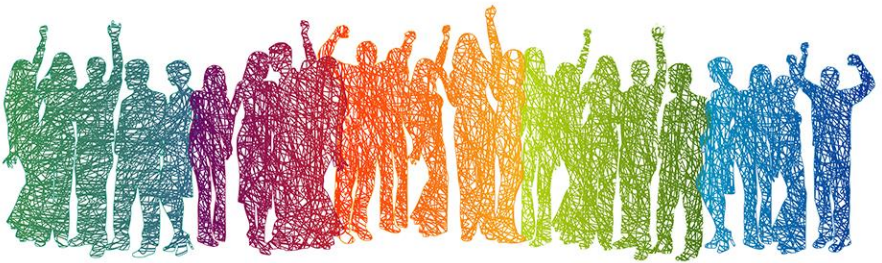




# Enfield Grammar School Sixth Form

*Tant Que Je Puis*



## Student Guide to Wellbeing



ENFIELD GRAMMAR  
CULTURE  
CLUB

Co Authored by Jo Axton and EGS Sixth Form



## **Sixth Form Vision**

***"To inspire, challenge and support every individual sixth form student toward raising, achieving and exceeding their personal and academic aspirations, every day".***

***Tant Que Je Puis***



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Intro to

# 5 Ways To Wellbeing



**Stay emotionally healthy and make a difference to how you feel.**

**Try something new every day!**

## **1. Connect**

### **Belonging and Identity.**

1. Connect with people around you.
2. Schedule regular times to spend with your friends and family.
3. Use different ways to communicate.
4. Take a chance and reach out to someone you wouldn't usually talk to.

## **2. Be Active**

### **Physical wellness**

Exercise releases endorphins and makes you feel good and sleep better!

1. Connect to the environment.
2. Go for a walk, run or cycle.
3. Put on some music and dance.
4. Research about healthy eating.
5. Rest well - avoid screen time for at least an hour before bedtime.
6. HAVE A BEDTIME!

## 3. Take Notice

### Practise mindfulness

1. Take time to be still, reflect, and become aware of your surroundings.
2. Be curious - Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual.
3. Tune into your 5 senses... what does each one notice?
4. Savour your favourite food.

## 4. Keep Learning

### Goals and personal achievement

1. Set yourself a goal. Learn something new.
2. Research something you're interested in. Learn a new word or a random fact.
3. Visit a museum online.
4. Take part in virtual university/employer taster days and online work experience.
5. Research a new hobby.

## 5. Give

### Nurturing

1. Care for pets, plants, help with the gardening.
2. Do something nice for a friend or family member. Thank someone.
3. Smile.
4. Volunteer your time.
5. Raise money for charity.
6. Be a good role model.

*Remember, YOU are key in supporting your own emotional health and wellbeing.*

## Building on 5 Ways To Wellbeing

# Tools, tips and tasks

This guide is designed to help you to enhance and take charge of your wellbeing during lockdown.

Although I suggest getting task 1. 'Wellbeing Timetable' and 2. 'Journal' up and running to help you with the others, you do not have to do these in order.

**Be as creative with the tasks as you like!  
Explore them, experiment with them, make them your own!**

If you are struggling and need help with your wellbeing, speak to your parents/carers first. If you cannot do this for any reason, then please contact your Form Tutor, Head of Year or Mr Wragg.

**There are links and numbers to agencies who are there to help you, click here.**



# 1. Wellbeing Timetable

## Task

Design a 'Wellbeing Timetable' with ideas from the '5 Ways to Wellbeing' list, into your school planner. You can add to it and adjust it over the weeks.

## Top tip!

Look to provide yourself with mental and physical breaks, opportunities for relaxation and focused positivity, connection and reflection. You could colour code it!

It could look like this... (see next page).

## More ideas for mini breaks (5 mins)

- Send a friend a message of positivity!
- 5 mins of '5 senses' mindfulness.
- Body scan
- Drink a glass of water 'mindfully'.
- Think of 3 things you are grateful for, jot them down.
- Write a positive self affirmation. i.e. 'I am worth taking care of'.

## 2. Journal

**Grab a sketchbook, old notebook or scrap paper, it doesn't matter.**

Journaling is about expression, both written and visual, of emotions and thoughts; it is a space for questions that may not have answers, a place for thoughts that may otherwise not have a home, a safe container for emotions so that they do not have to be loose in the world.

It can be a place to play and experiment with art materials. Enjoy the process, and listen to the art, it may have something to share with you!

Take some time to write and sketch all your thoughts and feelings down. They might look like scribbles, poems, words from your favourite songs, an image from a dream.

**Watch these YouTube clips for journaling inspiration.**

This link is an intro to journaling:

<https://www.annafreud.org/on-my-mind/self-care/drawing-or-painting/>

This clip is about drawing feelings:



**You can continue to use your journal for the following ideas in this guide.**

### 3. How do I Feel?

Watch this clip!



#### Task

On a piece of paper or in your journal **mind map** all the **feelings** you have had over the **last week**. How many can you identify?

#### Tip

Use the Feelings Wheel on the next page to help you.

# Feelings wheel



@AVANMUIJEN

## 4. Reflect

### Task

Complete the boxes below. You could print the pages, or design your own, use scrap paper or your journal.

1. Three new things I have done in lockdown:

1.

2.

3.

2. New hobbies or skills I have learnt or want to learn in lockdown!

*I have learnt...*

3. Things I have learnt/ am learning about myself in lockdown:

*I am...*

4. Something I enjoy about lockdown:

*I enjoyed...*

5. Something I dislike about lockdown:

*I dislike...*

6. If I was having a difficult time in lockdown I would...

*I would...*

7. I would like to continue...

*I would like to continue to...*

8. When I get back to school I would like to focus on...

*I want to focus on...*



## 5. Express Yourself

Look at the photographs in this link-

<https://www.bbc.co.uk/news/in-pictures-55332391>

How have people expressed their feelings in these images? Using a medium of your choice (photography, drawing, painting, music, dance, make-up artistry, writing), take 15 minutes to express how you are feeling about your current situation.

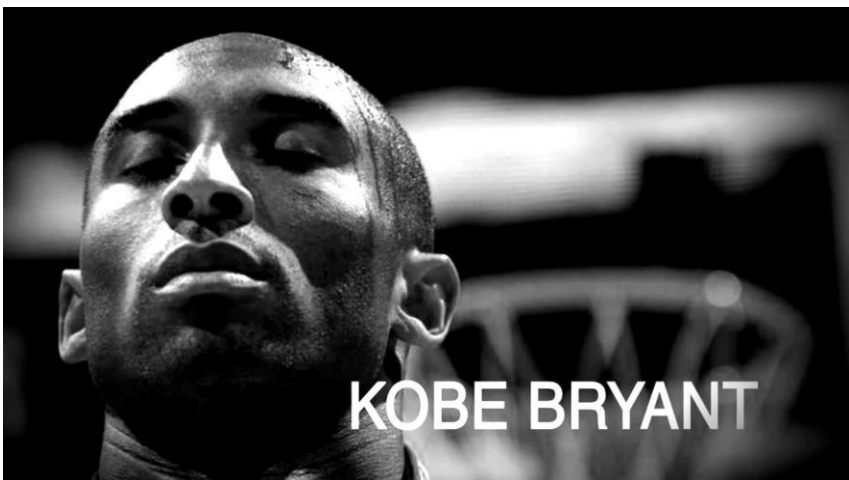
## 6. Mindfulness

What is it? Take a moment to watch these links...

1. Views of young people.



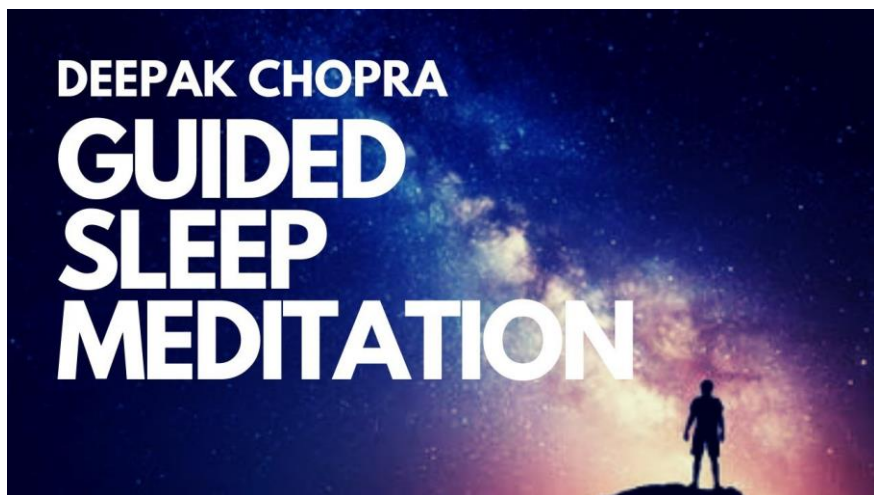
2. Famous artists in music and rap on the art of mindfulness.



## Practice mindfulness and meditation

1. Click on this link for useful guided meditations.\_  
<http://mindfulnessforteens.com/guided-meditations/>

2. Meditation for sleep.



3. **Headspace** site and app.

Click on the link or download the app for free access to more info and resources.

[www.headspace.com/](http://www.headspace.com/)

## Task

Watch the videos and explore the headspace site. Schedule some time for mindfulness activities into your day. Mark them into your school planner wellbeing timetable!

## 7. Keep Positive

Thinking positively or negatively (being optimistic/pessimistic), can become a habit and can affect your mood and levels of happiness.

We can all get in the habit of noticing the negative stuff more than the positive. This activity helps to rebalance this.

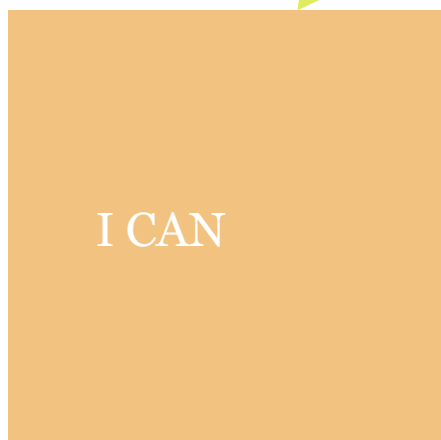
### Task

Write 2-3 words in each shape. e.g. I have people around me I trust and who love me, I am a good friend, I can ask for help when I need it.

Think about how each point makes you feel.

Keep what you've written safe and remind yourself of these positive points regularly.

*Adapted from Youngminds - <https://youngminds.org.uk/resources/school-resources/how-many-positives-activity-sheet/>*



## 8. Letting go

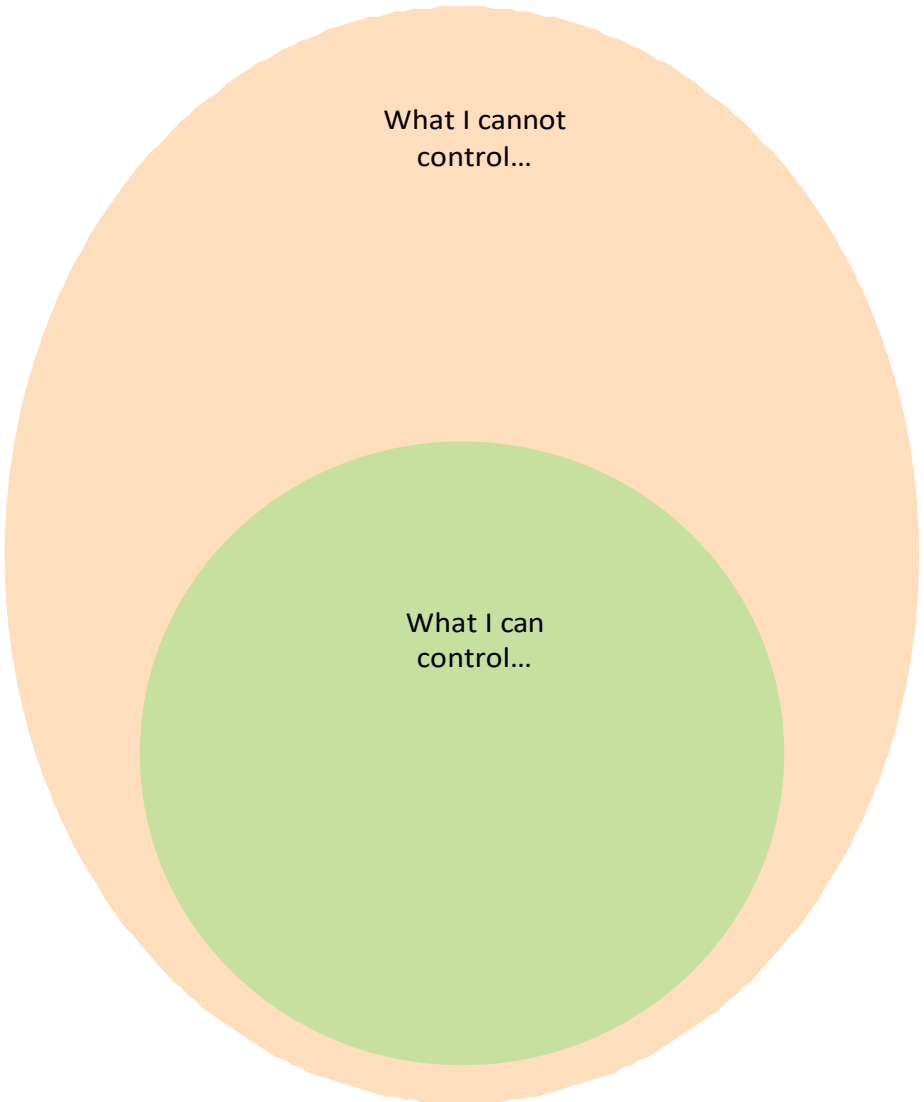
We often experience the feelings of happiness (or contentedness) when our expectations and reality match.

In terms of anxiety, worry about the future and the current climate, it can be really helpful to consider what you can and can't control. Letting go of the things you cannot control, and focusing on the things you can control. *We can apply this exercise to any area of our life.*



## Task

Either in your journal or on a scrap of paper, design and explore what you can and cannot control...



## 9. Relaxation

At the end of the day or when needed, take a moment to join in with this youtube clip.





## 10. Self Care

Self Care is what the name suggests. It is our ability to make the effort and make the time to do things that make us feel good and cared for.

### Some self care suggestions

- Run a bubble bath, add scents and soft lighting (yes boys, you too!), turn off the electrical devices and put your favourite music on.
- Noticing that you are tired and grabbing an early night.
- Have a cosy movie night.
- Listen to music.
- Replace sugar snacks with fruit and water (add a squeeze of lemon - yum).
- Self massage aching or tense muscles.

### Task

Can you come up with ideas that are more specific to you?

# 11. Relationship Circle

## Task

Think about all the different people in your life. Map out how close they are to you.



## Task

- Can you list what makes a positive relationship?
- Can you list what makes a negative relationship?
- Where would you move people to if you could?

## 12. Connect

### 6 things you can do

- **Play a board game with a family member:** Look out those games of Cluedo, scrabble or Monopoly and step away from technology for a bit. If you play card games, don't gamble for money; if you want to make it more interesting use household chores as currency. It will help you re-connect with those you live with!
- **Give time:** Put more time aside to connect with friends and family. Schedule time to touch base regularly with friends and family. Set up online clubs and group meets.
- **Be present:** It can be tempting to check your phone, Facebook messages or even work emails when with family and friends. Try to be present in the moment and be there for your loved ones, and switch out of work mode whenever possible.
- **Listen:** Actively listen to what others are saying in a non-judgemental way and concentrate on their needs in that moment.
- **Be listened to:** Share how you are feeling, honestly, and allow yourself to be listened to and supported.

- **Recognise unhealthy relationships:** Being around positive people can make us happier; however, our wellbeing can be negatively affected by harmful relationships, leaving us unhappy. Recognising this can help us move forward and find solutions to issues.

*Taken from - <https://www.mentalhealth.org.uk/publications/relationships-21st-century-forgotten-foundation-mental-health-and-wellbeing>*

## 13. Give

### Every kindness matters

Click on the link for ideas of 'Random Acts of Kindness'.

<https://www.mentalhealth.org.uk/coronavirus/acts-kindness-during-coronavirus-outbreak>

### Task

Can you plan and enact a random act of kindness...  
why not keep a kindness log?

## 14. Stay Active

Your body is at the heart of how we feel.

### Joe Wicks Daily Workout

<https://www.youtube.com/user/thebodycoach1>

**Couch to 5K** - Use your daily exercise time to train using the Couch to 5K resource.

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

### Just Dance

[https://www.youtube.com/channel/UChIjW4BWKLqpojTrS\\_tX0mg](https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg)

**Bleep test** – test your fitness and see it improve by using the Bleep Test.

<http://www.bleeptest.co.uk/thebleeptest/>

### Task

Plan some form of cardio exercise at least three times a week. A great idea is to do some exercise with friends over video link.

## 15. Understanding your Feelings

Click on the link for more information about emotions and how to seek help if needed.

<https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-my-feelings/>

### Task

Read through and explore the info on the link. Make notes as needed.

## 16. Energy and Feelings

**Energy levels are individual to us and can be comfortable or uncomfortable.**

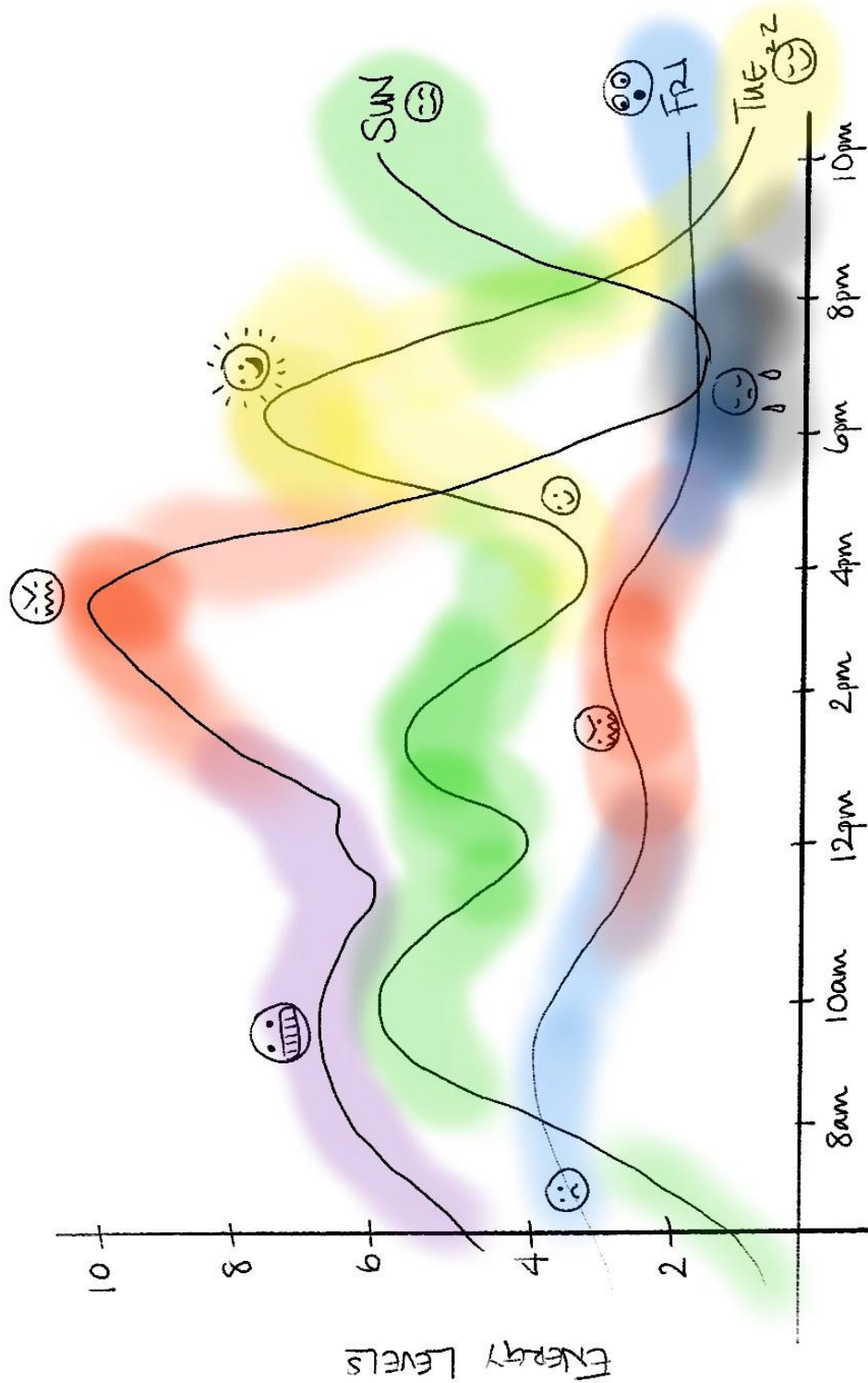
Feelings and energy are linked!

We can have high energy and be happy or unhappy.  
We can have low energy and be relaxed or feeling down.

### Task

Track your energy and feelings through the day/ week. You can be as creative as you like in how you show this.

Here is just one example of what it might look like.



**Your energy can be uncomfortably high or uncomfortably low.**

**We can learn to help ourselves change where we are at.**

**Increase energy by...**

- Music
- Dance
- Walking
- Most movement
- Playing games
- Comedy

**Decrease energy by...**

- Breathing - blow up a balloon
- Mindfulness
- Reading
- Bath
- Hugs
- Music
- Dance

**Task**

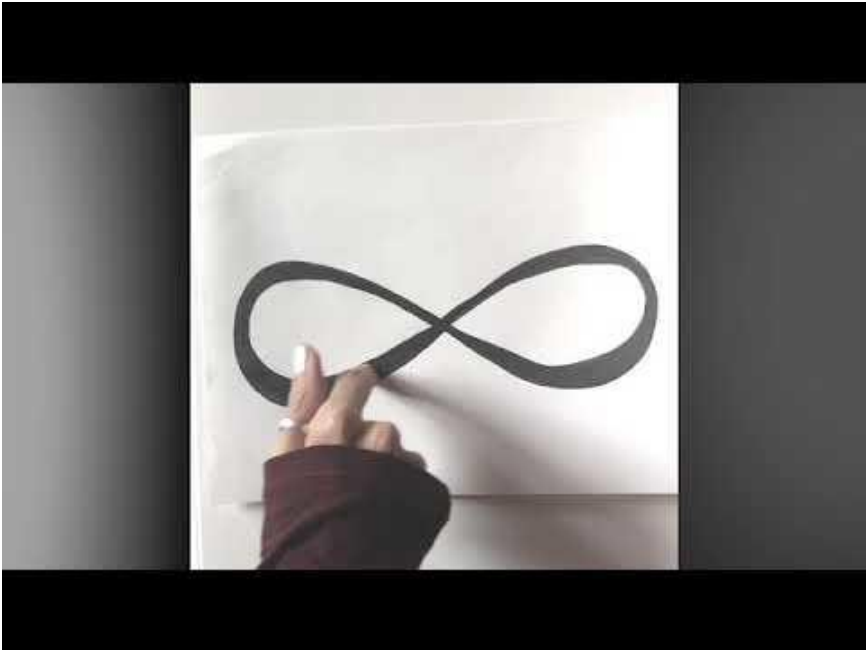
Make a note on what shifts your energy levels the way you need them to go.



## 17. Breathing

Breathing helps us to regulate our stress response and emotions.

### 1. The Lazy 8 breath



2. Click on the link below for a 1 minute breath meditation from Headspace.\_

<https://www.headspace.com/meditation/breathing-exercises>

### Task

Find a regular time each day to slot in a minute of focused breath work.

## 18. Sleep

**Sleep is just as important as good diet and exercise.**

Have a routine. Try to get yourself to bed at the same time every night. Have 'calm time' before going to bed to help your mind and body wind down - you may want to read, listen to music or practice mindfulness.

Switch off. The NHS recommends at least 90 minutes free from digital devices like smartphones, tablets, TVs, etc, before bedtime to allow the brain to power down.

Dim lights. Make sure lights are dimmed. When light dims in the evening, we produce a chemical called melatonin, which gives the body clock its cue, telling us it's time to sleep.

Rest. It is ok for a you to rest in bed rather than go straight to sleep if they are not tired or are finding it hard to get off to sleep.

Talk about worries sooner. If you have frequent worries at bedtime it might help to talk about worries earlier in the evening.

## 19. Contact Numbers for Help

There is always someone there to help.  
Please reach out if you need to.

**Childline** - 0800 1111

Practical advice and support for children and young people on a range of topics affecting their health and wellbeing.

<https://www.childline.org.uk/info-advice/>

**NSPCC** - 0808 800 5000

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

**Kooth** - Online counselling and support.

[www.kooth.com](http://www.kooth.com)

**YoungMinds** - Lots of information and resources.

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

## Self care, relaxation and mindfulness

**Headspace** - App and website for mindfulness, relaxation, sleep and more.

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

**Calm** - App and website for mindfulness, relaxation, sleep and more.

<https://www.calm.com/>

**Breethe** - App with lots of free meditations, music, sleep meditations and general well-being advise.

<https://breethe.com/>

## 20. More ideas...

### Further Journaling Ideas

- Write down some lyrics from your favourite song. Decorate the page!
- Create a page of gratitude.
- Write a poem of hope called ‘Tomorrow’.
- Note how you felt this morning and how you feel now.
- Create page of positive things in your life.
- Draw around your hand and colour it with all the feelings you had this week.
- Dedicate a page to each emotion that you experience regularly.
- Look up ‘Mandala’ and try creating your own.
- Write for 15 minutes starting with the line “If I could I would...”
- A page of positive self-beliefs.
- A page of self affirmations.

## Mindfulness Meditation

Find a place where you can sit quietly and undisturbed for a few moments. To begin, you might want to set a timer for about 10 minutes, but after some experience you should not be too concerned about the length of time you spend meditating.

Begin by bringing your attention to the present moment by noticing your breathing. Pay attention to your breath as it enters and then leaves your body.

Before long, your mind will begin to wander, pulling you out of the present moment. That's ok. Notice your thoughts and feelings as if you are an outside observer watching what's happening in your brain. Take note, and allow yourself to return to your breathing.

Sometimes you might feel frustrated or bored. That's fine--these are just a few more feelings to notice.

Your mind might start to plan an upcoming weekend, or worry about a responsibility. Notice where your thoughts are going, and accept what's happening.

Whenever you are able to, return your concentration to your breathing. Continue this process until your timer rings, or until you are ready to be done.

## Body Scan

During the body scan exercise you will pay close attention to physical sensations throughout your body. The goal isn't to change or relax your body, but instead to notice and become more aware of it. Don't worry too much about how long you practice, but do move slowly.

Begin by paying attention to the sensations in your feet. Notice any sensations such as warmth, coolness, pressure, pain, or a breeze moving over your skin. Slowly move up your body--to your calves, thighs, pelvis, stomach, chest, back, shoulders, arms, hands, fingers, neck, and finally your head. Spend some time on each of these body parts, just noticing the sensations.

After you travel up your body, begin to move back down, through each body part, until you reach your feet again. Remember: move slowly, and just pay attention.

## Five Senses

Use this exercise to quickly ground yourself in the present when you only have a moment. The goal is to notice something that you are currently experiencing through each of your senses.

*Reference - TherapistAid.com*

What are 5 things you can see? Look around you and notice 5 things you hadn't noticed before. Maybe a pattern on a wall, light reflecting from a surface, or a knick-knack in the corner of a room.

What are 4 things you can feel? Maybe you can feel the pressure of your feet on the floor, your shirt resting on your shoulders, or the temperature on your skin. Pick up an object and notice its texture.

What are 3 things you can hear? Notice all the background sounds you had been filtering out, such as an air-conditioning, birds chirping, or cars on a distant street.

What are 2 things you can smell? Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be a nice smell either: maybe there's an overflowing trash can or sewer.

What is 1 thing you can taste? Pop a piece of gum in your mouth, sip a drink, eat a snack if you have one, or simply notice how your mouth tastes. "Taste" the air to see how it feels on your tongue.

The numbers for each sense are only a guideline. Feel free to do more or less of each. Also, try this exercise while doing an activity like washing dishes, listening to music, or going for a walk.



## Calming Breathing techniques

1. Inhale slowly and deeply through your nose. Keep your shoulders relaxed. Your abdomen should expand, and your chest should rise very little.
2. Exhale slowly through your mouth. As you blow air out, purse your lips slightly, but keep your jaw relaxed. You may hear a soft “whooshing” sound as you exhale.
3. Repeat this breathing exercise for several minutes.

You can perform this exercise as often as needed. It can be done standing up, sitting down, or lying down.

**N.B.** Sometimes people with a **panic response** feel increased anxiety or panic while doing this exercise. This may be due to anxiety caused by focusing on your breathing, or you may be unable to do the exercise correctly without some practice.

If that happens to you, stop for now. Try it again in a day or so and build up the time gradually.