

## EPS Wellbeing Pack 8

The Wrexham Educational Psychology Service understand how worrying and difficult this time is for us all. We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike. Joy, our Principal Psychologist, along with the team, Panna, Mark, Regina, Anna, Kathryn, Paula and Sally, would like to offer any support we can. With this in mind, we have handpicked some resources to help support you during life in lockdown.

Although our theme this week is Mental Health Awareness, please remember that positive mental health and kindness are not just about what people may do this week, but should be revisited regularly.

### Teachers and School Staff

**Education Support** have published **5 top tips** designed to help teachers and school staff to stay mentally healthy during lockdown.

## Mental Health Awareness Week

We are currently living through a time that is taking its toll on everyone in different ways. As you may be aware, it is [Mental Health Awareness Week](#). This campaign aims to raise awareness of mental health issues as well as practises that can support positive mental health - especially in such unprecedented times.

Firstly, **Wrexham County Borough Council** have shared some [advice to support your mental health](#) during this year's Mental Health Awareness Week.

**Mind** have created some very short, [simple activities](#) to complete to get you thinking about wellbeing, self-care and taking notice of how you're feeling.

**Michael O'Mara Books** have created [online mindful colouring books](#) so you can complete some mindful-colouring without needing a printer at home.

**Yale Child Centre** and **Scholastic** have created a [workbook for children](#) to help acknowledge and address big emotions, look after their mental health and stay positive.

## #Kindness Matters Most

Kindness is a powerful act that can have benefits for yourself and others. We should try to discover kindness in our everyday lives as it is important – especially during lockdown, but also in the future.

News Round has produced some great information about how being kind can alter our physical and mental wellbeing.

Many websites have put together lists full of interesting ways to be kind to your friends, family and neighbours throughout this year's Mental Health Awareness Week and beyond. Here are a few we particularly liked;

- Mindwell – a week planner of kind daily activities
- The Mental Health Foundation – acts of kindness that could be completed in lockdown
- BBC Bitesize – real life examples of how teenagers have been spreading kindness

Although being kind to others is hugely important – so is being kind to yourself. **ELSA Support** has created a 5-day Kind to Yourself Challenge to make sure you are kind to yourself!

## Well-being Challenge



Challenges from the '5 Ways to Wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go this week.



**Take notice** – Take notice of what makes you calm and hopeful and put them in a [Hope Box](#)



**Connect** – Turn off your electronics for an hour or two and spend some quality time with people in your house – maybe play a board game



**Be active** – Plan a family PE session for everyone in your household to take part in – what funny exercises can you make the adults do?



**Keep learning** – Develop your knowledge of our world and the creatures in it with great [At Home Resources](#) from **Chester Zoo**.



**Give** – Kindness is a gift that costs nothing – [spread kindness](#) to your friends, family, neighbours (and yourself!).