

# WELBEING

Welcome to our first Reaside Academy Wellbeing Newsletter. This will be available every half term and will offer helpful tips, advice and places to go to support positive mental health and wellbeing.

Below are ideas with helpful web links to support your child's wellbeing while they are at home. Five Ways to Wellbeing is as important for children as it is for adults. These are the 5 key features:

<b>Connect</b>	With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
<b>Be active</b>	Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.
<b>Take notice</b>	Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
<b>Keep learning</b>	Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.
<b>Give</b>	Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.



<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>



## Fight or Flight



The impact of Covid-19 has been enormous. Our brains are wired to look for danger due to the survival techniques of our prehistoric ancestors. As we have been consuming the news of the Coronavirus, regardless of whether it has effected lives personally, our bodies are secreting cortisol that drives the 'fight or flight' response. Cortisol causes us to be hyper vigilant and sends our sympathetic nervous system into overdrive. This in it itself is exhausting.

Although this hyper vigilance is crucial to survival, if fear does not have a focus and real danger is not present, we may become obsessed with the wrong things. It can become anxiety and paranoia.

Tips to help with anxiety:

- Talk to your child about their anxieties or worries, make them feel heard.
- Reassure them that it is ok to feel that way and show them you understand how they feel.
- Explain what feelings they might have if they are anxious and what effect it has on the body.
- Try and discuss a solution for their worry or redirect them to think about something else. Give them a picture to look at or something to touch if they feel anxious again.

Here is a nice children's book about Coronavirus and it's free!

<https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf>



## Reaside Update



There are lots of support materials for health and wellbeing on the Reaside Academy website under the Information tab - <https://www.reasideacademy.co.uk/information/health-and-wellbeing>

We are part of a pilot for the Education Mental Health Support Team in conjunction with the Stick Team (Forward Thinking Birmingham) to bring a health perspective to mental health and wellbeing at Reaside Academy. For more support for mental health and wellbeing, please visit: <https://bwc.nhs.uk/children> or <https://bwc.nhs.uk/parents-and-carers>

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