



BE KIND TO YOUR MIND.

There are lots of positive actions we can all take today to enhance our wellbeing.

We have put together some resources you can use today to de-stress.



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SUMMIT
LEARNING TRUST

Tips for Wellbeing

1. SELF CARE: TAKE TIME FOR YOU

Introduce activities to help you relax and reduce anxiety. This might be a home workout, having a bath, cooking, organising your home, watching TV, DIY projects or anything that you enjoy and find pleasure in.



2. ROUTINE IS GOOD

Make a schedule that the whole family can get on board with. Include lunch and rest breaks and take a break from technology and the news.

3. GET SUPPORT

Know where to go for support in times when meeting with family and friends is difficult. Talking to others is a great way to de-stress.

4. EXERCISE

Exercising and spending time outside in nature are really good ways to de-stress.

5. KEEP A JOURNAL

Writing down five things you are grateful for, once a week can significantly increase wellbeing.

6. STAY HEALTHY

Eat healthily, drink plenty of water and get enough sleep. This nourishes your body and provides energy.

7. GET CREATIVE

Finding a way to express yourself is a great way to relax and spend time away from technology. Play a musical instrument, paint or write a short story or poem.

8. BREATHE!

Breathing exercises and meditation support your mental wellbeing. Close your eyes for a few moments each day to focus on your breathing to help you achieve a sense of calm.





Useful ideas - things you can do to enhance your wellbeing (Part 1)



1. Create your own Wellness Action Plan.

MIND have created a template and guidance on completing it. Click [HERE](#) for more information.

2. Sign up to the College of Teaching's #TeachTogether campaign where you will receive a weekly text message with practical support, stories from other teachers, evidence-based advice, and links to optional activities to support your wellbeing. You don't need to be a member to sign up. Click [HERE](#).

3. Choose a wellbeing podcast to listen to. The Mental Health Foundation has a good choice. Click [HERE](#) for their library.

4. Mindfulness In Schools Project hold daily mindful Sit Togethers via Zoom at 11am and also on Tuesdays and Thursdays at 7.30pm. Join in with your whole family! Click [HERE](#).

5. Follow @ActionPotential on Twitter Daily at 3pm, you can hear about the 12 Rocks of Wellbeing. Every Wednesday during lockdown there's a '12 Rocks Webinar' focusing on 1 Rock, its importance for our mental health and how to get more of that rock in our lives. To join, click [HERE](#) and enter this password: 801344

6. Download an app such as Calm or Insight Timer for access to guided meditations and relaxation exercises and general advice on wellness.

7. The NHS also recommend a plethora of apps to support mental health. Find them [HERE](#).

8. Set up a book or film club with your friends or colleagues. Click [HERE](#) for a 'how to' guide to setting one up.

9. Set up an educational reading group with colleagues. Read up on how to do this [HERE](#).

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Useful ideas - things you can do to enhance your wellbeing (Part 2)



10. Work through the Hays online Wellbeing modules on aspects such as mindfulness, prioritisation, yoga and resilience. Talk to your Headteacher about signing the school up. Click [HERE](#) for more information.

11. Create a gratitude journal. Finding things to be grateful for even when times are tough has been proven to increase levels of happiness and wellbeing. You can find online versions or treat yourself to a really nice notebook and write down three things you are grateful for every day/week.

12. Create a Whatsapp group for your staff community and share inspiration, encouragement or just uplifting photos, such as amusing pictures of your pets!

13. Remember to exercise. The Body Coach has lots of online workouts: click [HERE](#) or, if that's a bit strenuous, try an online yoga class such as Yoga with Adriene: click [HERE](#)

14. If you need to talk to someone, then please use our Employee Assisted Programme facility, which is a free confidential helpline provided by Health Assured for all staff. They also provide a counselling service too.

There are 3 methods of contacting Health Assured to get support:

- 24 hours, 365 days of the year helpline, call 0800 028 0199
- Website – www.healthassuredeap.com
(The logon details for all is Username: summit - Password: learning)
- Mobile app – health e-hub which can be downloaded from your provider's app store. If logon details are required they are the same as for the website

Health Assured may also be able to help people to find out about information for elderly relatives and financial information, as well as the latest updated information on Covid19.



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Be kind to your mind.

MAKE IT A HABIT TO TAKE CARE OF YOURSELF.
CHECK THE BOXES OF THE ACTIVITIES YOU DO EACH DAY

- MAKE A SCHEDULE / HAVE A ROUTINE
- TRY / LEARN SOMETHING NEW
- WRITE A GRATITUDE LIST
- TELEPHONE A FRIEND FOR A CATCH-UP
- EAT HEALTHILY
- HAVE A 24-HOUR SOCIAL MEDIA
- DETOX
- MEDITATE
- GET ENOUGH SLEEP
- READ A BOOK
- PRACTICE DEEP BREATHING
- LISTEN TO MUSIC
- EXERCISE / TAKE A BRISK WALK
- DRINK ENOUGH WATER
- VISUALISE A POSITIVE FUTURE
- SPEND TIME OUTDOORS IN NATURE
- HAVE A MINI PAMPER SESSION
- CUDDLE A PET
- LET GO OF A WORRY
- RELAX

