



WELLNESS WEDNESDAY

WELFARE



#WEARELONGFIELD



WELLBEING TIPS FOR HALF TERM!

IT'S TIME TO TAKE IN A DEEP BREATH AND GIVE YOURSELF A MUCH DESERVED PAT ON THE BACK. LIFE IS NOT EASY SO IF YOU'RE FEELING STRESSED YOU ARE NOT ALONE.



Sleep Wind-Downs for School Staff

It is important that we sleep well in order to maintain positive mental health and wellbeing and, in turn, have a positive impact on those we support in the school community. This can be hard during times of change, uncertainty, anxiety and stress. It is important to share your feelings and reach out for help if needed, but there are also things that can be done to help to calm your mind ready for sleep. Use these activities to help you to feel relaxed before bed.



Looking for more information? Go to [mind.org.uk/coronavirus](https://www.mind.org.uk/coronavirus)

Create a Routine



Create a pre-sleep routine and keep to it as much as possible. This signals to your body and mind that it is time to switch off and sleep. Begin this routine at the same time each night and give yourself at least an hour to wind down before you are wanting to drift off. In this wind-down hour, participate in and carry out activities such as colouring, reading, stretching and listening to calming music choose things that will feel like a real treat. Try to avoid or at least limit screen time during this hour, too.

What is your sleep routine going to look like?

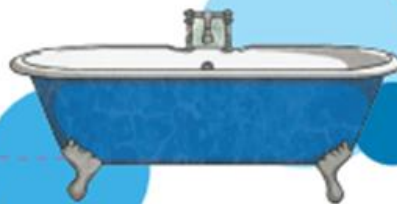
Practise Meditation



Make some time to explore meditation and its benefits for calming a racing mind and managing stress and anxiety. Before bed each night, practise meditation. This can be as simple as spending ten minutes focusing on your breath and allowing your mind to let go of any racing thoughts or feelings. You can also find a variety of guided meditation videos online to listen to and follow.

Find something that works for you and give it a go!

Take a Bath



Water can have a calming and relaxing effect on the human body. Relax your body and mind before bed by taking a bath – making sure you will not be disturbed. Plan how you are going to make the environment as relaxing as possible and don't be afraid to soak for as long as you want – this is your time!

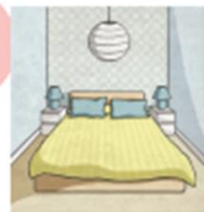
Write It Down



As part of your pre-sleep routine or as a stand-alone activity, make time to write your thoughts and feelings down – this could be through words or pictures. Spending time 'downloading' all that is in your head can help your mind relax and enable you to drift off to sleep more easily. You might also want to write a list of things you would like to do the following day or things you need to remember – this again frees your mind to switch off and let go of the day.

How are you going to choose to download the day?

A Bedroom Haven



Spend some time making your bedroom a perfect environment for sleep and a restful mind. This might include trying to remove distractions from the room, such as electronic devices. Also, think about the types of lighting, sounds and scents which would aid your relaxation. Do your research and find out what could work for you.

What does your dream sleep space look like? Make it a reality!

Leave Things Behind



At the end of the day, make some time to think about things which have happened during the day that you would like to leave behind – these might be experiences, thoughts or feelings. Write them down or doodle as you think about them. Ending the day by helping your mind to let go of challenging experiences, thoughts or feelings can be beneficial in calming your mind in preparation for sleep. Reflecting and recording in this way can also help you to verbalise your thoughts and feelings to others at a later time, helping you to move on from those things you would like to leave behind.

Think Positive



At the end of the day, make some time to think about good things that have happened during the day – however small. Think of things that make you feel happy and positive about tomorrow. Write them down or doodle as you think about them. Close your eyes and enjoy the feeling this brings. Ending the day with positive thoughts can help calm your mind into a deep and restful sleep.

WELFARE



WEARELONGFIELD

YEAR 11 EXAM STRESS SESSIONS

FRIDAY 18TH FEBRUARY 2022 - PERIOD 5



Darlington

- ARE YOU SITTING YOUR GCSE'S THIS YEAR?
- ARE YOU FEELING THE PRESSURE OF EXAM EXPECTATIONS?
- WOULD YOU LIKE SOME SUPPORT AND STRATEGIES TO HELP YOU THROUGH THE EXAM PROCESS?
- DO YOU WANT TO TALK TO OTHERS THAT MAY FEEL THE SAME AS YOU?

IF YOU ARE INTERESTED...

PLEASE REGISTER YOUR INTEREST WITH MRS (LEASBY OR MISS HOWLETT OR JUST TURN UP TO THE AVAILABLE TIME SLOT.

Please note: There is a maximum of 30 places available per session



talking changes

Self-help, counselling and talking therapies service to deal with common mental health problems such as stress, anxiety or depression.
 ☎ 0191 333 3300 Monday – Friday 9am – 6pm
 www.talkingchanges.org.uk

Providing free and confidential advice on a range of money, legal, housing and welfare issues.
citizens advice
 ☎ 0300 330 1195
 www.darlingtoncab.co.uk
 Monday – Friday 10am – 4pm
 (Wednesday 6pm)

Call on us...
 In a mental health emergency.



☎ 0300 0200317
 The phone line is open 24 hours a day, seven days a week and offers callers a series of options which will divert them to the appropriate local service.

CHILDREN AND YOUNG PEOPLE

Free, confidential and impartial young people's, parent's and families support line
 ☎ 07847 933799
 Monday – Friday 10 -12
 listeningpost@dacym.co.uk



YMCA

Charity supporting young people to live well and thrive. Offering youth clubs open to all young people aged 10-19
 24/7 ☎ 01325 462452
 www.teesvalleyymca.org.uk

ADULTS



Male peer support groups helping men manage their mental health.
FREE Weekly ManClub sessions.
 ☎ 01388 320023 www.manhealth.org.uk

700 Club

Charity supporting individuals, families and couples who are homeless or at risk of becoming homeless
 ☎ 01325 366397 www.700club.org.uk
 Monday – Friday 8.30am-4.30pm

we are withyou

Support around alcohol and substance misuse.
 Tel: 01325 809810
 Email referrals to: withyou.darlington@nhs.net
 www.wearewithyou.org.uk

TALK TO US
 If things are getting to you

24/7 **116 123** FREE
 jo@samaritans.org
 samaritans.org
SAMARITANS

How are you?

If you are struggling to cope or feeling overwhelmed there are plenty of services there to help you.
 Talk to someone about how you are feeling
 Its OK to ask for help

kooth

Free, safe and anonymous online counselling and support for children and young people aged 11-18
 www.kooth.com

WORRIED? NEED TO TALK?

Call Childline on 0800 1111

BEREAVEMENT

Pre and post bereavement support as well as counselling for people with life limiting illness and their carers
 ☎ 01325 254321
 enquiries@darlingtonhospice.org.uk
 For more information about services:
 www.darlingtonhospice.org.uk

Crusoe Bereavement Care
 Somewhere to turn when someone dies
 ☎ 01325 288633
 www.crusenortheast.org.uk
 Monday – Thursday: 9am – 4.30pm
 Friday: 9am – 3.30pm

DOMESTIC VIOLENCE

Local services to support those experiencing or at risk from domestic violence

Family Help
 www.familyhelp.org.uk
 Monday - Friday 9am-5pm
 ☎ 01325 364486

harbour
 www.myharbour.org.uk
 ☎ 03000 20 25 25 (24 hours)

Accessible, experienced and customised support for all ages focussed on helping people achieve good mental health and wellbeing
 ☎ 07572 888084 Monday – Friday 9am-5pm www.darlingtonmind.com

Loss and Bereavement Helpline and Counselling service
 ☎ 07377 910227 supportline@darlingtonmind.com

Free, confidential and impartial young people's, parent's and families support line
 ☎ 07572 888084 Monday – Friday 1.30 – 4.30pm
 crew@darlingtonmind.com

mind
 For better mental health
 Darlington

In an **emergency** call **999**. For medical advice call **111** or search **111 online**
 All information correct as of Oct 2020. Developed by Darlington Borough Council Public Health Team.



@longfield_welfare

