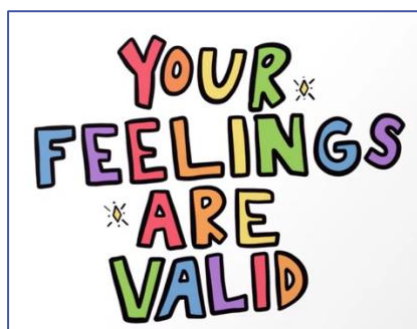


# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 1 – January 2021

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## WELCOME!

**This is St Michael's first well-being Newsletter where you will find advice and reminders on the best ways to support your well-being during this unsettled time and beyond. Remember to take one day at a time and look after yourself. There is only one you!**

Whether you are young or old, the pandemic may have put a strain on your mental health. People of all ages have had to deal with the consequences of this crisis: being ill, losing loved ones, not seeing our friends like before, loneliness, a loss of routine, losing a job. You must give yourself permission to feel whatever it is you are feeling without guilt.

## A different rhythm

Feeling anxious during lockdown is completely normal and it is important we accept that this can be a difficult time. Remember to be kind to yourself and others. Practice patience and gratitude and do things which prioritise your well-being.

Having a different outlook on this period can be a huge help in managing our well-being. Remind yourself to look at this lockdown period as simply *different* rather than bad. It is an unusual but special time for all of us – we have new routines and different ways of interacting with the people we miss, which are all still *good* ways of keeping close to our friends and family.

Creating new ways of living our daily routine can be fun and we can discover new things about ourselves. This can include reading more, watching movies, a fun physical activity, relaxation and researching new things that interest us. This is a new and unusual experience that can have its benefits. And remember...

## NOT EVERYTHING IS CANCELLED

SUN IS NOT CANCELLED  
SPRING IS NOT CANCELLED  
RELATIONSHIPS ARE NOT CANCELLED  
LOVE IS NOT CANCELLED  
READING IS NOT CANCELLED  
DEVOTION IS NOT CANCELLED  
MUSIC IS NOT CANCELLED  
IMAGINATION IS NOT CANCELLED  
KINDNESS IS NOT CANCELLED  
CONVERSATIONS ARE NOT CANCELLED  
HOPE IS NOT CANCELLED

## BOOK OF THE MONTH

**The Boy, The Mole, The Fox and The Horse** by Charlie Mackesy

Recommended by Ms Hayden  
(Head of Year 8)





## Our Physical and Mental Health during lockdown

Taking care of our physical wellbeing can have a direct impact on positive mental health. Doing any amount of physical activity can be a great reducer in stress and anxiety.

Whilst observing social distancing rules, you can enjoy a local walk which can be a great way to clear your head and stay active.

You may want to try to challenge yourself with apps such as MapMyWalk which offer a fun way to track and set small goals for walking and other fitness activities.

Whether inside or outside, finding small ways to keep moving such as dancing, gardening or online exercises will help us improve our emotional and physical health.

**AnxietyUK**  
1970-2020  
03444 775 774  
www.anxietyuk.org.uk

**SAMARITANS**  
116 123  
www.samaritans.org.uk

**PAPYRUS**  
0800 068 41 41  
papyrus-uk.org

**bipolarUK**  
www.bipolaruk.org.uk

**shout**  
85258  
here for you 24/7  
Text SHOUT to 85258 (24/7)  
giveusashout.org

**Refuge**  
0808 200 0247 (24 hours)  
refuge.org.uk

**mind**  
0300 123 3393  
www.mind.org.uk

**YOUNGMINDS**  
fighting for young people's mental health  
0808 802 5544  
youngminds.org.uk

**OCDUK**  
0333 212 7890  
www.ocduk.org

**CAMPAIGN AGAINST LIVING MISERABLY CALM**  
0800 58 58 58  
www.thecalzone.net

**Beat**  
Eating disorders  
0800 58 58 58  
www.b-eat.co.uk

## Who can I talk to?

There are a lot of people you can talk to. Talking reminds us that help is available and that we are not struggling alone with our difficult feelings, whatever they are. It can be hard to talk but remember that keeping emotions bottled up can prevent us from processing them and make them harder to bear.

You can talk to an adult you trust such as a family member or a friend. You can also choose to talk to a member of staff at St Michael's such as the School Counsellor, your Tutor or your Head of Year. There are also a range of organisations which specialise in supporting both young and older people's emotional health:



**Free online counselling support for young people!**

**Qwell**

**Community support means everything to us**

Explore our supportive and anonymous mental wellbeing community for adults.

- Chat online to qualified counsellors
- Read and write articles
- Get online support from the Qwell community
- Set personal goals and record how you feel

qwell.io