

We hope that you are safe and well and coping with these unusual and difficult times.

Our Care and Well Being Team (Mr Scott, Mr Booth, Ms Hutchison, Mrs Dupuy, Mr Muir) have a special role in school to monitor your well being and try to respond if you have any worries or concerns. In school, we would speak to you, be available for you to come and speak to us, use the SHANARRI Wheels and also have our Drop Boxes. We can't do this when we are all at home, however we still want to keep in touch and be available to help and support you.

We are therefore launching our WWW (Welfare, Well Being and Worries) Initiative. We want to hear from you if you have any worries or concerns about yourself or others, or just want to chat. We can communicate by email or one of the Care and Well Being Team will phone you.

The CWB Team will also make a number of check-in phone calls each week just to see how you are getting on.

The email addresses of the CWB Team are:

Alex.Scott6@south-ayrshire.gov.uk

Dominic.booth@south-ayrshire.gov.uk

Marion.Hutchison@south-ayrshire.gov.uk

Kirsty.Dupuy@south-ayrshire.gov.uk

Alan.Muir@south-ayrshire.gov.uk

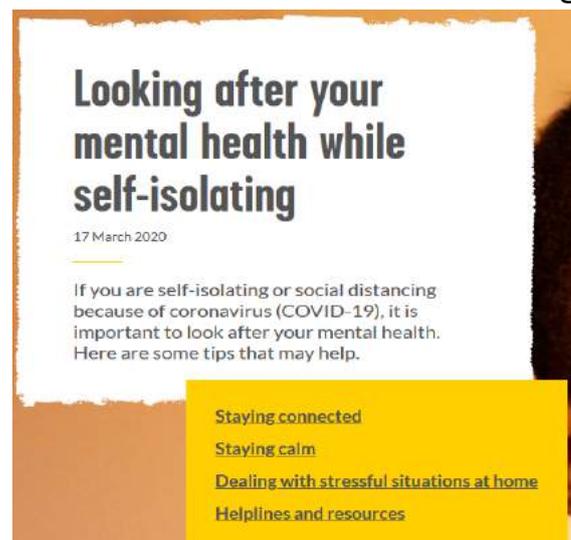
In this document, we have highlighted a number of websites, strategies and general advice about how to cope with the current Covid-19 lockdown, and how to keep mentally healthy in this worrying time. This information is for everyone, not just pupils – it's important that we all look after ourselves.

BEING MENTALLY HEALTHY

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>



<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing>

SCOTTISH ASSOCIATION FOR MENTAL HEALTH

Many of us are feeling worried or stressed about how coronavirus could affect our lives, as well as our loved ones. We may now be having to spend more time at home, perhaps isolated from the friends, family and other relationships that we know are vital to keeping ourselves mentally healthy. It may also be harder for us to do the things that normally help keep us well.

There are things we can do to look after our mental wellbeing during this time. On this page, we are gathering the information, links and resources that we can, to help keep you informed and protect your mental health.



Mental Health Problems

Self-help & Wellbeing

Being There For Someone

Suicide

SAMH Stories

SAMH Publications

CORONAVIRUS AND YOUR MENTAL WELLBEING

<https://www.childline.org.uk/>



Call 0800 1111

<https://breathingspace.scot/>



Breathing Space

Open up when you're feeling down

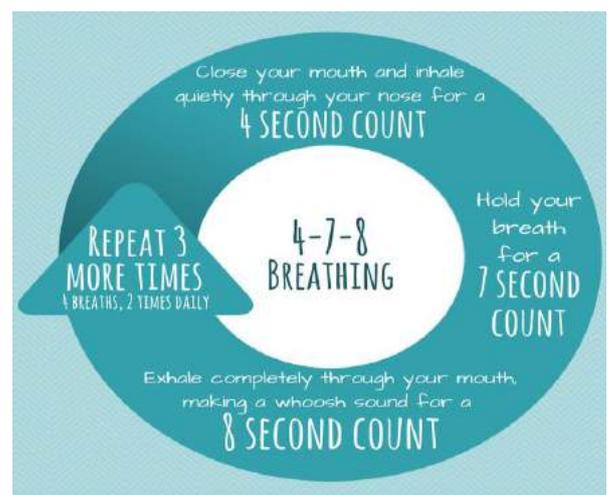
Need help now? Call free on

0800 83 85 87

MINDFULNESS, RELAXATION AND EXERCISE

4-7-8 Breathing Technique

The **4-7-8 breathing** technique, also known as “relaxing **breath**,” involves **breathing** in for 4 seconds, holding the **breath** for 7 seconds, and exhaling for 8 seconds. This **breathing** pattern aims to reduce anxiety or help people get to sleep. Some users claim that the method helps people get to sleep in 1 minute



<https://www.youtube.com/watch?v=UxbdX-Se00o>

<https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

Mindfulness practice for kids

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.



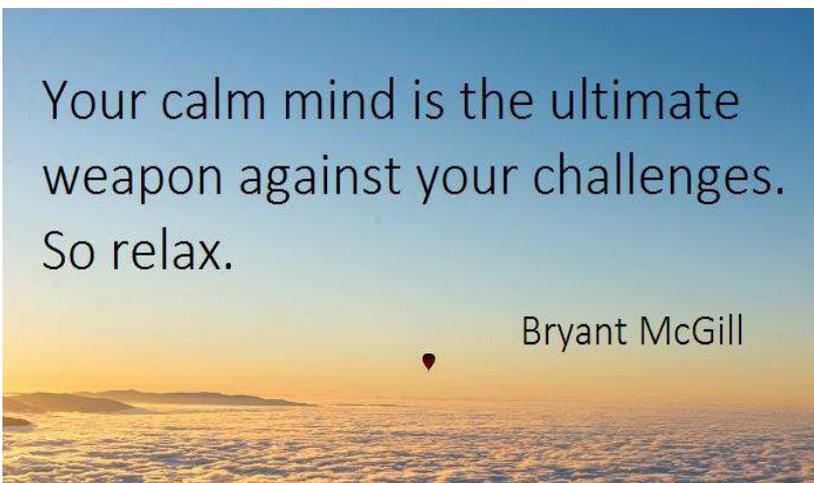
<https://www.headspace.com/mindfulness>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

<https://www.youtube.com/watch?v=w3Aol2CCsdo>

<https://www.mindful.org/meditation/mindfulness-getting-started/>

Relaxation Techniques



When we relax, the flow of blood increases around our body giving us more energy. It helps us to have a calmer and clearer mind which aids positive thinking, concentration, memory and decision making. Relaxation slows our heart rate, reduces our blood pressure and relieves tension.

Deep muscle relaxation

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

Relaxation parts 1-3 for stress reduction – John Hopkins

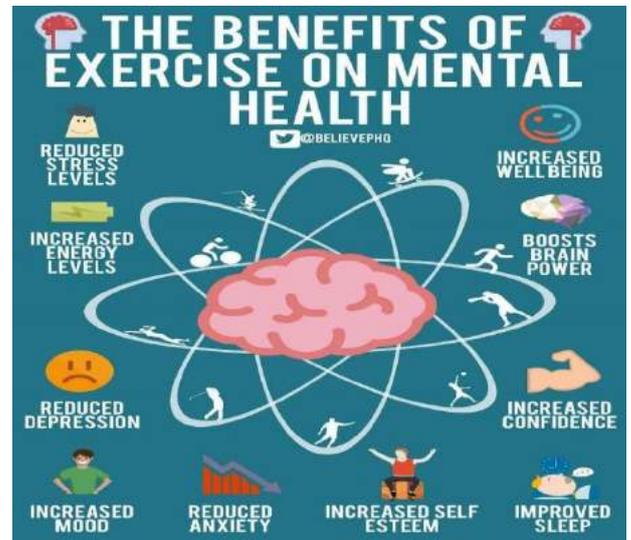
<https://www.youtube.com/watch?v=Wemm-i6Xhr8>

<https://www.youtube.com/watch?v=TWI639oEzmE>

<https://www.youtube.com/watch?v=ClqPtWzozXs>

Exercise

Exercise releases chemicals like endorphins and serotonin that improve your mood. ... If you exercise regularly, it can reduce your stress and symptoms of mental health conditions like depression and anxiety, and help with recovery from mental health issues.



https://www.momjunction.com/articles/benefits-of-yoga-for-your-teenager_0094957/

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

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

<https://www.nhs.uk/live-well/exercise/gym-free-exercises/>

Why not try this Active Coping Calendar for April starting next Wednesday. Complete each of the activities, it's a task to do that encourages positivity.

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
			29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together Keep Calm · Stay Wise · Be Kind

**STAY HOME
STAY SAFE
SAVE LIVES**

