

# **MENTAL HEALTH THROUGH LOCKDOWN**

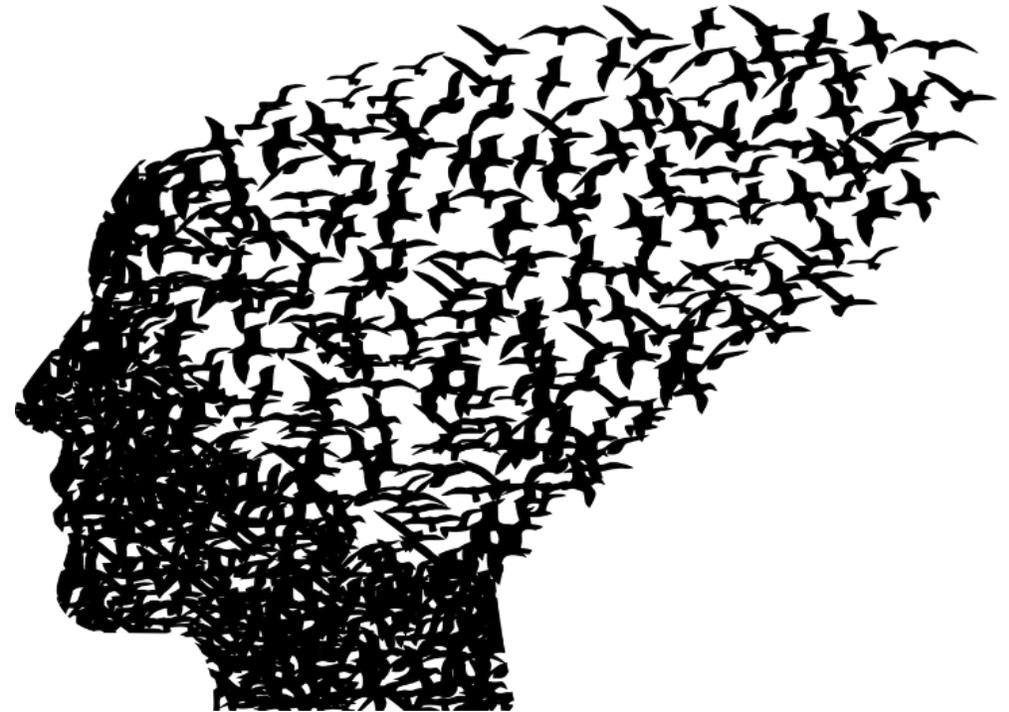
**HINTS, TIPS AND RESOURCES FOR COPING**

# YOUR MENTAL HEALTH IS AS IMPORTANT AS YOUR PHYSICAL HEALTH

#kindnessmatters

- Be kind to others
- Be kind to yourself

Follow [@BennettWelfare](https://twitter.com/BennettWelfare) on Twitter for  
access to mental health resources and advice





# NHS- EVERY MIND MATTERS VIDEO

# 7 TIPS FOR STUDYING AT HOME

## 1. Establish your own routine

Without steady schedules, the lines between school-work and personal time can get blurred and be stressful to get right. Some flexibility can be helpful, so make it work for you.

During lockdown, try to follow your normal sleep and work patterns where you can, and stay consistent.

Get up at the same time, eat breakfast, and get out of your pyjamas!

Most importantly, when your school day stops, stop working. Shut down, stop checking Teams and focus on your home life. And at the end of the day, try to get to bed at your usual time.

# 7 TIPS FOR STUDYING AT HOME

## 2. Make a dedicated workspace

This follows on from point 1: when we live and work in the same space, it can create anxiety and stop us being able to focus.

If you can, find a quiet space away from other people and distractions like the TV (or the kitchen, when you feel snacky). Make sure the space is tidy.

Get everything you need in one place, before you start work – chargers, pens, paper and anything else – and shut the door if you can. Even in a small or shared space, try to designate an area as your work space.

Lastly, get comfortable. While it might be tempting to sit on the sofa, it's much better to sit at a desk or table.

# 7 TIPS FOR STUDYING AT HOME

## 3. Stay organised

Once you have logged into Teams and checked your emails, use a pad, paper or diary to write down the main tasks of the day.

Use that diary to fill in any events coming up in the week that you shouldn't miss; any live lessons, assemblies and meetings.

Tick off work as you go, whether that's in assignments or in your pad.

If you have a set back with keeping on top of work, make a list of outstanding work and make a plan to complete extra pieces in the week ahead- don't let the list grow so long it seems insurmountable. Even then its always possible to chip away one piece at a time.

It will be short term pain for long term piece of mind

# 7 TIPS FOR STUDYING AT HOME

## 4. Give yourself a break

Working at home can make us feel like we have to be available all the time.

Making time for breaks is important to help manage feelings of stress – try to take lunch and regular screen breaks. Give yourself time to concentrate on something else so you feel more focused when you return. Even just 5 to 10 minutes of short breaks each hour can really help your productivity too.

If possible, set a time to go for a walk and get some fresh air , or just step out into the sun.

Working from home means you might be spending a lot more time without moving your body. If you're feeling stiff or tense, try doing some light stretching or exercise.

# 7 TIPS FOR STUDYING AT HOME

## 5. Stay connected

Feeling isolated is normal right now. But there are lots of ways to stay in touch with those who matter – boosting their mental wellbeing as well as our own.

In and out of school, human interaction matters. Schedule video calls and pick up the phone instead of emailing. If you're struggling with working at home then speak to your friends, teachers, or the Sixth Form Team.

And remember, your friends probably feel the same as you! Ask how they're doing and whether there are ways you can support each other.

Make time to socialise virtually – schedule in a digital coffee break or Friday online get-together.

# 7 TIPS FOR STUDYING AT HOME

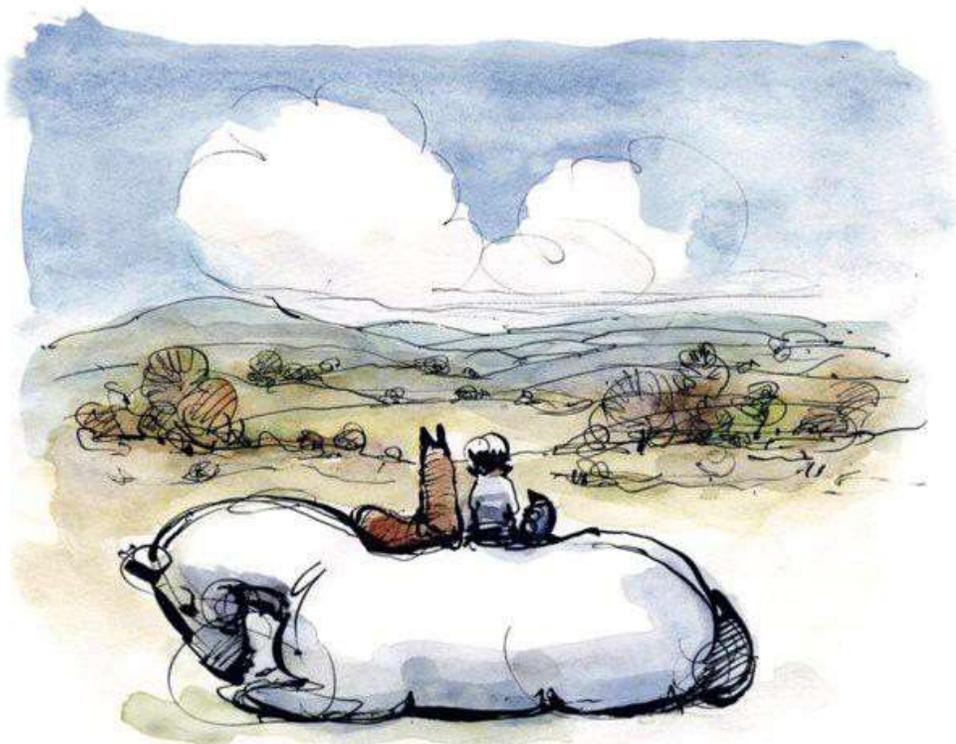
## 6. But set boundaries

Setting boundaries with other members of your household is key to mental wellbeing while working at home.

It can be difficult if there are new distractions to deal with, like siblings at home and parents working.

Have a discussion with members of your family about what works best for everyone and be kind to each other. Recognise it won't always work, all of the time.

Similarly, set boundaries with school work. It's easier to stay logged on when your home is your office, but try to switch off from school when the day is over and enjoy time doing what you like.



"Nothing beats kindness," said the horse. "It sits quietly beyond all things."

## 7. Be kind to yourself

Be kind to yourself and acknowledge that you might not always feel productive and on top of things.

When it becomes too much, step away, take a breath and come back to it when you feel better.

You will have good days and bad days, but it is all normal and part of this situation we are in.

1

### Communicate

Talk to someone about how you're feeling – it's helpful to get things off your chest. If you speak to someone you trust they may be able to help you feel less anxious.



2

### Maintain a Healthy Lifestyle

Eating too much sugar and drinking too much alcohol or caffeine can leave you feeling irritable and tired. Improving your diet by eating more fruit and veg can have a positive impact on anxiety, allowing you to think more clearly.



3

### Support Others

Helping someone else feel good, as it gives us a sense of purpose and self-worth. Even small acts of kindness can make a big difference. Try helping out a neighbor, getting in touch with a friend or relative who may need some support, or volunteering for a local cause.



4

### Keep Active

Staying active can make a big difference to both our physical and mental wellbeing. Try and fit activities you enjoy into your routine and if you need more motivation, plan an activity with a friend or family member.



5

### Be Creative

Listening to your favourite music, picking up a paintbrush or putting pen to paper – any activity that engages our creativity is an excellent way to support mental wellbeing. Building your skills can leave you with a sense of achievement and boost your confidence.



## **What if I am doing all of those things and I still feel low or anxious?**

Remember, this is an unusual situation and you may well have times when you feel you cannot cope, many of us will be feeling the same. This may then be followed by days when you feel fine.

But what if you feel so low and anxious it is stopping you from working and you feel extremely low, stressed or anxious most days?

### **Step 1:**

It is a good idea to keep a diary, perhaps you can identify patterns to these feelings. Are there certain triggers you can remove?

### **Step 2:**

Talk to someone about how you are feeling and talk it through with them. Find someone you trust- a family member, friend or contact at school

### **Step 3:**

Form a mental health action plan- what resources might help you to feel better, can you find some self-help solutions

### **Step 4:**

Contact a professional for help

## Contacting a professional

- Choose what feels best for you
- If you are able to, let that trusted someone know you are contacting a professional
- If you struggle to talk, use email or texting as a means of communicating
- Remember GP's are open via phone and video calls
- Services are open and adapting to the current situation, even if they cannot see you face to face

### **In school:**

Class Teachers  
Form Tutors  
Support Workers

### **Ongoing mental health support:**

Your GP  
Counselling through school  
Referrals to professional services

### **In an emergency situation:**

Emergency Services  
Safeguarding Leads at School:  
Mr Lee/Mrs Craig  
Social Services  
Mental Health Crisis teams



### **South Gloucestershire Social Services**

8.45am to 5.00pm (Monday to Thursday)

8.45am to 4.30pm (Fridays)

01454 868008 (Children and Young People)

01454 866000 (Concerns about any child)

<https://beta.southglos.gov.uk>

### **Bristol Social Services**

[www.bristol.gov.uk/social-care-health/social-work-contact-details-children-and-young-people](http://www.bristol.gov.uk/social-care-health/social-work-contact-details-children-and-young-people)

### **Emergency Services**

999 or 111, or visit the nearest A&E Department

### **Samaritans**

Freephone 116 123 (free even from mobiles without credit)

### **Young Minds**

If you need urgent help text YM to 85258

Parents Helpline – call 0808 802 5544

### **Papyrus (Hopeline) – for preventing Young Suicide**

0800 068 41 41 or Text: 07786209697

### **OTR**

A mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire

[www.otrbristol.org.uk/](http://www.otrbristol.org.uk/)

**IN AN EMERGENCY OR CRISIS**

# MENTAL HEALTH RESOURCE

<b>NHS Community School Nursing Teams</b>	<p>South Gloucestershire: Kingswood Hub: Telephone 01454 862441 Patchway Locality Hub: Telephone 01454 862442 Yate Locality Hub: Telephone 01454 338804</p> <p>Bristol: North Bristol School Nurse Team: Telephone 0300 124 5816 South Bristol School Nurse Team: Telephone 0300 125 6277 East &amp; Central School Nurse Team: Telephone 0117 939</p>
<b>Chat Health</b>	<p>A confidential way of accessing talk with a health professional</p> <p><a href="https://chathealth.nhs.uk/">https://chathealth.nhs.uk/</a></p>
<b>Kooth.com</b>	<p>Online counselling and support and resources for young people Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm <a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
<b>Reachout Youth</b>	<p>Providing support to 13-19 year olds experiencing emotional or mental health difficulties.</p> <p>Offering:</p> <ul style="list-style-type: none"><li>• Weekly virtual peer support groups</li><li>• One-to-one telephone support</li><li>• Weekly support packs, including tips for managing wellbeing</li></ul> <p>More information can be found on facebook page <a href="https://www.facebook.com/MHReachoutYouth/">https://www.facebook.com/MHReachoutYouth/</a> and website <a href="https://www.mentalhealthresource.org.uk/reach-out-youth">https://www.mentalhealthresource.org.uk/reach-out-youth</a></p>

# RESOURCE CONT...

<p><b>Mind Bristol</b></p>	<p>For support for all issues surrounding wellbeing and Mental Health</p> <p><a href="http://bristolmind.org.uk/">http://bristolmind.org.uk/</a></p> <p>Our emotional support helpline <u>MindLine</u> is running an extended service during the <u>Coronavirus (COVID-19) crisis</u> and is now open 7 nights a week, 7pm-11pm on 0808 808 0330.</p> <p>Our trans+ and non-binary helpline <u>MindLine Trans+</u> is running as normal, 8pm to Midnight Mondays and Fridays on 0300 330 5468.</p> <p>We also have a dedicated daytime telephone line that can point you in the right direction to find support for mental health and wellbeing needs. Our <u>Information and Signposting line</u> is open between 9:30am and 3:30pm, Monday to Friday (excluding bank holidays). You can reach us on 0117 980 0370, or at <a href="mailto:info@bristolmind.org.uk">info@bristolmind.org.uk</a>.</p>
<p><b>Young Minds</b></p>	<p>Resource for young people and families to gain support</p> <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p>Email: <a href="mailto:ymenquiries@youngminds.org.uk">ymenquiries@youngminds.org.uk</a></p> <p>0808 802 5544 (9.30am-4pm Mon to Fri) Parents' helpline</p>
<p><b>Nacoa</b> <b>The National Association for Children of Alcoholics</b></p>	<p>Providing information, advice and support for everyone affected by a parent's drinking</p> <p><a href="http://nacoa.org.uk/">http://nacoa.org.uk/</a></p> <p>FREE Helpline 0800 358 3456</p>
<p><b>Jigsaw Thornbury</b></p>	<p>Support for families with children and young people 0 – 25</p> <p><a href="http://www.jigsawthornbury.org.uk">www.jigsawthornbury.org.uk</a></p>

# Bereavement Resources

<b>HoldingOn, Letting Go</b>	<a href="http://holdingonlettinggo.org.uk/">http://holdingonlettinggo.org.uk/</a> Email: <a href="mailto:info@holg.org.uk">info@holg.org.uk</a> 03445611511
<b>Winston's Wish</b>	<a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a> Email: <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a> 08088 020 021

<b>StayAlive</b>	A suicide prevention resource to support young people keeping safe in a crisis. You can also use this if you are worried about someone else considering suicide
<b>Calm Harm</b>	Helping to resist the urge to self-harm
<b>A year in pixels</b>	A way to rate emotions and feelings on a daily, weekly or monthly basis

## Apps to download

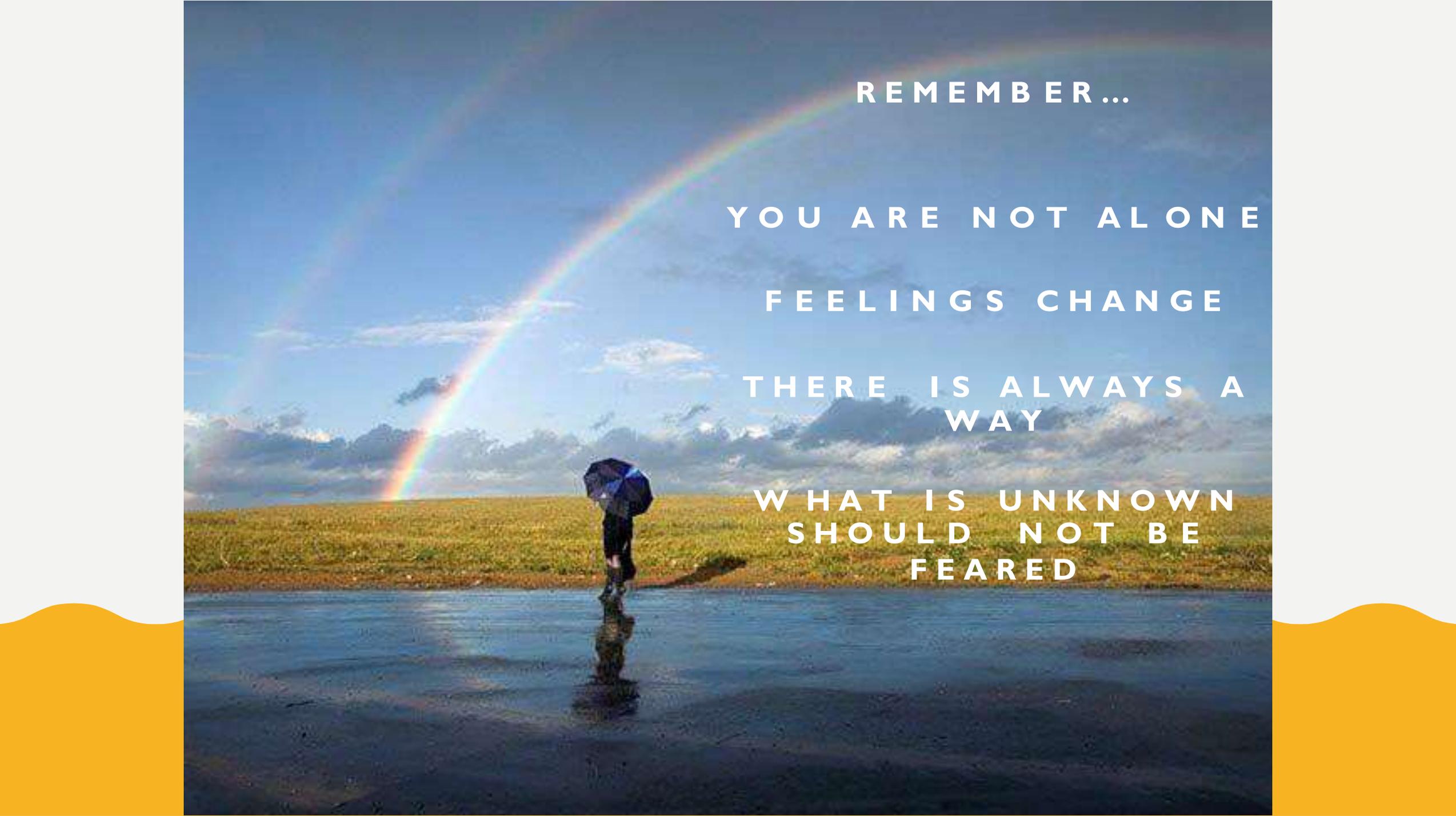
# The future- what we know

The future holds many unknowns, but we are all in this together and we will get through it together.

What we know:

- Schools will eventually return and will do so safely
- Teachers will continue to educate throughout the duration of closure and beyond for those still at home
- All students across the UK have been affected. Awarding bodies and policy makers know that this closure will have affected you all and will make decisions for your future based on this
- All Post-16 options are still available to you



A person holding a dark umbrella stands in a shallow puddle on a paved road. The person's reflection is visible in the water. In the background, a vibrant rainbow arches across a blue sky with scattered white clouds. The ground is a mix of wet pavement and green grass. The overall scene is bright and hopeful.

REMEMBER...

YOU ARE NOT ALONE

FEELINGS CHANGE

THERE IS ALWAYS A  
WAY

WHAT IS UNKNOWN  
SHOULD NOT BE  
FEARED