

Supporting Wellbeing at Home



St. David's RC High School
Thursday 28th January 2021

Introductions

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Virtual Housekeeping

Please keep all microphones on mute unless invited to speak. Keeping video on is welcomed but not compulsory

If you have any questions please use the *chat* function

Please be careful if you are sharing personal information or stories about yourself or others

Protect our community - any personal topics and issues covered should stay private to this workshop

If you are struggling then please reach out to us using the Contact Guidance Form on the School Website

Supporting Wellbeing at Home

Lockdown II

- Ongoing (long term) - Restrictions to work & leisure activities - Winter -
- Social contact restrictions - Remote learning - Financial difficulties -
- Loss / bereavement - Vaccination programme - Media reporting -



Pressure / stress on individuals & families

Our Top 10

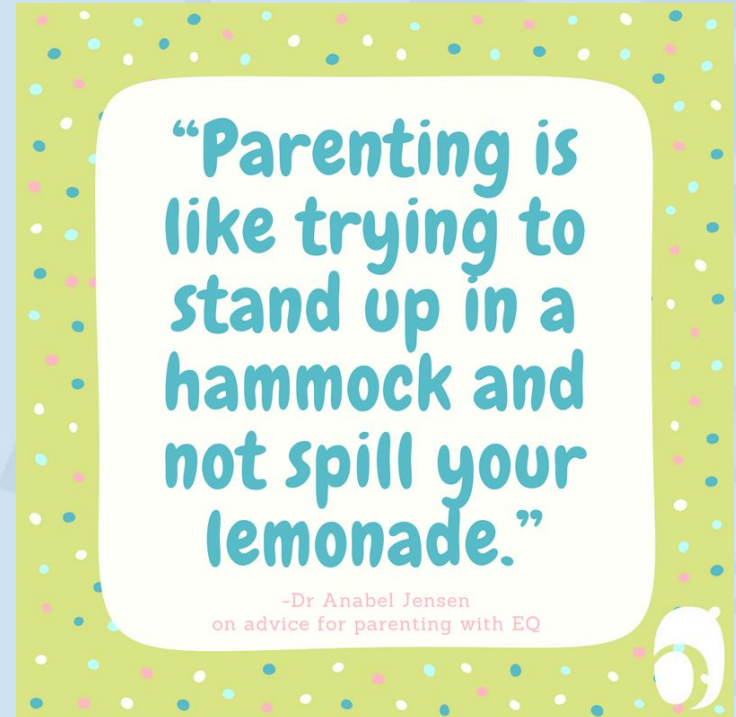
1. Adopt collaborative parenting approaches
2. Prioritise self-care
3. Practice mindfulness + gratitude
4. Maintain a positive routine
5. Exercise
6. Eat a balanced diet
7. Keep socialising
8. Apps can help
9. Employ coping strategies
10. Access the support on offer



1. Adopt Collaborative Parenting Approaches

Collaborative parenting emphasises communication, negotiation, compromise, and an inclusive approach to family decision making.

- Family Rules (lockdown guidelines)
- Family Goals
- Family Rewards
- Family Support



Family Rules

As a family, discuss the key rules and consequences for living and working together during lockdown.

Different family members will view the same issue differently - allow everyone to raise concerns

Protect work spaces and work times, but also protect family time

Agreed consequences



Family Goals

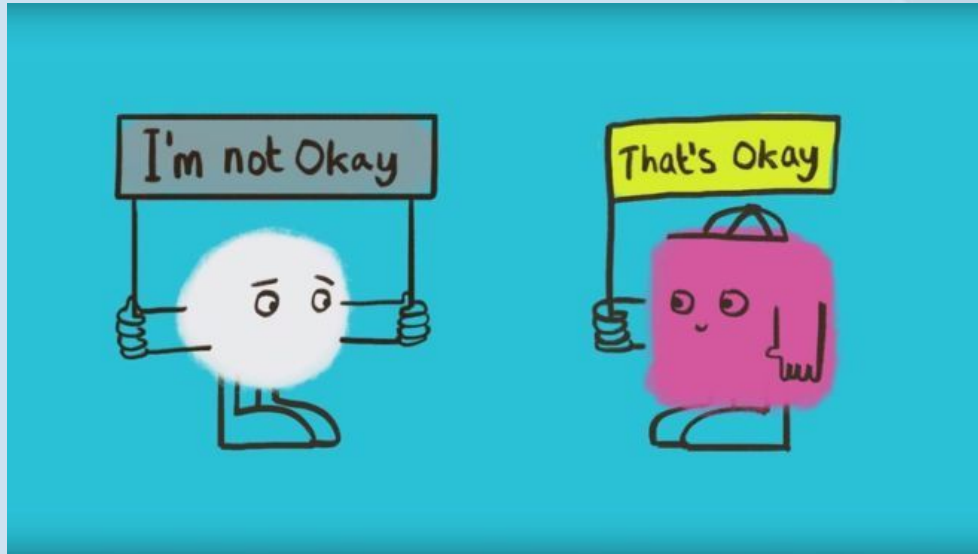
At the start of each week, discuss the individual and collective aims which would make the upcoming week a success.

- Make these achievable
- Negotiate and agree goals as a family
- Include individual and collective goals
- Try and build in cooperation rather than competition
- Rewards - what will help motivate everyone to contribute?

Family Support

Responsibility of the full family unit - Active listening, check ins, signpost to support, change of scenery - go a walk?

Just be there for each other.



2. Prioritise Self-Care

Parents looking after themselves is key to maintaining a healthy family unit. It is easier to look after other people when you are happy and healthy.

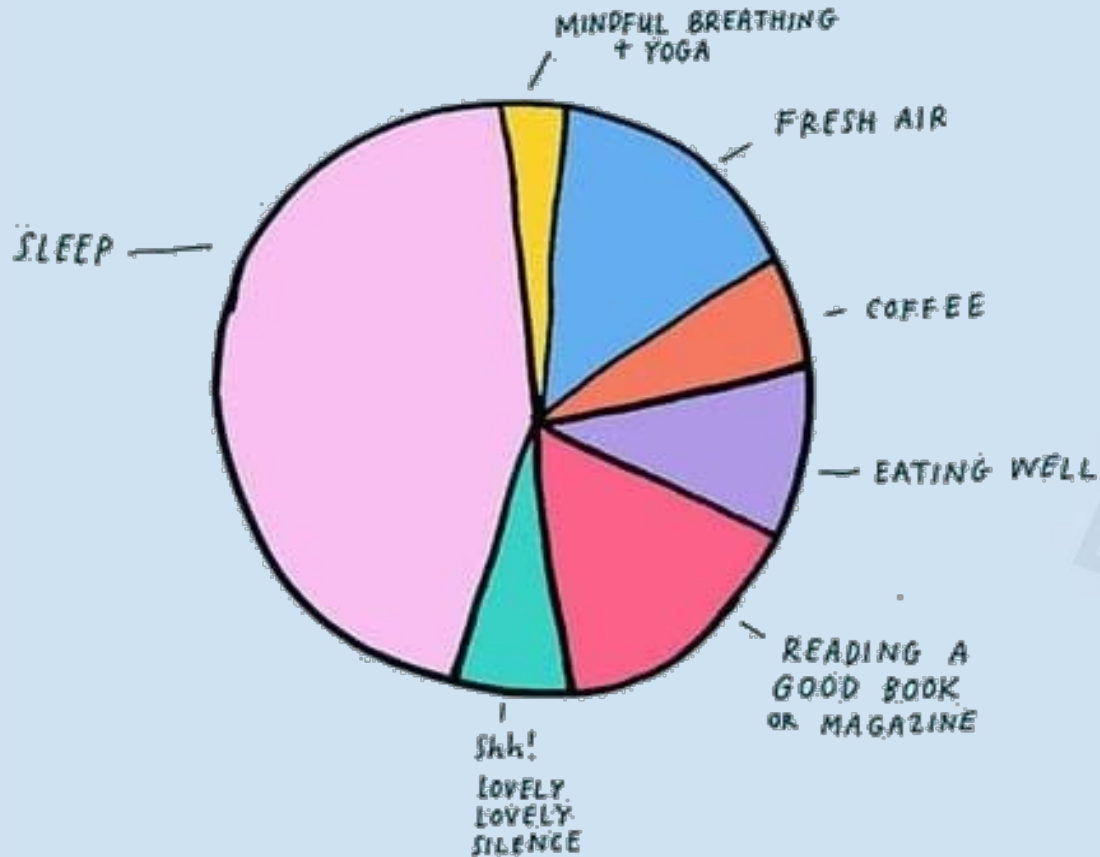
Promoting independent self-care can unload some of the responsibilities on your shoulders, whilst encouraging your children to develop skills for life!

Work as a team to share responsibilities - it can be hard to make time, but it is worth it in the long run.

Sleeping, exercising and doing things we enjoy are key.

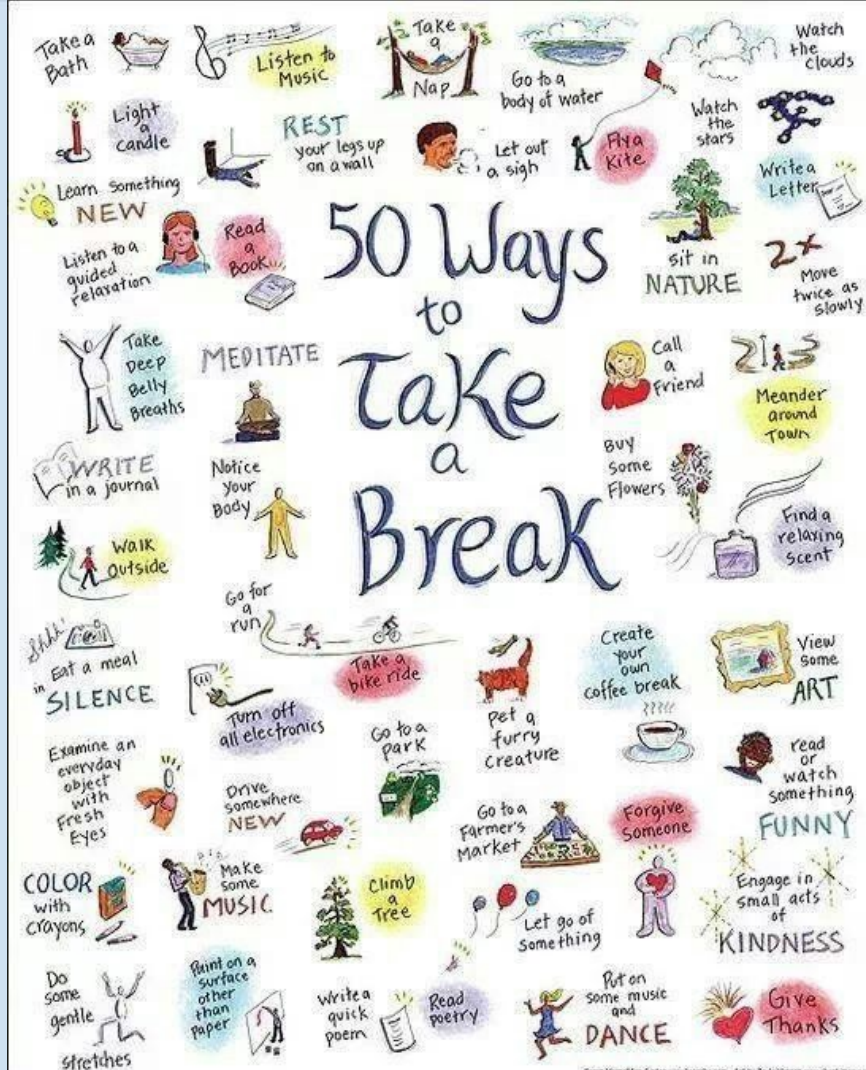
Different people will use different self-care strategies - be understanding!

CIRCLE OF SELF-CARE



Look at the chart and think of the activities you would prioritise...

Think of the reasons you don't get to do these things - is there anything that can be done in the future to protect your time?



3. Practice Mindfulness + Gratitude

Practicing mindfulness + gratitude allow people to take joy in the little things having positive impacts on their lives.

Being mindful is about living in the moment by becoming more aware of our surroundings, feelings and senses.

Showing gratitude is about incorporating a positive mindset. By increasing our awareness of the positive things in our lives, we can shut out negative thoughts and feelings which can weigh heavy on us.

It is easy to make little changes to successfully practice mindfulness and gratitude, and many strategies are easy to apply at home in lockdown

12 Mindfulness Hacks You Can Use in 24 Hours

Mindfulness teaches individuals to be present in and embrace the moments of life, rather than be suffocated by the constant self-criticism and anxiety that so often plagues our minds.



1. Start a Mindful Morning Routine

Focus on all your senses as you shower, comb your hair, brush your teeth, etc.



2. Coffee Concentration

Devote total concentration to every aspect of your coffee – sound, aroma, color, warmth, taste.



3. Exercise to Connect With Body

Focus on your breathing, your form, and your body's movement.



12. A Guided Meditation

Especially calming when you're getting ready to power down before bed.



4. Sketch a Doodle

All that's required: a notepad, a pencil, a subject, concentration, and awareness.



5. Take Time to Stretch

Good for maintaining a healthy body and studying how your muscles move.



6. A Few Minutes of Deep Breathing

Focusing on breathing helps you find connection with your body.



10. Clear Your Mind With Chores

Feel and study the moments as you do chores – dishes, laundry, garbage, etc.



9. Meditative Mind Dump

Take 10-15 minutes to write down your thoughts, clear your mind, relieve stress.



8. Take Out the Ear Buds

Experience what's happening around you – be fully present.



7. Ongoing Check-ins

Pause every hour or so to assess the state of your body and mind.



STEALTH MINDFULNESS

Even if you're on the move all day, there are still plenty of opportunities to practice mindfulness.



SHOWERING:

Let your shower take over your senses. Listen to the water. Feel the water on your skin. Inhale the steam and smell of the soap. Massage your scalp while shampooing. Leave feeling refreshed.



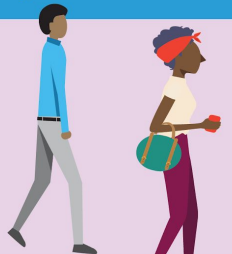
BED-MAKING:

As a moving meditation, mindfully breathe while smoothing and tucking your sheets. Make your bed your absolute and only focus for a few moments.



GETTING DRESSED:

Be fully present in choosing and putting on your clothes. Take in the colors and feel the textures of each garment. Bring your attention to every detail, like buttons, zippers, and laces.



WALKING:

Concentrate on the physical sensations of walking and how every step feels as you raise your legs and set your feet on the ground. Bring your focus to every step and repeat "left, right" with every step.



WAITING IN LINE:

Take a few deep breaths to center yourself while waiting. Acknowledge your immediate surroundings and the presence of others while wishing them well.



EATING:

While eating, let all your attention go to how your food tastes, how the aroma hits your nose, and the texture inside your mouth.

What is Gratitude?

1. Gratitude allows us to recognize good in our lives. Focusing on and appreciating the good in our lives constantly reminds us about great things all around us.

2. Gratitude allows us to see that the sources of that good are usually close by. Practicing gratitude allows us to recognize those who bring goodness into our lives and humbles us in order to give credit to those we are grateful for.



How to PRACTICE gratitude

BY SALLY CHUNG

Start a GRATITUDE journal

1. my bed
 2. today's breakfast
 3. the sunshine
- jot 3 things you're thankful for before sleeping. zzzz

Make a FAMILY (or) PERSONAL gratitude JAR



- decorate any sized jar
- place jar in a noticeable/common area w/papers + pen
- read notes on hard days

Say "thank you" more!

- it can STRENGTHEN relationships
- it can make someone's DAY!
- it reminds people they are → IMPORTANT

thank you for trying

SMILE 😊

- proven to strengthen immune system
- makes you more confident!
- doesn't cost \$\$\$

Spend TIME with LOVED ones

- make intentional time
- be thankful for the opportunities you have to grow closer
- remind them you care about them



volunteer

- provides a bigger perspective on life
- studies show → boost well-being, greater functionality
- helping others can help you!
- make impact in local community

FIVE SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE



INCREASE YOUR HAPPINESS

Boost your happiness set-point 25%.

Dr. Robert Emmons, Ph.D., explains that your basic level of happiness is set at a predetermined point. Whatever happens to you—good or bad—you'll find yourself returning to that set-point. However, a practice of gratitude raises your happiness set-point, increasing your overall feeling of happiness.

GET BETTER SLEEP

Grateful people get better sleep.

A 2009 study found that grateful people sleep longer per night and have an easier time falling asleep. In addition, they feel more refreshed upon waking. Therefore, if you want to sleep soundly, instead of counting sheep, start counting your blessings.



BECOME MORE RESILIENT

Bounce back from disappointment.

An Eastern Washington University study showed that people who were asked to find something about an unpleasant experience that made them feel grateful were better able to let go of the upsetting experience and move on.

IMPROVE YOUR HEALTH

Gratitude makes you healthier.

Dr. Emmons also argues that gratitude has physical benefits. He and his colleagues studied over 1,000 people, from ages eight to 80. They found that people who practice gratitude consistently report a host of health benefits.



GAIN PEACE OF MIND

Gratitude leads to contentment.

Another of Dr. Emmons' findings is that people who exhibit an attitude of gratitude are more likely to be satisfied with what they already have. They tend to be less envious of others, and are less likely to judge their own success based on the amount of possessions they've accumulated.



Gratitude

Lets get some positivity rolling -

Write down one thing you are grateful for during this lockdown.

Think about the things / people that have helped you and the activities you have enjoyed most

4. Maintain a positive routine

Be consistent: set achievable, realistic goals and find a to-do list that works for you

Get washed and dressed! Put shoes on! Exercise!

Use rewards once each task has been completed!
For example, a nice break outside, something nice to eat...

Limit the time you spend being exposed to media

Find time to disconnect and do things you like you
can set a time to put school work / devices aside

Learn more about keeping a healthy routine [here](#)



THE IMPORTANCE OF SLEEP

WHY

IS SLEEP IMPORTANT?

Sleep helps...

- Repair your body
- Improve learning and memory
- Lower stress levels
- Improve creativity
- Support growth and development
- Maintain your immune system

HOW

CAN I SLEEP BETTER?

To get a better night's sleep...

- Go to bed and wake up at the same time each day
- Avoid big meals right before bed
- Exercise regularly
- Turn off the computer, phone, and television
- Keep your bedroom cool, quiet and dark

WHAT IF

I DO NOT GET ENOUGH SLEEP?

Sleep deprivation can...

- Increase anxiety, depression or other mental health problems
- Lead to risky or impulsive decisions
- Cause irritability or mood swings
- Cause headaches, weight gain and poor vision
- Lead to more illnesses



Sleeping

Having a regular sleeping schedule is key!

Setting an alarm 5 minutes earlier every day can help children adjust their sleeping habits.

Click [here](#) to learn more about sleeping tips during lockdown!

Hobbies



Entradas 11 Resultados 2

Barajar Ordenar Agregar imagen

- Colouring
- Fitness challenge
- Online museum
- Zoom quiz
- Baking
- Learn a new recipe
- Upcycle old clothes
- Exercise
- Play a board game
- Look at old pictures
- Deep clean one room of the house

Find the best meeting times for people across multiple timezones with my new tool TimezoneWizard.com. Used by business people, gamers and others who schedule online meetings.

Versión 112

It is very important to devote time every day to do things you like and enjoy.

The time for these activities should be embedded in your routine but you don't need to do the same thing every day.

<https://www.timeout.com/things-to-do/best-things-to-do-at-home-stuck-inside-bored>

<https://www.futurelearn.com/info/blog/50-free-things-you-can-do-during-lockdown>

Managing Workload

Often, no matter how hard we work, it seems like there is never enough time (or energy) to get everything done.

With the disruption to homelife caused by COVID restrictions. It is important to be proactive in managing your work-life balance.



Managing Workload

[Easy time-management tips - NHS
\(www.nhs.uk\)](https://www.nhs.uk)



Make a list

Prioritise important tasks

Focus on **quality**, not quantity - more doesn't always mean better!

Managing screen time

- Screen reports
- 'No Screen' time

Routines

'Break'ing up the day

Continue to ask for support

'Logging off' from work

5. Exercise

Exercise can have a significant impact on our well-being, particularly given our current circumstances and the challenges they pose for us.

Exercise is one constant that we have had access to all throughout the COVID pandemic, highlighting the close link between its benefits and the negative impacts of COVID.

Staying active when in lockdown can be hard - try and find the activity that works best for you.



15 BENEFITS OF EXERCISING OUTDOORS

@BELIEVEPHQ



It is easy to access



Boosts your mood



Helps keep heart healthy



Can help relieve tension



It is low cost



You will increase your Vitamin D



Can improve your concentration



Improves your wellbeing



Boosts your immune system



Boosts self esteem and confidence



Gives you contact with the natural world



Reduces stress levels



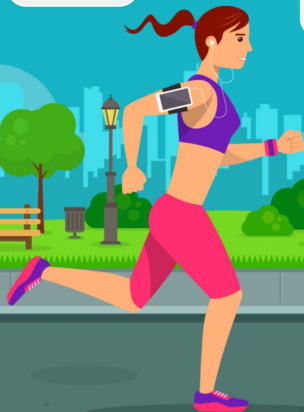
Increases sensory stimulation



Can help to improve sleep



Nature can boost your creativity



THE BENEFITS OF EXERCISE ON MENTAL HEALTH

@BELIEVEPHQ

REDUCED STRESS LEVELS



INCREASED ENERGY LEVELS



INCREASED WELL BEING



BOOSTS BRAIN POWER



REDUCED DEPRESSION



INCREASED CONFIDENCE



INCREASED MOOD



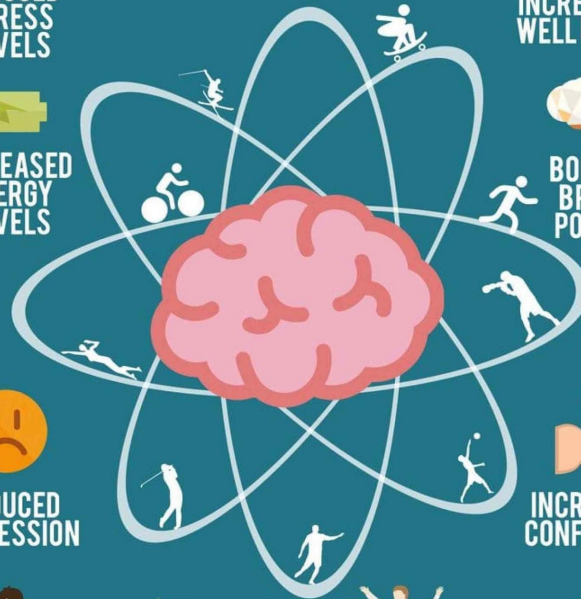
REDUCED ANXIETY



INCREASED SELF ESTEEM



IMPROVED SLEEP



6. Diet

Balance

Variation

Creativity

**Eating as
a family**

<https://www.ghc.nhs.uk/news/nutrition-in-lockdown-having-a-balanced-diet-from-the-store-cupboard/>

7. Socialising



People who are more socially connected to family, friends, or their community are happier, with fewer mental health problems than people who are less well connected.

Spending social time with family members and friends can play a crucial role in promoting positive mental health.

Creativity is key! - what strategies are you using to keep in touch with your friends and family?

8. Apps can help

Although managing screen time is very important, there are a number of apps which are designed to help users improve mental, emotional, social and physical wellbeing

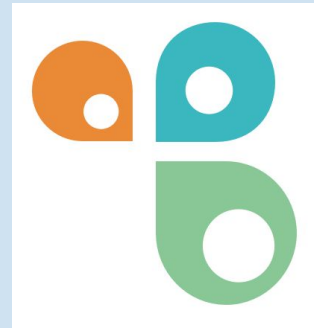
Social Wellbeing



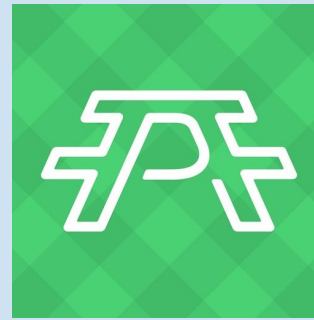
Whatsapp
Free
Messaging + Calls



Houseparty
Free
Video calls with extras



Cozi
Free
Family Organiser



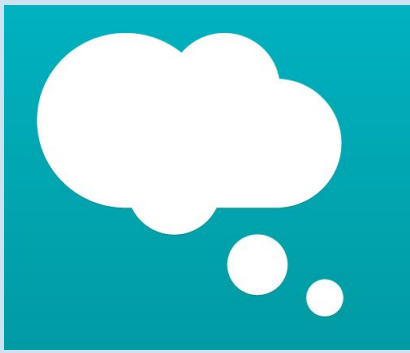
Family Organizer (Picniic)
Free
Family Organiser



Netflix Party
Free for Netflix users
Synced watching



Heads Up
£0.99
Social Game



Catch It
Free
Manage emotions +
anxiety



Thrive
Free
Manage stress and
anxiety



Headspace
£9.99 a month
Mindfulness +
meditation



Wysa
Free
Mental Health
support for teenagers



SAM
Free
Anxiety Management

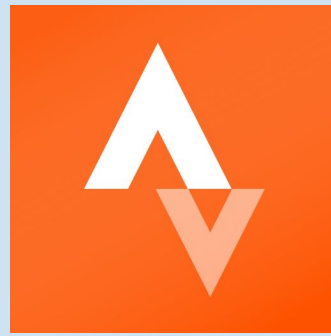


Calm
£34.99
Meditation

Mental + Emotional Wellbeing



Couch to 5k
Free
Exercise



Strava
Free
Exercise



MyFitnessPal
Free
Tracking Calorie Intake

Physical Wellbeing



Smart Recipes
Free
Diet



Sleep Cycle
Free
Sleep Analysis



7-Minute Workout
Free
Exercise



Epicurious
Free
Recipes

9. Coping Strategies

With the added stress created by lockdown pressures. It is important to regulate your emotions.

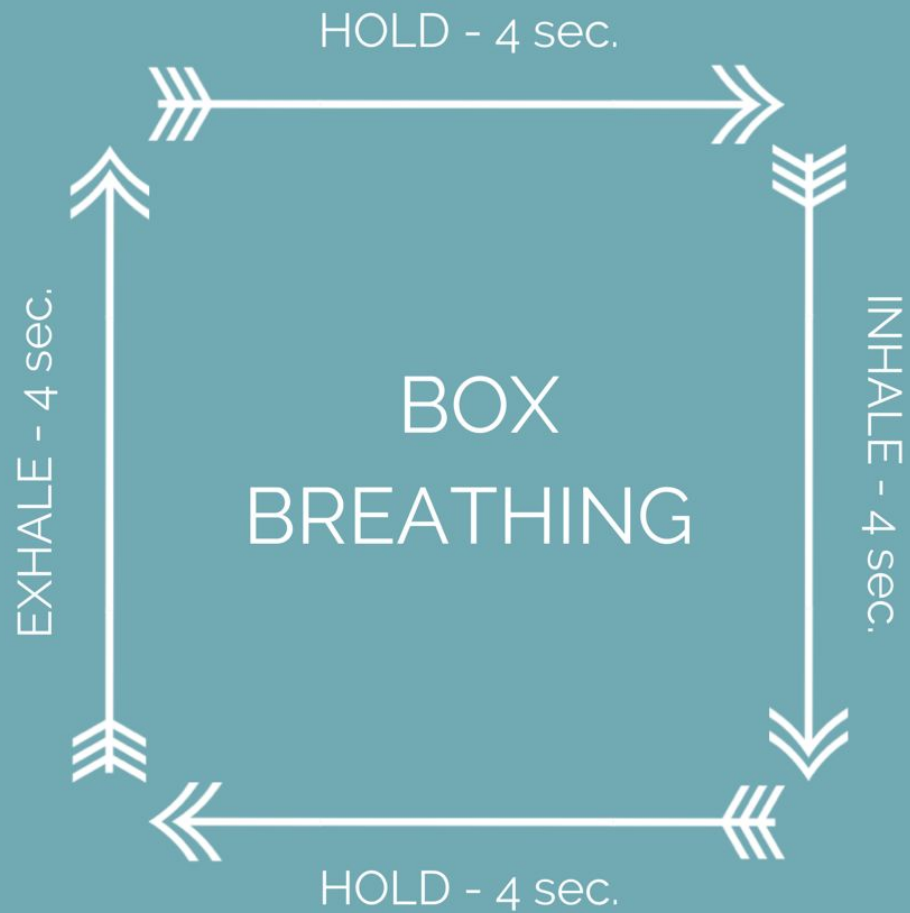
Modelling self-regulation will show your child that they can regulate their emotions too.

Practice using the strategies you feel work best.

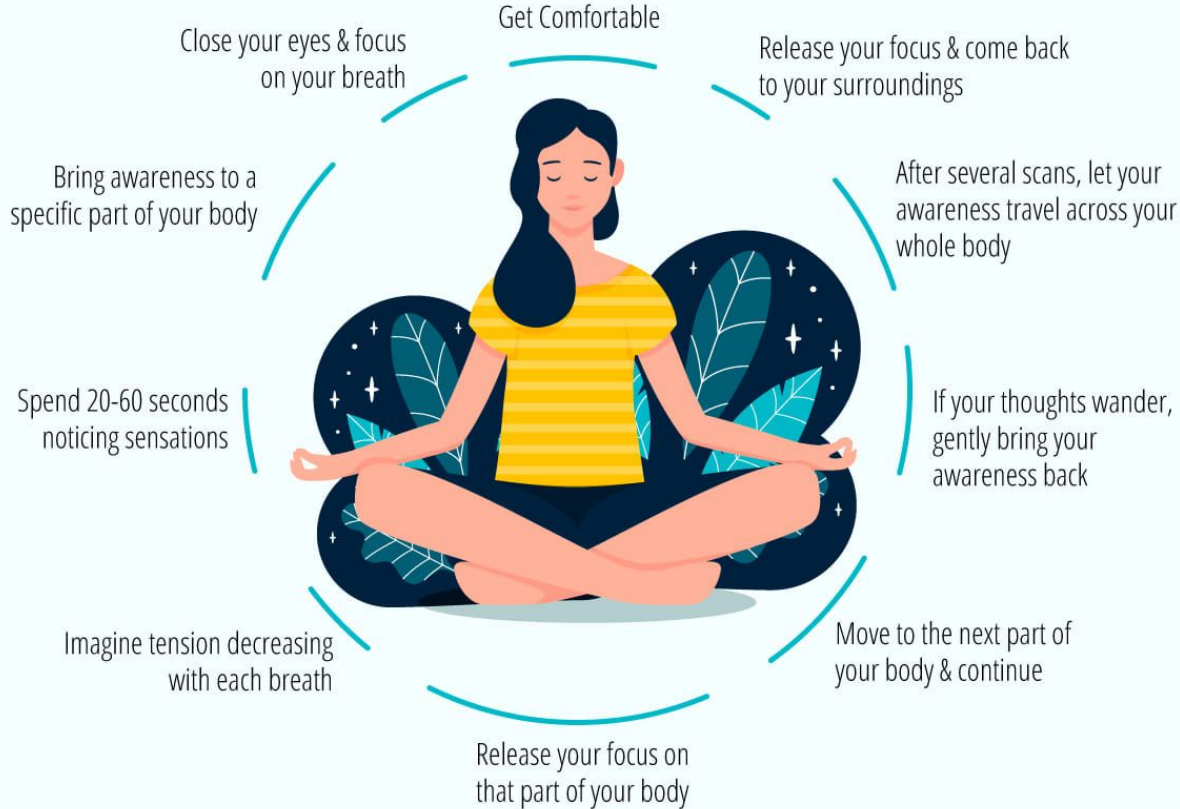
Different strategies work for different people!

A TO Z OF COPING SKILLS

A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
 elsa support www.elsa-support.co.uk	Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself	

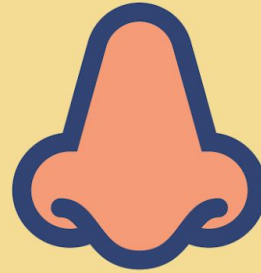


How to Do a Body Scan MEDITATION



The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.



Acknowledge **5** things that
you can see around you.



Acknowledge **4** things that
you can touch around you.



Acknowledge **3** things
that you can hear
around you.

Acknowledge **1** thing
that you can taste
around you.



Acknowledge **2** things
that you can smell
around you.



10. Wellbeing Support

School Supports during lockdown

Teacher Check Ins

Tracking Engagement

Guidance SMH Check Ins

Wellbeing Survey

Parent Phonecalls

MYPAS Counselling

Contact Guidance Form

Referrals to External Agencies

PARENTS/ CARERS	YOUNG PEOPLE
SAMARITANS 116 123  Free, confidential phone service age for anyone who needs to talk 24/7	YOUNG MINDS CRISIS LINE TEXT: YP TO 85258 Free mental health crisis support for young people 24/7 www.youngminds.org.uk/ 
BREATHING SPACE 0800 83 85 87  Free confidential phone service for anyone age 16+ experiencing low mood, depression or anxiety	CHILDLINE 0800 11 11  Free, confidential phone service for children experiencing mental health issues, suicidal thoughts, abuse etc.
LIVING LIFE (NHS) 0800 328 9655  Free telephone appointments to support low mood, mild-moderate depression or anxiety 16+	PAPYRUS 0800 068 41 41  Free, confidential service your people who are thinking about suicide (under 35s) Weekday 9am-10pm, Weekends 2pm-10pm
PARENTLINE SCOTLAND 08000 28 22 33  Free advice and support for all families www.children1st.org.uk/help-for-families/parentline-scotland/	BEAT - EATING DISORDERS YOUTH LINE 0808 801 0711 STUDENTLINE 0808 801 0811  Helplines, webchat and resources for individuals (& families) affected by eating disorders
ANXIETY UK 03444 775 774  Helplines and wide selection of resources for adults and young people www.anxietyuk.org.uk	CRUSE BEREAVMENT SCOTLAND 0845 600 2227  Providing phone support for young people & adults suffering with a bereavement

IT'S OK NOT TO BE OK!

This is not an exhaustive list

S1-2 Wellbeing Week

1st - 5th February



40 challenges covering a variety of aspects of mental, emotional, social and physical wellbeing. All information on S1/S2 HWB Google Classrooms.

Students invited to send photos and videos of them completing challenges into the Health + Wellbeing Classroom or @StDavidsHS twitter page.

35+ Challenges	Platinum
30+ Challenges	Gold
20+ Challenges	Silver
15+ Challenges	Bronze

Our Top 10

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Contact Info

For wellbeing support, use the [Guidance Check-in](#) form on the school website

Other important communications from the school can also be found on the website



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