Confidential helpline = 08001111**text phone = 0800400222**Child line 0800 1111* |

Below is some generic advice that is meant with regards to sixth form life. However, much of it can be useful at this time too. Have a read.

Take Care,

***Mrs Pruden***

Sixth Form Pastoral Lead



**Managing Stress**

Sixth form can feel pretty stressful at times but there are ways to better manage your stress. Here’s how:

***Know that a Little Bit of Stress is Normal***

Stress is your body’s way of preparing you to face something. So, when you notice work piling up, the adrenaline that’s rushing through your system is what will motivate you to head to your laptop and get cracking. We all experience a little stress from time to time but if you know how to manage it, you can stop it becoming overwhelming and ever-present.

***Release the Pressure***

A lot of stress comes from the internal pressure we put on ourselves. Sure, getting certain grades to get to the university you want is important but if you heap too much pressure on yourself you can start to panic. Be realistic in your expectations, and if you feel panic about your future starting to rise just take a moment and try the 4-7-8 technique:

Breathe in through your nose for 4 seconds, hold for 7 seconds, then release through your mouth for 8 seconds. Then remind yourself that everything will be OK.



***Find Some Balance***

Finding balance between the things you need to do and the things you love to do can help you to manage stress.

Say, you have coursework to complete, or a part-time job, and you also want time to see friends and chill out. Work out a schedule that allows you the time to do both. Being positive and proactive about managing your own wellbeing is essential for your stress levels.

***Be Your Own Cheerleader***

If you believe in yourself and your abilities, you’re better able to manage stress. We can all be guilty of focusing too much on the negative at times, beating ourselves up for what we think we did wrong and forgetting to notice anything positive. Keep a notebook or use an App where you jot down one thing you did well that day. Getting into the habit of positive self-praise and affirmations can do wonders for your self-esteem, and that will help you to look at stress differently.

***Find Your 'Meditation'***

It’s really useful to have a go-to technique that you can use in times of stress. But don’t be pressured into thinking you have to actually meditate, as stress is a really personal thing.

It might be that a workout helps to clear your head, or dancing in your room with music turned up loud or squishing a stress ball. There are lots of ways to manage stress that are good for your physical, emotional and mental wellbeing. Try out some different stress beating techniques and you’ll soon find one to call your own