

# Supporting Mental Health and Wellbeing

There is no single correct way to have good mental health and wellbeing. Different things may work for different people and this may change over time. There is some guidance and links to videos below; some were made during the lockdown, but they're valuable all the same.

## Support for when things get difficult

When things are challenging talking to a trusted friend or adult is a great way to start. A trusted adult could be someone at home, school or a professional. You may want to speak to your tutor, a mentor, your Head of Year or any member of staff that you feel comfortable talking to. Have a listen to Ms Sainsbury explaining where you can find support [here](#). Listen to Ms McAllister-Dilks advice on how to catch up with missed school work [here](#).

## Listen to your own emotions

- You may feel lots of different emotions on any given day, which is normal. To help you manage all these emotions, you might want to keep a diary or find a way to express them creatively.
- Remember to talk to others. It's not always easy to talk, but it really does help.

## Calm your mind

- Mindfulness and meditation are incredibly useful tools to calm and quiet busy, worried or stressed minds.
- There are lots of apps such as [Headspace](#), or [Calm](#) and a huge number of videos on YouTube to guide you.
- There is some advice on mindfulness in the video [here](#).
- You can find a document to go alongside this video [here](#).

## Sleep

- Sleep is important for physical and mental health.
- Try to wake up, and go to bed at the same time each day (including the weekends) and try to follow the same bedtime routine each evening.
- When you wake up, try to move your body and get some sunshine as soon as possible to help you feel awake and ready for the day.
- Listen to Ms Dunworth talk about the importance of sleep and offer some tips [here](#).

## Exercise

- Exercise is a powerful tool for boosting our mood alongside being really important in supporting our physical health.
- When we exercise we release endorphins making us feel energised and happier.
- It doesn't have to be an intense workout, a gentle stroll or some yoga stretches is enough to clear your mind.
- After exercising you will feel calmer and clearer.
- You could look at [Yoga with Adriene](#) or [PE with Joe Wicks](#) on Youtube.
- Have a listen to Ms Shaw talking about the value of exercise [here](#).

## Noticing the good things and implementing routine

- Gratitude observing is noting things we are thankful for helps to improve our mental health as these reflections can help us feel more optimistic, and develop our emotional resilience.
- A great way to start is to focus on three things that you are thankful for from today (small or big).
- You can note down what you are grateful for or share your thoughts aloud.
- To make it part of your routine it is best to do it at a similar time every day.
- Ms Carson's advice about implementing routines is available [here](#).
- Gratitude observing is an aspect of self-care. The Anna Freud Centre has a list of suggestions for self-care on their website which you can find [here](#).
- Ms Moreton's advice about gratitude and self-care is [here](#).

## Do nice things that you enjoy

- Doing things that you enjoy is good for your emotional well-being.
- Doing something you're good at is a good way to enjoy yourself and have a sense of achievement.
- If you like to sew, read, make things, create art, draw, solve puzzles or sudoku, whatever it is, carve out time to just enjoy yourself.
- Put on your favourite playlist and dance! Get your parents and siblings to join in.
- Watch funny things on tv or listen to funny or thoughtful podcasts.
- Humour and laughter boost your immune system and are a good antidote to feeling low or anxious.

## Some useful links

- [Childline](#) – Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC.  
You can speak to a Childline counsellor online or on the phone at 0800 1111 from 9 am-midnight.
- [Kooth](#) – Kooth is your online mental wellbeing community. Access free, safe and anonymous support. Operating times are Mon-Fri: 12pm – 10pm, Sat-Sun: 6pm – 10pm.
- [Young Minds Crisis Messenger](#) – You can text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors. If you need urgent help, text YM to 85258.
- If you'd rather speak to someone who doesn't know you, it's important to remember that school, as well as your GP, are able to make referrals for mentoring, counselling and other mental health services. If you want to find out more about what professional help could look like the Anna Freud website has a page on understanding referrals which you can find [here](#), and one on receiving support which you can find [here](#).