



Your Health and Well-being is important to us!



Dear Parents and Carers,

Your children are the most important part of our school and alongside that we understand that you, as parents and carers, are the most important people in their lives.

Each week, we are making phone calls home to check how things are going and if there is anything we can do to help you and your children. Lessons and activities are planned and put onto Microsoft TEAMS or Google Slides for your children to access.

*This leaflet gives some ideas of how **you** can look after your health and well-being at home.*

Please remember ... if you need any support, we are here to help!

From us all at St. John's C of E Primary School, Shildon

Looking after **your Wellbeing**

Connect with people

Connections with other people are the bedrock of our mental wellbeing.

Though contact with others is challenged by current restrictions it is more important to maintain than ever. You may not be able to pop round for a cuppa or meet with friends in the pub but you can still connect - FaceTime, Telephone, text, social media, a conversation over the garden fence, or even write a letter!

Share your worries

It's normal to feel worried or helpless about the current situation and how its impacting on you. Share your concerns with people you trust - it may also help them to talk about it - or if you are feeling isolated from other people there are a number of helplines and online forums where you can find a listening ear.



Social distancing is about physical distance not emotional distance

Help others

Helping others is a sure fire way of boosting your wellbeing, and now is a time when giving to others can make a real difference. There are a large number of volunteering opportunities to support the Covid-19 response, such as being an NHS responder - but also the opportunity to help practically - shopping for a neighbour and so on.



One of the most important things you have to offer right now is your time. Make contact with others, reach out, check-in and to show you care.

Looking after **your Wellbeing**



Stay healthy

Our physical health really affects how we feel.

- Eat as healthily as you can and drink enough water.
- Stay active indoors. There is a wide range of online or TV exercise programmes, for all ages. Or develop your own indoor workout, set yourself challenges and plan a daily routine.
- Green spaces boost our wellbeing. Go out for a walk or run, spend time in your garden.
- Getting enough sleep can really impact how we feel - be sure to maintain a regular sleeping pattern.
- Avoid drugs and too much alcohol. It's easy to fall into unhealthy coping patterns that make you feel worse.
- Plan how you will continue accessing treatment and support for any existing physical or mental health problems if possible.

Keep your mind active

Keeping your mind active and learning new things is good for your wellbeing! And a perfect distraction during these challenging times.

Get creative! Draw, colour, make a playlist, bake, write a song...
Get a new hobby! Play guitar, learn to cook, try a new exercise...
Home school! There are 1,000's of online courses waiting for you...
Pay attention! Take time to look at what's going on around you...



Mindfulness can help positively change the way you feel about life and how you approach challenges. Look for free mindfulness apps or search online for how to start.

Wellbeing Plan

Keep this as a private journal or pull out and pop it somewhere to remind you daily.

Who do I want to keep in contact with?

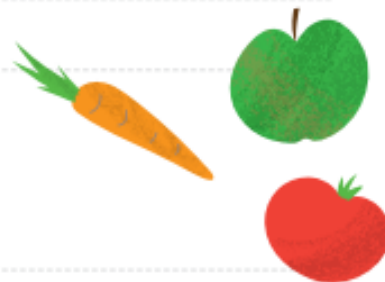
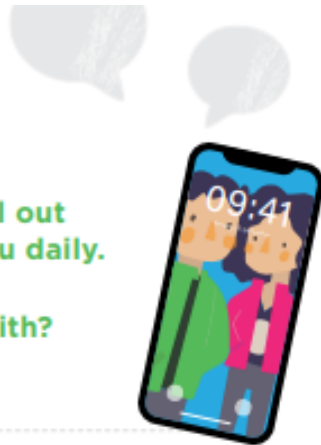
(Friends, colleagues, family, neighbours)

How will I help others?

(Keeping in contact with people, volunteering, giving practical support)

What will I do to stay healthy?

(Exercise, diet and sleep)



How will keep my mind active?

(Hobbies, reading, new challenges, online learning etc)



What will I do in my daily routine?

(Time I get up, exercise, contact friends, do a crossword, treat myself, cleaning)



6am	4pm
7am	5pm
8am	6pm
9am	7pm
10am	8pm
11am	9pm
12pm	10pm
1pm	11pm
2pm	12am
3pm	1am

Jar of hope

Things will get better. Use this time to think about all the things you miss and might have taken for granted. Write them down here to look forward to when the crisis is over.



A series of horizontal dashed lines for writing, arranged in two columns.

You could encourage children to write and colour their own notes to keep in a real jar.



At St John's we are Bucket-fillers!

Listen to the story here:

[Have You Filled a Bucket Today? Read Aloud Book Online \(teachertube.com\)](https://www.teachertube.com)

Your children will be able to tell you about bucket-filling.

Everyone, everywhere is carrying an invisible bucket. Buckets are full when we feel happy and contented and they feel empty when we are anxious or angry. We can do lots of things to keep our buckets (and those of others) full.



Find out more about bucket-filling at [Bucket Fillers \(bucketfillers101.com\)](https://www.bucketfillers101.com)

Supporting Young People

The sudden change in children and teenager's routine, combined with the Covid-19 crisis will be unsettling, and younger ones might find it difficult to understand what's happening and why everyone is so worried. But there are lots of things we can do to look after children's mental health and wellbeing during this crisis.

Beat Corona Anxiety for Kids

- Create a routine and structure
- Keep them connected with friends
- Re-assure them they are safe
- Let them talk about their worries
- Teach them coping skills
- Limit their exposure to news



Be kind to yourself and stay flexible!! Juggling working from home and looking after children is challenging.

Talking to Children about Covid-19

- Children may not talk directly about Covid-19 but still check-in with them.
- Explain its normal to feel scared or unsure.
- Be honest, speak calmly, use age appropriate language.
- Re-assure them that elderly family members are being looked after.
- Pay attention to individual worries, these may seem trivial to you, but may feel important to your child.
- You don't need to have all the answers, if you don't know you can find out together.
- Explain how they can help. For instance, good hygiene and social distancing, and how this can keep them and others stay safe.



Create a structure and routine. This is an important way children manage their anxiety and other emotions.

Work well from Home

For many of us home working is now the standard. Here's a few simple ways that you can focus on improving your wellbeing whilst still remaining productive;



Get Work Ready

Shift your mindset. Set a designated space in your house to work from. Ditch the hoodie, think about dressing as if you are leaving for work!

Set Schedules and Goals

Set yourself some simple goals for the day and break your work down into bite sized portions. Schedule regular breaks and leave your workspace.

Be flexible

It can be hard to focus at home, so be flexible. Adapt your working hours to the way your home runs. Spend time with the kids and work in the evening.

Get Fresh Air

Make sure you get time to leave the house, even if it's your garden, or leaning out a window. Go for a walk, run or ride if you can.

Connect with Colleagues

Workmates are a big part of our life. Connect through virtual meetings, Skype or a phone call. Keep the conversations and banter going.

Circle of Support

If you are struggling to cope, reach out to you colleagues, or too any support schemes your workplace or union offers. Check in with your workmates and look out for each other.

Give yourself some Slack. Adapting to home based working takes time. Be patient, and be kind to yourself.



Five Steps to Helping Others



Be Aware

Watch for the warning signs that someone might be struggling. This is more challenging during the Covid-19 crisis, and we may need to be more pro-active about checking in with others by phone and online.



Build Support

Explore what help they might need. Build a circle of support through family and friends. Have a look together at the resources at the end of this booklet, or on our website. Set goals about what they can do next.



Ask

Trust your instincts and ask the person directly how they are doing. If necessary, ask twice. "Are you really OK?". If you feel they may be struggling let them know that you are worried about them and that you care.



Check-in

Keep checking in and letting the person know you are there for them. Knowing someone cares can make all the difference.



Listen

Give them time and space to talk and be helpfully nosy. Have a look at our listening tips on the following pages. During the Covid-19 crisis you may need to do more of this by telephone and online.



Getting Help



There may be times when we need some extra support to get through - Its ok to ask for help, and there's lots of support out there.

For more details about help and support available during Covid-19 go to www.every-life-matters.org.uk

Telephone/Text Helplines

Samaritans 116 123

Whatever problems you are facing Samaritans are there to listen 24/7

SHOUT Text Shout to 85258

Crisis text service for support with any mental health concern 24/7

MindLine Cumbria 0300 561 0000

Information, guidance and support. Midday-11pm Mon-Fri. 5-11pm Weekends.

CALM Campaign Against Living Miserably 0800 58 58 58

Helpline for men of all ages 5pm - Midnight.

Silverline 0800 470 80 90

Information, friendship and advice for older people 24/7

Young Minds Parent Line 0808 802 5544

Advice for parents and carers worried about a young person 9.30-4pm Mon-Fri.

Young Minds Crisis Messenger Text YM to 85258

Crisis text support for under 25s 24/7

Papyrus Hopeline 0800 068 4141

Support and advice for Young People. 9am-10pm Mon-Fri. 2-10pm Weekends.

The Mix 0808 808 4994

Advice and support for under 25s 4-11pm

Childline 0800 11 11

Support currently available 9am-Midnight and online 1-2-1 chat www.childline.org.uk