

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 27 – June 2023

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Welcome to our June Well-Being Newsletter!

We can definitely feel that summer is here with the beautiful sunshine we have been blessed with, over the last few weeks.

This month's newsletter will focus on anxiety, what it is and how we can help ourselves reduce its effects, with tips for a calmer mind (page 2).

Last month, St Michael's celebrated National Mental Health Awareness Month, by organising a week full of fund-raising activities and awareness. A big thank you and well done to all our Mental Health Ambassadors, from Year 7 to Year 12, who worked really hard at raising money and delivering Mental Health assemblies. All proceeds, a total of **£201.76**, were donated to Young Minds, a national charity supporting young people's mental health (see on page 3 for pictures!).

Our Mental Health Ambassadors have also helped raise the profile of mental health in our college, throughout this academic year, and have supported their peers' emotional health through 1/1 support appointments and assemblies.



Cost of living crisis - Useful links

CLICK HERE 

<https://www.bbc.co.uk/news/resources/idt-ade5a65c-753a-43c8-b58d-de98196801ff>

<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

<https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/help-cost-living/help-crisis>

https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

BBC Food Family's £1 recipe meal plan:

https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four#xtor=CS8-1000-%5BEditorialPromo_Box%5D-%5BNewsEditorial_Promo%5D-%5BNewsEditorial_Promo%5D-%5BPS_FOOD~N~~P_budget_meal_plannerFP%5D



Anxiety



Anxiety is a feeling of unease, worry or apprehension. It is something we can all experience from time to time. Anxiety is also a natural human response to stress or perceived danger. In many cases, this can be helpful in providing motivation or keeping us safe. Anxiety can also arise in response to various life events or circumstances. Things like work stress, financial worries, or relationship problems in your family, at work, with friends or your life partner can make us feel anxious.

How can I help myself?

- Face your fear if you can: in order to test if the situation is as bad as you think, why not setting yourself small, achievable goals for facing those fears;
- Know yourself: keep a diary of how you are feeling and what makes you anxious: when you understand how anxiety affects you, you'll be better able to manage the feelings. You could also carry a list of things that help you when you become anxious;
- Talk to someone you trust: it will reduce your anxiety levels and encourage you to get more support if needed;
- Exercise: the concentration required can take your mind off the anxiety;
- Relax: learning relaxation techniques can help you with the mental and physical feelings of fear. It can help just to drop your shoulders and breathe deeply or imagine yourself in a relaxing place.



Tips for a calmer mind

What can help

Life throws chaos at us on a regular basis, whether it is our finances, our relationships or our health. In response, we usually just keep on pushing through, overscheduling ourselves; drinking another coffee; responding to one more email. All it does is burn us out, drain our productivity, and lead to exhaustion;

1. **Breathing.** One of the most calming breathing exercises we can do is to breathe in (e.g., to a count of four), hold, and then breathe out for up to twice as long (e.g., to a count of six or eight).
2. **Self-compassion.** We are often our worst critic. Self-compassion is the ability to be mindful of our emotions—aware of the emotions that are going on inside whenever we fail at something. It does not mean we identify with them; we can just observe and notice them, without feeding the fire.
3. **Connection.** How often are we actually present for another person 100 percent? Those feelings of loneliness are extremely destructive to our body and mind, having a negative impact on our health.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

Headspace

<https://www.headspace.com/educators>

UK helplines for emotional support

The UK helplines below are here to listen and support you if your anxiety (or low mood) is overwhelming:

Samaritans: Call 116 123 open 24/7

Crisis Text Line: Text SHOUT to 85258 open 24/7

**CALM: Call 0800 58 58 58
Open 5pm-midnight**



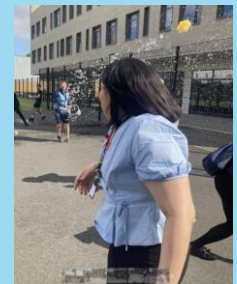
St Michael's Mental Health Awareness Week led by St Michael's Mental Health Ambassadors: Fund-raising for Young Minds and supporting our peers!



Tuck-shops



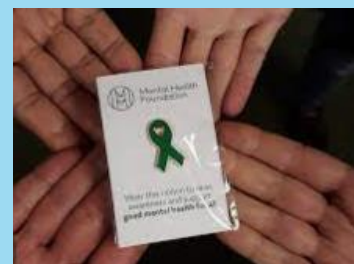
Year 8 Ambassadors making
a video on bullying



Basketball game: Staff v/s pupils: the losing team got rather wet! 🤔



Assemblies on exam stress



Selling Mental Health Foundation badges
to Pupils and Staff



Chaplain's Corner



Creator God,

We thank you that each of us are beautifully and wonderfully made as unique individuals.

Teach us to love each other as we are.

Inspire us to embrace the diversity of humankind.

Help us to celebrate our differences and be the person you created us to be.

In your grace we can all flourish.

Each and every human identity bears Your sacred image. Inspire us to fully live the power of this truth every day.

Amen



Help and Guidance

Services available
all year round:

shout
85258 here for
you 24/7

Shout 85258 is the UK's free,
confidential, 24/7 text support



Free text message support
service for young people



Free emotional service for young people



Free advice and support



Free online counselling support
for over 25s



Bereavement Support for children
<https://rainbowsgb.org>

