

## Wellbeing Update - 20th January 2021

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Hello again, sorry the last e-mail didn't pick up the images I had put in. I just love technology! So here goes again....

I hope you are staying safe and well. I know from conversations with students last week, that some of you are struggling with your motivation a little. Keep at it guys, you are doing really well. Try to get into good wellbeing habits and then navigating the remote learning will seem a little easier.

1. My tip for this week is to use **'implementation intentions'** Simply put, this is specifying when, where and how we are going to do something. Writing a plan down means we are more likely to do it. An example of that could be;

What: Go for a 30 min walk

Where: In the park

When: 5 pm

Note: Remember to get trainers out and take headphones/charge AirPods

Another type of implementation intention involves making **'if'-then'** plans which link a behaviour to something, for example;

**If** I start to feel overwhelmed, **then** I will do a mindful breathing exercise

(try this

one [https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop&ab\\_channel=EveryMindMatters](https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop&ab_channel=EveryMindMatters))

or

**If** it is 11 pm and I am still on my phone/Netflix/Xbox, **then** I'll turn it off and get ready for bed. <https://www.appblock.app/> This app may help you to do this one and avoid distractions on your phone or tablet

The idea is that by making this link, the behaviour (e.g breathing exercise or relaxation technique) becomes automatic over time. If you make these intentions public, ie share them with friends or family, you are even more likely to do them.

2. Would you like to be part of a survey about LGBT+ education and the experiences of young people with **justlikeus.org** ? Whether you self-identify as LGBT+ or not, they want to hear from you. Just Like Us is a charity for LGBT+ young people and the survey explores topics such as wellbeing, bullying, and LGBT+ inclusive education. Some of the sections of the survey will investigate sensitive and personal topics. To complete the survey and for a chance to win Apple AirPods or vouchers click on the following link;

<https://survey.alchemer.eu/s3/90291688/justlikeus>

3. And lastly a reminder of some links and apps to help;Online counselling [www.kooth.com](http://www.kooth.com)

Apps - MeeTwo <https://www.nhs.uk/apps-library/meetwo/> This app provides a safe and secure forum for young people wanting to discuss any issue affecting their lives. You can anonymously get help from experts or from others going through similar experiences.

<https://www.camhsbestie.co.uk/> This app 'Bestie' was designed by a group of young people in Worcestershire to help young people to find out more about emotional wellbeing and mental health and to get the right help when they need it.

As always, if you are struggling with your mental health, your work or anything else, please do contact your tutor or Head of Year or myself. Your tutor can talk with you and also refer you for a counselling appointment if you would like one. To self refer for counselling, contact Lin Bingley [lin.bingley@wsfc.ac.uk](mailto:lin.bingley@wsfc.ac.uk).

Take care of yourselves and stay safe

Julie

Julie Ferman

Senior Lead for Student Wellbeing and Head of Year