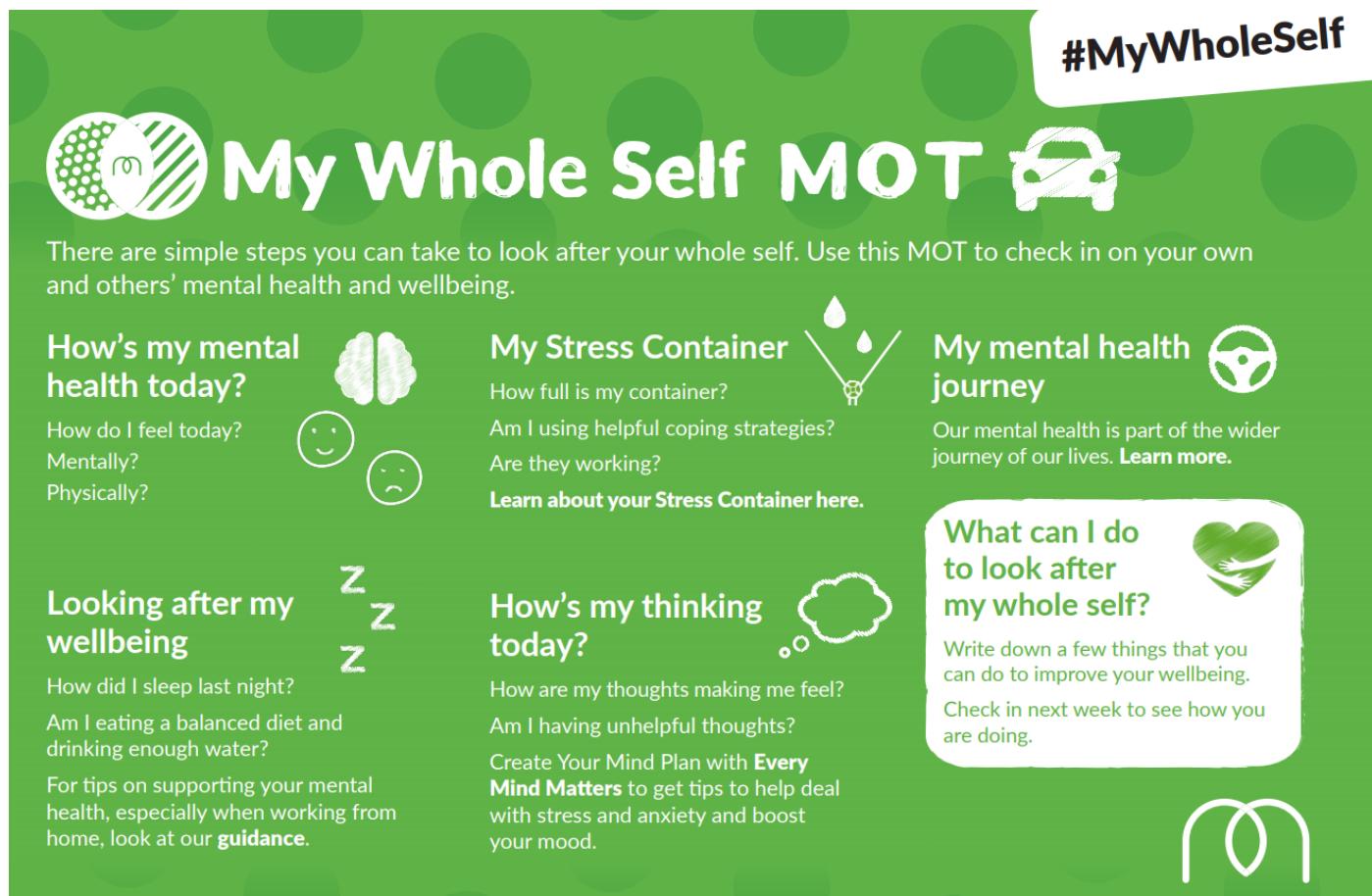


SUPPORTING YOUR HEALTH AND WELLBEING INFORMATION AND SUPPORT FOR SCHOOL STAFF

It remains important that you continue to ensure you *make time for you!* We hope you may find the following helpful 😊

Self compassion.org is a site offering free exercises and guided meditations to help you to be kind to yourself www.self-compassion.org/category/exercises/ while Tiny Buddha has 45 tips for small steps you can take to look after yourself: visit www.tinybuddha.com and search '45 simple self care' [45 Simple Self-Care Practices for a Healthy Mind, Body & Soul \(tinybuddha.com\)](#)



The graphic is a green-themed check-in tool for mental health and wellbeing. It features a speech bubble in the top right corner with the text '#MyWholeSelf'. The main title 'My Whole Self MOT' is in large, bold, white letters, flanked by a brain icon on the left and a car icon on the right. The background has a pattern of green circles of varying sizes. The page is divided into several sections:

- How's my mental health today?** (Icon: brain) Includes questions: 'How do I feel today? Mentally? Physically?' and two smiley/frowny face icons.
- Looking after my wellbeing** (Icon: Z's) Includes questions: 'How did I sleep last night? Am I eating a balanced diet and drinking enough water?' and a 'guidance' link.
- My Stress Container** (Icon: container with drops) Includes questions: 'How full is my container? Am I using helpful coping strategies? Are they working?' and a link to 'Learn about your Stress Container here.'
- How's my thinking today?** (Icon: thought bubble) Includes questions: 'How are my thoughts making me feel? Am I having unhelpful thoughts?' and a link to 'Create Your Mind Plan with Every Mind Matters'.
- My mental health journey** (Icon: steering wheel) Includes text: 'Our mental health is part of the wider journey of our lives. [Learn more.](#)'
- What can I do to look after my whole self?** (Icon: heart with hands) Includes text: 'Write down a few things that you can do to improve your wellbeing. Check in next week to see how you are doing.'



My-Whole-Self-MOT
-check-in graphic.pdf

HOW TO GET GOOD SLEEP

Poor or lack of sleep can affect your health and general wellbeing. Research has shown that the lack of sleep can affect our concentration and make us more irritable. It is important to ensure that you get rest - take some time to look through some tips from the NHS via this link and find ways to improve your sleep hygiene [How to get to sleep - NHS \(www.nhs.uk\)](#) and [www.sleepstation.org.uk/articles/](#)

There are numerous apps that help with mindfulness training and practice, relaxation and sleep. Two of the most popular which can be trialled for free are Calm, which includes sleep stories for helping you get off to sleep along with guided meditations and exercises, and Headspace, which has meditation courses tailored to all aspects of life and is free for a year for the unemployed

NHS WELLBEING LINKS

The NHS has a number of websites to offer further advice and support as below

- **how to look after your wellbeing** has some tips to help you and your family manage wellbeing
<https://www.nhs.uk/oneyou/every-mind-matters/>
- **how to support for yourself or someone you are caring/living with** via the attached link
www.nhs.uk/conditions/stress-anxiety-depression
- NHS **FREE** apps which are health based which are also helpful www.nhs.uk/apps-library/filter/?categories=Healthy%20living,Mental%20health,NHS%20services&prices=Free
- Free NHS **Fitness** Studio's provide 24 instructor led online exercise videos across aerobics, strength & resistance, Pilates and Yoga www.nhs.uk/conditions/nhs-fitness-studio/
- Mental Health wellbeing **Audio** guides to help boost your mood covering areas such as low mood, anxiety, sleep problems. You can listen to them privately and in your own time
www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides
- Measure your **health and wellbeing** and get tips on how to improve it www.nhs.uk/oneyou/how-are-you-quiz/

OUR FRONTLINE

Dedicated round-the-clock one-to-one support by call or text from trained volunteers, plus resources, tips and ideas to look after your mental health for school staff including FREE wellbeing guides. A dedicated support line is also available to assist with concerns and other resources and ideas to help you look after your health www.mentalhealthatwork.org.uk/toolkit/ourfrontline-education/

ITALK

ITALK support people to improve their mental wellbeing through education, guided self-help tools and evidence-based talking therapies. All of their treatments are available free of charge on the NHS for people aged 16 and over, who are registered with a GP with access 1 to 1 therapy, wellbeing video's, relaxation classes and much more. Find out more here - www.italk.org.uk/our-services/

CHARTERED COLLEGE OF TEACHERS - FREE messaging service to help teacher wellbeing

The college invites teachers to sign up to the FREE TeachTogether service, designed to help support teachers through this critical period. With a maximum of one text message per week with stories from other teachers, evidence-based advice, and links to optional activities - all helping to support your wellbeing www.charteredcollege/teachtogether

EDUCATION SUPPORT PARTNERSHIP

Provides support for both **teaching** and **support** staff with

- a **FREE** confidential helpline 24/7 with trained counsellors (BACP Accredited) - Helpline number **08000 562 561 day or night** Txt: **07909 341229 (answered within 24 hours)**
- support with finance and money worries

Further information is available via www.educationsupport.org.uk/helping-you/coronavirus-supporting-education-staff

DOMESTIC ABUSE SUPPORT

If you or someone you know needs support during this current health emergency key information and advice is available here www.hants.gov.uk/socialcareandhealth/domesticabuse

MENTAL HEALTH FOUNDATION

Provides lots of information and advice on looking after your mental health during the Coronavirus outbreak via their website www.mentalhealth.org.uk/coronavirus and support with finance and housing concerns.

SOLENT MIND

Has developed toolkits that focus on how to manage staying at home and for families. It also operates an information line from Monday - Friday between 9.00am - 6.00pm (except Bank Holidays) more information can be found via the attached link

Mind Information Line 0300 123 3392
www.solentmind.org.uk/news/coronavirus-and-your-wellbeing/

ANXIETY UK

Provides support to individuals with anxiety disorders, phobias and conditions. Their resources include a helpline, toolkits and webinar's - more information can be found at www.anxietyuk.org.uk/coronanxiety-support-resources/ They also provide a helpline as follows:

Anxiety UK Helpline
03444 775774 operates 9.30 -10.00pm (10-8pm at weekends)

CITIZENS ADVICE BUREAU

- can provide you with information should you need help and advice e.g. rent, bills etc
www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/
www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/

ACTION FOR HAPPINESS

Offers actions to help us looking after ourselves and each other through monthly calendars which you may find helpful with daily tasks that may help you, your family and friends to cope with the current situation - you can find it at this link www.actionforhappiness.org/coping-calendar

FIVE WAYS TO WELLBEING

There is evidence to suggest that there are 5 steps you can take to improve your mental health and wellbeing and by trying and practising these things will help you feel more positive and able to get the most out of life - you can find out more about the 5 steps via the link below

[Five ways to wellbeing | Mind](#)

