



## Getting Started with... Your Wellbeing

Life through coronavirus has created all kinds of different stresses and worries, but has also provided an opportunity to take time to think and talk about how we look after our wellbeing – eating, exercising and thinking in healthier ways.

This is just a collection of some of *our* 'go to' resources, where we go when we feel we need a reset:

### Thinking positively:

Some tips tailored to you: <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Try mindfulness online – both of these sites have resources you can use for free:

<https://www.calm.com/signup-flow>

<https://www.headspace.com/covid-19>

Build some calm into your day: <https://yogawithadriene.com/>

Escape with a free audiobook: <https://www.audible.com/ep/FreeListens>

### Resources for Young People:

For a free online course for young people that looks at all aspects of wellbeing – physical and emotional:

<https://www.fixuponlineacademy.com/courses/copy-of-happy-life-academy-Advanced>

Young Minds offer a wide range of practical and supportive information, advice and online contacts:

<https://youngminds.org.uk/>

### Practical strategies:

Try cooking – good for your body *and* your mind. We like:

<https://www.bosh.tv/recipes> for interesting veggie and vegan food

<https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on> for easy tasty meals

<https://www.bbcgoodfood.com/recipes/collection/easy-baking> - for baking treats!

Simple ideas and links for getting your exercise: <https://www.sportengland.org/jointhemovement>

Need some tips on how to be better organised? <https://successatschool.org/advisedetails/828/6-ways-to-improve-your-time-management-skills>

### Really struggling?

Never struggle alone. There's always help. There's always a solution.

Talk to someone at home, contact someone you know and trust, or try:

<https://youngminds.org.uk/find-help/get-urgent-help/>

<https://www.childline.org.uk/>

<https://www.samaritans.org/>

<https://www.themix.org.uk/get-support>

**Student wellbeing and support** is really important to us at JC6. As a JC6 student you'll have support from your tutor and teachers, access to the JC6 advisors, to the HAJC6 wellbeing team and to trained counsellors on site.

We also have regular talks and events that focus on wellbeing for us all.

**In our March 'Wellbeing Week' our staff and student shared their own wellbeing tips – what do they do when it's all feeling too much?**

- *Put my headphones on and head outside, for a walk or a run, it doesn't matter which. I know it will clear my head.*
- *Treat myself to a hot chocolate and an hour with a good book.*
- *Ring my mates. I know they will laugh me back into a good place.*
- *Chocolate does it for me!*
- *I do something creative, I like drawing and painting because they focus me and calm me down.*
- *Exercise is my way to switch off and reset.*
- *Cook something. It always works. And it tastes good.*
- *I write stuff down. It helps me to empty anything I am worrying about out of my head, draw a line and move on.*
- *I try to remember to be kind to myself. Sometime I just have to remind myself it's important. I'd be kind to a friend if they were having a bad day. So I should be kind to me too.*

Want to know more? Contact us on [JC6@hajc.leics.sch.uk](mailto:JC6@hajc.leics.sch.uk)

***Try to be kind to yourself and to others.***

***Stay safe and well.***