

This half-term we will be focusing on **TAKING NOTICE**.

Take notice – bringing our mind's attention to what is going on around us and what is happening within us.

How can this help your wellbeing?

Reduces worry, anxiety and depression

People worry less about the future and what has happened in the past.



Self awareness

Developing a better awareness of our own needs, values and interests, we can begin to self-regulate our behaviours which is thought to be important for our wellbeing and mental health.



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**

Stress Awareness Month



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Learning outcome: To learn what stress is and ways of managing stressful times to maintain good wellbeing



Wellbeing

APRIL IS STRESS AWARENESS MONTH

Stress is something we **will all experience** in our lives.

There are any number of reasons why we may feel under pressure at different times. This pressure can **sometimes be helpful**, keeping us focused and helping us complete tasks.

The Anna Freud Centre found in a recent survey of young people, that the **top three factors which have a negative impact on their mental health are:**

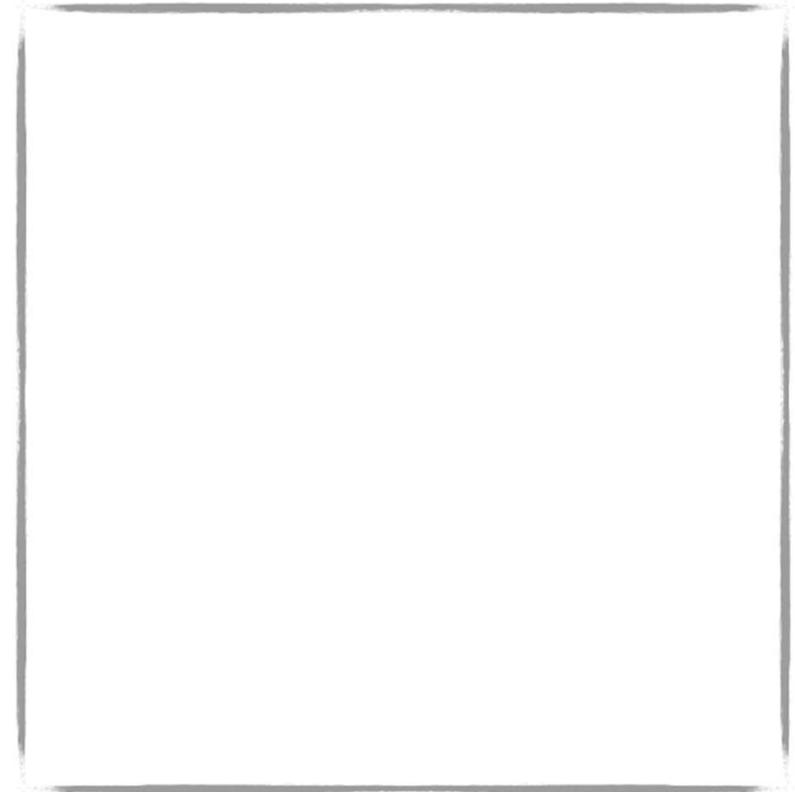
- Schoolwork
- Exams
- Family.



However, stress becomes a **problem** when we are **unable to cope** with these pressures and become overwhelmed.

Reflection activity

Fill in the reflection space with your **own thoughts, ideas, drawings** etc about **what helps you cope** in stressful situations or when you are feeling a bit low

A large, empty rectangular box with a thin black border, intended for a reflection activity. It occupies the right half of the page below the title.



<https://www.youtube.com/watch?v=VGqDAUZwhas&t=219s>

Pause the video when appropriate and have a go at the 'breathing' or 'grounding' technique

Anna Freud
National Centre for Children and Families

Youth Wellbeing Directory
Over 1,250 free-to-access mental health support services for young people

Jargon buster
200+ mental health words, terms and treatments defined by our Young Champions

Receiving support
Our clinicians answer questions from young people about working with a service

Understanding treatments
Helping young people know what treatments are available and the evidence for each

Helping someone else
Top tips on starting conversations about mental health, written by and for young people

Self-care
85 strategies to manage your...

Get involved

If you have a particularly stressful event you're waiting

WAYS TO WELLBEING – ADVICE FROM YOUNG PEOPLE ON COPING WITH STRESSFUL SITUATIONS

Connect

'Talking to a trusted adult.'

'If you can try and FaceTime as often as you can with your friends because personally it really comforts me. It isn't the same as seeing them in person but you are still seeing them.'

'Be vocal about your problems. Don't be scared to say stuff to people around you.'

Keep learning

'Actually been practicing with my mum to do cooking - new hobby for me.'

'Get a new hobby or learn a new skill.'

'I would say to try new things such as a new hobby like learning to cook/bake or a new musical instrument.'

Be active

'Exercise and being outside helps more than I realised.'

'Don't sit on social media all day, do things with family and go out for a walk.'

'Try and do a new thing every day, exercise, talk to friends. Don't sit around doing nothing all day because that leads to laziness, low energy levels and unhappiness.'

'Keeping active, running, cycling, going on the trampoline.'

Take notice

'Don't dwell on being sad. Study. Write your feelings down in a diary.'

'Stay hopeful and positive as much as possible and if you are feeling down let yourself be upset for a while and then work to try and be happy.'

'Ask for help if you need it. Take time to relax and chill out.'

Now add to your reflection sheet any **new ways to support your own well-being**, or things you will **keep doing**

Reflection activity

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In school: tutor, trusted adult, SSS,
Report it button on website.

Outside of school:

Locally, Forward Thinking Birmingham offer support for people aged 0-25years.

<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

Nationally Kooth provide online support and signpost related services for young people.

<https://www.kooth.com/urgent-support>

Nationally, Young Minds is a national charity providing resources and advice for young people.

<https://youngminds.org.uk/> If you need urgent help text YM to 85258

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Wellbeing

You can also go onto the Arthur Terry school website – Wellbeing tab and click on 'Report a Concern'

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

Are you worried about something or someone?

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

Wellbeing
Exam Support
Information and Support directory
MINDFULNESS
Parent support
Student Support Services
Virtual Wellbeing Board
Weekly Wellbeing 2020
Weekly Wellbeing 2021
Working Healthily At Home