

YP Newsletter Series 1



Introduction

Welcome to our new series! This newsletter is to offer ideas and support in looking after our emotional wellbeing during this difficult time with COVID-19. Let's get through this difficult time together!

Learning at home tips!

Keeping the balance between school work and home life can be a challenge and can lead us to experience frustration, stress and some worry. Here are some useful tips that we can follow;

1. Try to follow your timetable

Where possible, try to follow your timetable as this can give you some structure to your day. It can be tempting to spend longer on the tasks set, but try to complete the work you have in the time allocated for your lesson.



2. Take regular breaks

Try not to sit at your work station for long periods of time. Take your break and lunch periods and also take regular 5 minute mini-breaks in between your lesson changes—as you would when moving to your next class. Take your breaks in the garden (or safely outside) or in a different room.

3. Try to keep your bedroom a quiet, relaxing space

It can be tempting to work, eat, socialise and sleep in your bedroom but this can leave us feeling isolated. Keep your bedroom a happy space where you can feel able to relax and be yourself. Try to work in a different area or room in the home to help create that space between work and home life.

4. Reach out to others for support

Don't suffer alone when you are struggling with your work. Where you can, reach out to your subject teachers (or another subject teacher if your usual teacher isn't available. Or try to contact friends and set up a working group together to help each other. But most importantly, talk about the problem to those who can listen to you and help you think the problem through and see possible solutions to try.

Technique tips!

Feeling grounded

The easiest one to practice as this can be done anywhere at any time – focus on your breath.

Grounding
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste



If you find yourself worrying about future or past events, this technique can help you to focus on the "here and now". Take a few moments during the day—whilst on your break or when outside in your garden and practice this quick exercise.

Useful Self-Help

Resources



HAPPIFY

How you feel matters! Whether you're feeling sad, anxious, or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts.

Need support?

kooth

On Kooth you can;

Chat to their friendly
Counsellors

Read articles written by
young people

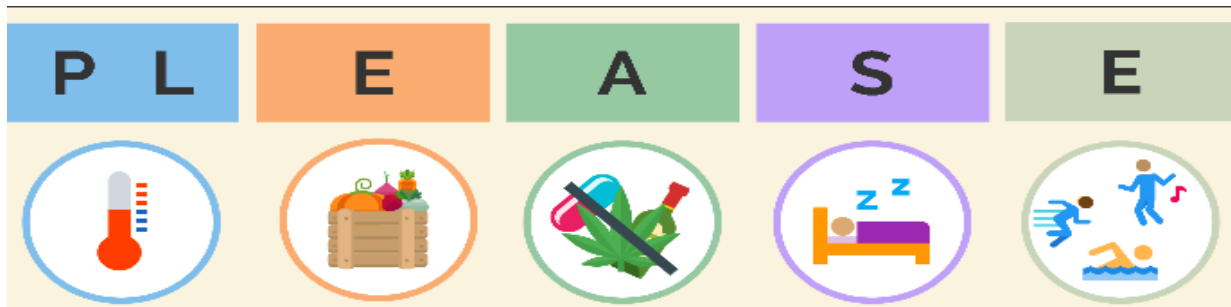
Get support from the
kooth Community

Write a daily journal

www.kooth.com

PLEASE

The PLEASE acronym is a DBT technique and can be a helpful reminder to know how to take care of ourselves, maintain a balanced lifestyle and avoid being more vulnerable to intense emotions .



Treat **P**hysical **i**LLness—treat illness or injury in a timely manner

Eating—Eat a healthy diet and in moderation

Avoid Mood Altering Drugs—take prescribed medications when needed and avoid mood-altering substances, including caffeine and high amounts of sugar

Sleep—teens should be aiming for 8-10 hours sleep a night

Exercise—exercise regularly to improve confidence and release endorphins

50 Ways to Relax

Taking breaks are a good way to break up the day, keep active and increase your learning.

A small 5-10 minute break doing something different can increase your inspiration and creativity and lift your mood. Do take regular breaks and take them in a fun way!

