

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 2 - February 2021

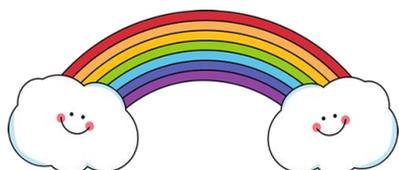
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Welcome to our February Well-Being Newsletter!

The pandemic, our personal circumstances and even the type of weather we are encountering now, can affect our day to day mood. In this edition we will be looking at solutions to improve our mood. Do not miss our sign-posting section on page 2 which gives useful links to organisations offering support to parents in those difficult times. Remember to seek professional help if you feel that your emotions stop you from doing the things you used to enjoy. Always remember that everyone has their own struggle even if they seem fine on the outside. Always be kind to yourself and others.

**It is ok not to be ok
But talk about it**



How to manage low mood

Be kind to yourself

Try to break big tasks down into manageable chunks, and do not try to do everything at once. Give yourself credit when you complete each bit.

Healthy living

Being active and making sure we have a healthy balanced diet can help boost your mood, and help our wellbeing.

Get better sleep

Low moods can make us feel tired. Tiredness can also have a bad impact on our mood. Aim for a minimum of 8 hours of sleep per night.

Challenge unhelpful thoughts

The way we think affects the way we feel. Try and be aware of your negative thoughts.

Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling.



Why I run by Mr Lomax, Art Teacher

Running is a great way to switch off from the strains and stresses of daily life. For me it's very important to leave the house and go for a run at least five times a week. When I leave the house, I put on a podcast or album to listen to, start the timer on my GPS and set off along the canals of the East End. If I have an upcoming event or race, I would have a set schedule and distance to aim for but at the moment it's just about getting out for a run and soaking up some sun (when it's out) and breathe in fresh air. Running is great for mental, emotional & physical health. Running can often help people to worry less and be able to put parts of their life in perspective. It develops cardiovascular health, helps maintain bone density and burns calories. I run to test my physical and mental limits – What am I able to achieve? How far can I push myself? It teaches you about perseverance and can help you to be more confident and disciplined as a person. The great thing about running is that it's efficient and, best of all, free. I am a Run Director for my local parkrun, a free weekly community event that takes place in many parks across the country every Saturday. It is an inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. You don't need loads of expensive gear to get started so, lace up those trainers, get out and hit those roads.

Get running with Couch to 5K:
www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/

Parents' Corner



The coronavirus pandemic is having a huge impact on family relationships. Many of us are at home with young children and/or teenagers. We might be balancing work as well as supporting our children's education. Some of us will be shielding, or vulnerable. Now, more than ever, parenting is about doing the best we can, with what we have. If you feel you are not coping, the organisations below provide free emotional support.

You are not alone.

Thousands of parents contact us every year and get the help they need.

T: 0808 802 5544
E: parents@youngminds.org.uk
W: youngminds.org.uk/parents

YOUNG MINDS

Free parenting helpline

Qwell online counselling and self-help for adults

Member: FREE Sign Up: FREE
Mon-Fri: 9am-5pm Sat: 10am-4pm Sun: 10am-4pm

On Qwell you can

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

Free online counselling support for over 25s

Cruse Bereavement Care

Somebere to turn when someone dies

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

Staff Corner

5 ways to avoid lockdown back pain

For those of us working from home, the morning walk to the bus stop has gone. Days on end can be spent hunched over a laptop without ever leaving the house.

There are things that many of us can do to help ourselves:

- Don't sit in the same position for long periods; that could be taking phone calls or joining online meetings standing up, just having a stretch or walking up and down the stairs; Movement can help with breathing by opening up your chest, and reducing muscle atrophy. It increases blood flow and lubricates synovial joints - joints that allow free movement - like hips and shoulders.
- Sort out your workspace: that could be as simple as using a cushion to raise you up on your chair, or to support your lower back. If you have to use a sofa, at least make sure that your feet are firmly on the floor and you are sitting back with a cushion to support your lower back. You want to avoid pain and stiffness in your muscles.



A free book on sleep for

Teachers: https://pursuitwellbeing.com/free-e-book/?utm_source=SSAT+Member+Communications&utm_campaign=765318d8f8-24%2F01%2F21+Sunday+Supplement&utm_medium=email&utm_term=0_a19cf44831-765318d8f8-39711401

† Chaplain's Corner †

Lord Jesus Christ, light of this world, thank you for the hope you have given us.

Help us to give our worries to you and, above all, to trust in your unfailing love.

For you have promised us "Never will I leave you, never will I forsake you."

Almighty God, our protector, let us trust in you to carry us through this time of uncertainty.

Jesus, hear our cries as we mourn those who've left us.

Whatever tomorrow may bring, we will praise your name.

Amen.