



# Girvan Academy WWW Initiative



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

Our Care and Well Being Team (Mr Scott, Mr Booth, Ms Hutchison, Mrs Dupuy, Mr Muir, Mrs Woods and Miss McVarrie) have a special role in school to monitor your wellbeing and try to respond if you have any worries or concerns. In school, we are available to speak to you, use the SHANARRI Wheels to track your wellbeing and also have our Drop Boxes available for you to use. 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 re-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 can 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:

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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. There is also new information about study techniques and access to Place2Be.

This information is for everyone, not just pupils – it's important that we all look after ourselves.

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## 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>

## SCOTTISH ASSOCIATION FOR MENTAL HEALTH (SAMH)

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.



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



**Call 0800 1111**

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



**Breathing Space**

Open up when you're feeling down

Need help now? Call free on

**0800 83 85 87**

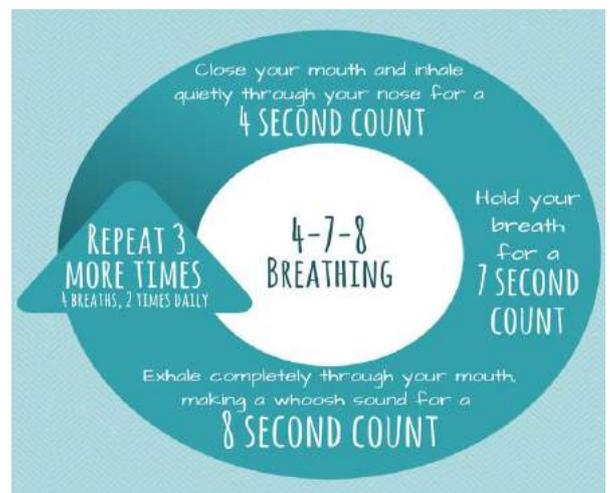
<https://breathingspace.scot/>

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## 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

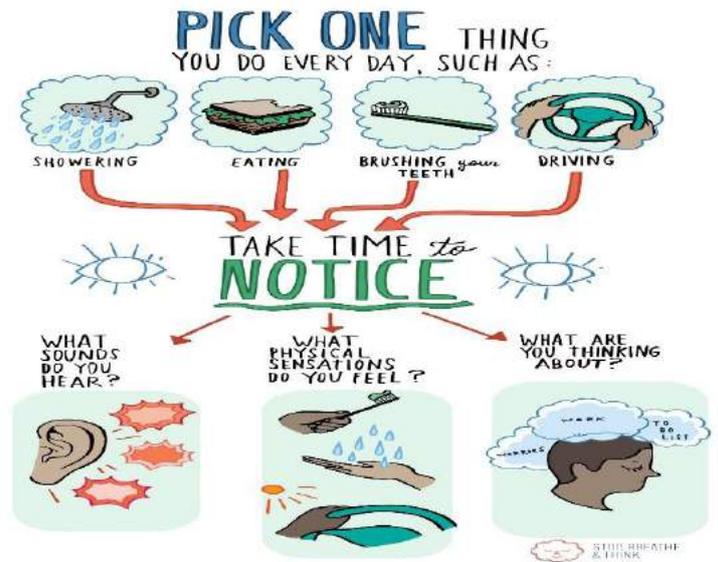


<https://www.youtube.com/watch?v=UxbdX-Se00o>

<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

Your calm mind is the ultimate weapon against your challenges. So relax.

Bryant McGill

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**

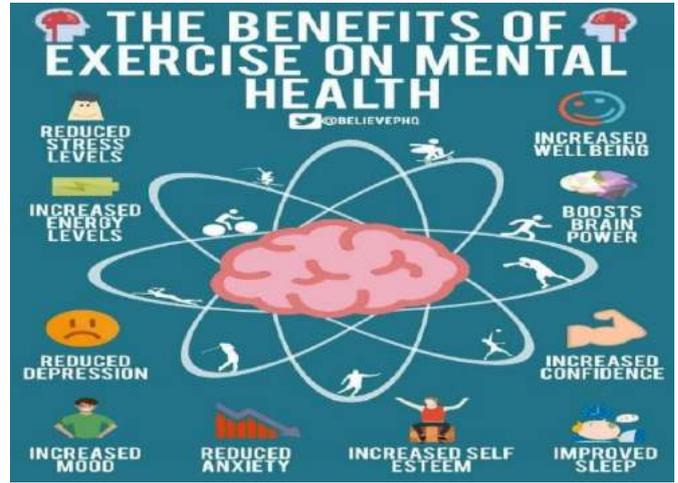
<https://www.youtube.com/watch?v=Wemm-i6XHr8>

<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.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/>
- <https://littledowndogs.co.uk/>



### Why not try this Active Coping Calendar for January?

Complete each of the activities, it's a task to do that encourages positivity.

## ACTION CALENDAR: HAPPIER JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi</b></p>				<p><b>1</b> Find three good things to look forward to this year.</p>	<p><b>2</b> Make time today to do something kind for yourself.</p>	<p><b>3</b> Do a kind act for someone else to help to brighten their day.</p>
<p><b>4</b> Write a list of things you feel grateful for in life and why.</p>	<p><b>5</b> Look for the good in others and notice their strengths.</p>	<p><b>6</b> Take five minutes to sit still and just breathe.</p>	<p><b>7</b> Learn something new and share it with others.</p>	<p><b>8</b> Say positive things to the people you meet today.</p>	<p><b>9</b> Get moving. Do something physically active (ideally outdoors).</p>	<p><b>10</b> Thank someone you're grateful to and tell them why.</p>
<p><b>11</b> Switch off all your tech 2 hours before bedtime.</p>	<p><b>12</b> Connect with someone near you - share a smile or chat.</p>	<p><b>13</b> Be gentle with yourself when you make mistakes.</p>	<p><b>14</b> Take a different route today and see what you notice.</p>	<p><b>15</b> Eat healthy food which really nourishes you today.</p>	<p><b>16</b> Get outside and notice five things that are beautiful.</p>	<p><b>17</b> Contribute positively to a good cause or your community.</p>
<p><b>18</b> Focus on what's good, even if today feels tough.</p>	<p><b>19</b> Get back in contact with an old friend you miss.</p>	<p><b>20</b> Go to bed in good time and give yourself time to recharge.</p>	<p><b>21</b> Take a small step towards an important goal.</p>	<p><b>22</b> Try out something new to get out of your comfort zone.</p>	<p><b>23</b> Plan something fun and invite others to join you.</p>	<p><b>24</b> Put away digital devices and focus on being in the moment.</p>
<p><b>25</b> Decide to lift people up rather than put them down.</p>	<p><b>26</b> Say hello to a neighbour and get to know them better.</p>	<p><b>27</b> Challenge your negative thoughts and look for the upside.</p>	<p><b>28</b> Ask other people about things they've enjoyed recently.</p>	<p><b>29</b> Use one of your personal strengths in a new way.</p>	<p><b>30</b> Count how many people you can smile at today.</p>	<p><b>31</b> Write down your hopes or plans for the future.</p>

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Happier · Kinder · Together**

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

More ideas can be found at <https://www.actionforhappiness.org>

## **Some Tips to help you structure your day during Home Learning**



A routine and structure in each day is important, it helps to give a predictable day, helps with change, aiding mental health and helps to ensure you feel safe, secure and comfortable especially during this period of uncertainty.

### **Some tips for supporting this include:**

- Have a reasonable set time for going to bed each night
- Set an alarm to get up at a reasonable time each morning, ideally to start learning at the same time a normal school day would start
- Get washed and dressed and have some breakfast, this helps you to feel refreshed and sets you up for the day ahead
- Try to take a break from learning in the morning and at lunch time as like a normal school day
- It makes sense to try and follow your actual school timetable, particularly senior phase pupils who are working towards assessments and prelims. Some teachers will be doing virtual lessons at their timetabled periods.
- Make a to do list of tasks for each day – remember to Log in to online learning to see what has been uploaded
- End learning, ideally at the same time the school day would end, but remember you might need to revise information learned just like you would if you were in school
- Review the day's activities to help gain a sense of achievement which will help to stay motivated
- Set up a comfortable area to work in
- Stay connected, over connect if you need to
- Set some time aside in your day to get some exercise and fresh air and/or to do something you enjoy such as drawing/painting/reading/listening to music/practising relaxation techniques
- Limit time on electronic devices such as Laptop, Phones, Xbox's, Play Station etc and use them as a reward for working well during the day.



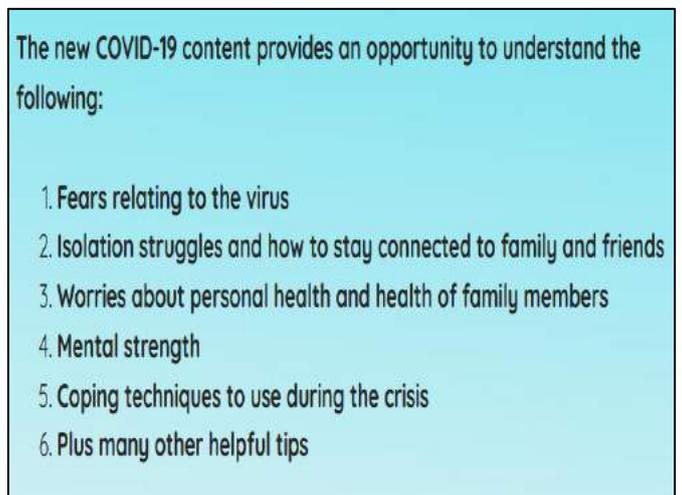
Place2Be promote **Kooth** and **Think Ninja**.

These are apps that can be downloaded and used when at home to empower young people to build resilience, manage their emotional health and to fulfil their potential

<https://www.kooth.com/>



<https://www.healios.org.uk/services/thinkninja1>



The Duke & Duchess of Cambridge and The Duke & Duchess of Sussex announced the launch of Shout, a new text messaging helpline that supports people in crisis.

If you feel you would like to get in touch with Place2Be you can via text. Simply text "P2B" to 85258 this provides free confidential support if you are struggling any time, day or night. A trained volunteer will usually reply within 5 minutes.



CRISIS TEXT LINE |