

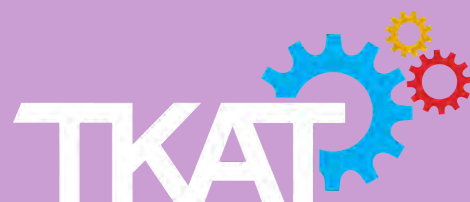
TKAT WELLBEING WEEK

21ST - 25TH JUNE 2021

INSPIRATION FOR TKAT STAFF, PUPILS, FAMILIES AND CARERS ON HOW
WE CAN LOOK AFTER OUR POSITIVE MENTAL HEALTH AND WELLBEING

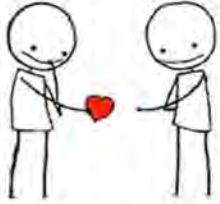


Inspiring Learners, Changing Lives.



TKAT'S VISION FOR MENTALLY HEALTHY SCHOOLS:

TKAT's culture and ethos supports the development of healthy minds and emotional wellbeing. Our schools and communities are proactive in promoting and raising awareness of mental health and in reducing the stigma sometimes associated with it. Our schools and families work in partnership to support our children and young people to develop the necessary tools, beliefs and mindset to overcome any challenges they encounter through life's adventures, to engage with them with positivity and optimism and embrace opportunity. Our schools are happy, healthy places where children and staff feel safe, have the resilience to deal with setbacks and can access timely and effective support when needed.



TKAT WELLBEING WEEK 21-25 JUNE 2021

Please
get
involved!

To celebrate World Wellbeing Week, TKAT is hosting a week-long awareness campaign in June. The main purpose of the campaign is to remind everyone in the TKAT community - pupils, families, staff, leaders - that their positive mental health and wellbeing is important; we want to keep the TKAT family safe and healthy.

The campaign will:

- **Highlight what individuals can do to promote their own positive mental health and wellbeing.**
- **Encourage our staff, pupils and families to support each other.**
- **Signpost the key sources of help and support.**
- **Remind our audiences that positive mental health and wellbeing matters every day at TKAT.**

There will be daily wellbeing tips published on Twitter, useful wellbeing news articles on the TKAT website, virtual meditations sits, wellbeing webinars available online and more! We have also prepared a Wellbeing Assembly template for schools to use if they wish. We are also providing tutor resources for Y10 on coping with exam anxiety.

TKAT schools will be involved in a 'Pay It Forward' activity, where pupils and staff are encouraged to do a good deed for someone and then the recipient does the same. TKAT pupils will also listen to a special assembly where the importance of wellbeing and keeping healthy and well is addressed.

We hope you enjoy this magazine, which contains useful articles, information and tips on staying well.



Ideas to 'Pay It Forward'

Make someone an unexpected cup of tea.

Find opportunities to give praise and compliments. It will make someone's day!

Donate old towels/blankets to an animal shelter.

Try to make sure every person in a group conversation feels included.

Send a positive text message to someone.

Return a shopping trolley for someone at the supermarket.

Set an alarm on your phone twice a day. In those moments, do something kind for someone else.

When queuing in a shop, let someone go in front of you who only has a few items.

Write a positive comment on a blog, website, or social media account.

Help a neighbour carry their shopping

IS YOUR CHILD EXPERIENCING:

- ◆ Anxiety
- ◆ Depression
- ◆ Self-harm
- ◆ An eating disorder
- ◆ Another mental health condition?



Please join our parent and carers online support group, run by parents who have, or are, caring for someone with a mental health issue.

WE WILL LISTEN WITHOUT JUDGEMENT AND OFFER CONFIDENTIAL SUPPORT. THE AIM OF THE GROUP IS TO:

- 1 Offer Support
- 2 Learn from others
- 3 Share ideas and information

FIRST MEETING:
TUESDAY 22ND JUNE:
7.00pm - 8.00pm

PLEASE REGISTER [HERE](#) IN THE FIRST INSTANCE
OR EMAIL RACHEL.WARD@TKAT.ORG
FOR MORE INFORMATION.



TKAT Parent and Carers Online Support Group

Run by parents who have, or are caring for someone with a mental health issue, the aim of this group is to:

1. Offer support
2. Learn from others
3. Share ideas and information

The first meeting is on Thursday 22 June at 7.30pm. Please register [HERE](#) in the first instance, or contact rachel.ward@tkat.org for more information.

BBC Sounds: 'Just One Thing' - with Michael Mosley - Radio 4

If time is tight, what's the one thing that you should be doing to improve your health and wellbeing?

Michael Mosley reveals scientifically proven top tips to change your life in 15 minute chunks.

Click [HERE](#)



WELLBEING WEEK DISCOUNT CODES:

To celebrate Wellbeing Week, we've scoured the web for the best deals, so you can perhaps treat yourself to something nice for a little bit less!

So whether its joining a friend for a coffee, enjoying an ice cream, or having a bubble bath, you may save money using one of these codes:



◆ You can see all the latest offers from Sainsburys [HERE](#)

◆ You can see the current promotions at Tesco [HERE](#)

◆ WH Smiths is currently holding an online sale of its education books [HERE](#)

◆ A number of websites show the latest discounts across the High Street, such as www.latestdeals.co.uk

Reading to support your mental health and wellbeing:



The Independent's list of [best self-help books 2021](#) might be a good place to start. Or perhaps the London Evening Standard's [list of 7 books to read for better mental health](#)

DAILY MINDFULNESS SESSIONS FOR TKAT STAFF

TKAT staff are invited to join daily morning mindfulness sessions every morning and afternoon during Wellbeing Week.

Information on how to join will be sent to schools - please see your Wellbeing Lead.



PRACTICE BEING GRATEFUL

Developing an 'attitude of gratitude' is one of the simplest ways to improve your satisfaction with life.

Gratitude is simply taking time to think about all the positive things in your life, rather than focusing on the negatives. It is a thankful attitude or appreciation for the goodness in your life.



Research shows gratitude is the single most powerful method of increasing happiness. Having an 'attitude of gratitude' helps you feel more positive emotions, relish good experiences, improve your health, deal with adversity, and build strong relationships. Other known benefits are feeling more alive, sleeping better and an ability to express more compassion and kindness.

Gratitude opens the door to more relationships. Showing appreciation can help you win new friends. Thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or send a thank-you note to that colleague who helped you with a project, acknowledging other people's

contributions can lead to new opportunities.

Simple things such as keeping a gratitude journal can significantly increase our sense of wellbeing. Short daily reflections will really help you notice the good things in your life.

Another activity could be to create a 'Gratitude Jar'. Write on post-it's all the things you have to be grateful for and pick one out each day. Alternatively, build up the jar by adding in something to be grateful for each day and read them when the jar is full.

You could also write a letter of gratitude to someone who's had an impact on you who you have never properly thanked.

Why not think of the ways you can show your appreciation today?



**GRATITUDE WALLS:
A GREAT IDEA TO REMIND US TO BE GRATEFUL EACH DAY**

A gratitude wall can be made from a noticeboard or chalkboard. Featuring what we are grateful for serves as a great way to remind us of the positive elements in our lives.

Family, pets, friends, sunny weather, a bank holiday, anything can be included that makes you thankful.

Why not try making a gratitude wall today!

FREE WELLBEING WEBINARS NOW AVAILABLE ONLINE

One of TKAT's partners, Action Your Potential, offers relevant, specific and powerful wellbeing and mind management advice online.

Over 700 individuals, families, students and staff have signed up to these wellbeing webinars.

In each webinar Andrew from AYP answers the question that forms the title of the session and offers practical and simple advice to change habits.

You can view these on YouTube - Click [HERE](#)



Helping your child beat exam stress



Young people can find entering a period of examinations a challenging time, but there are ways in which you can support them to ease this stress.

Our Y10s are in the middle of their exams this week and here are two sources of information for both students and parents on practical strategies for coping with exam stress, revision tips, looking after your mental health during exams, and dealing with disappointment.

[NHS Help your child beat exam stress](#)
[Young Minds Exam stress](#)



Natasha Devon: Online Mental Health Resources

Natasha Devon MBE is a writer & activist. She tours schools, colleges, universities and events throughout the world, delivering talks as well as conducting research on mental health, body image, gender and social equality.

Natasha's website has free resources on areas such as:

- **Study Motivation for Teens**
- **The Simple Trick to Help You Stay Motivated**
- **How to Get Results Day Ready**
- **The Irony & Illusion of Perfectionism**
- **The Teenage Brain**
- **Making Social Media work for your Mental Health**

Click [HERE](#)
for the website.



5

Instant Wellbeing Tips

Learn something new. Learning provides you an escape when you need it, knowledge when you seek it, and a satisfying pastime.

Bring a mindful attitude to your daily life. It improves physical health, relieves stress and improves sleep.

Move more, and enjoy the outdoors. Being active and outdoors in nature will improve your mood, reduce stress and help you to relax.

Practice being grateful. Having 'an attitude of gratitude' is one of the simplest ways to improve your satisfaction with life.

Eliminate negative self-talk. Don't put yourself down. Create positive new messages to yourself instead. Change your mindset, change your life - tell yourself you can and you will!

RESOURCES TO SUPPORT CHILDREN AND YOUNG PEOPLE:

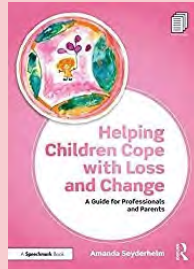
During a young person's childhood they may encounter a range of challenges and difficulties that could affect their mental health or wellbeing.

Here are some ideas of resources to support a wide range of issues.

BEREAVEMENT

You might find

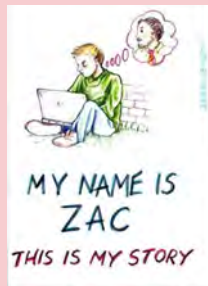
[Amanda Seyderhelm's practical book](#) on supporting children through grief and change helpful.



[Childhood bereavement network UK Support for Families and Carers](#)

[My Name is Zac: This is My Story by Wilcox, Emily \(9781906759117\) | BrownsBfS](#)

This comic style booklet, for young people aged 13+, tells the story of a young boy's experience of bereavement.



SLEEP DIFFICULTIES

Good sleep is fundamental to good mental and physical health and making small changes to sleep can often make a big difference to how we feel and our ability to cope with things.

[The Sleep Foundation](#) has good advice and ideas including summer sleep routines for kids.

SELF HARM

[Self Harm UK Project](#) dedicated to supporting young people impacted by self-harm.

[Parents Guide To Support - Self-harm.](#)

[Calm Harm App](#): Home Award-winning app designed to help young people resist the urge to self-harm.

[The Rainbow Journal](#):

A self help resource with artwork, quotes and poems by young people who self-injure, the Rainbow Journal contains useful tips to gain insight and awareness, and is helps young people move from self-harm to self-care. The Journal is now available as a [free download](#).



DOMESTIC ABUSE

The [NSPCC](#) has excellent resources, support and helplines

[How to Protect Children From Domestic Abuse](#)

[Supporting Your Child - Domestic Violence \(youngminds.org.uk\)](#)

OBSESSIVE COMPULSIVE DISORDER

[Parents guide to OCD](#)



GAMING ADDICTION

[The Parent Zone](#) has resources about digital life and gaming.

EATING DISORDERS

[Beat - The UK's Eating Disorder Charity.](#)

[Eating Disorders in Young People - A Parent's Guide](#)

[Boy Anorexia - An informative website about anorexia in boys.](#)

FEELING SAD OR DEPRESSED

Michael Rosen's Sad Book
by Michael Rosen
A touching book about what it's like to be deeply sad.



Mood Kit | CBT App
Approved by NHS Choices and winner of Healthline's best apps for Depression.



Positive Penguins | Challenge your thinking
Designed for 8-12 year olds, four positive penguins take the children on a journey to help them understand their feelings and challenge negative thinking.



ELIMINATING NEGATIVE SELF TALK

Don't put yourself down. Create positive new messages for yourself instead.

Negative self-talk is something that most of us experience from time to time, and it comes in many forms.

Negative self-talk is any inner dialogue you have with yourself that may be limiting your ability to believe in yourself and your own abilities, and to reach your potential. There are many ways to reduce the negative self-talk in your daily life.

Learn to notice when you're being self-critical so you can begin to try to reframe these thoughts. For example, notice when you say things to yourself that you wouldn't say to a good friend or a child.

Sometimes looking at things in the long term can help you to realise that you may be placing too great an emphasis on something. For example, ask yourself if something you're upset by will really matter next month?

One of the best routes to combating negative self-talk is to reframe it to something with a more positive feel.

Take the negative thought and change it to something that's encouraging but also accurate. For example, rather than thinking 'I can't do this' try reframing the thought to: 'I can't do this YET...I just need a bit more practice'.

LOOK OUT FOR HELPFUL COASTERS IN TKAT SCHOOLS

Two versions of drinks coasters are available in TKAT schools, one version for staff and one for pupils.

They carry helpful information about useful mental health support groups, including The Cameron Grant Memorial Trust which supports mental health in young people. Please visit their website: <https://www.camgrant.org.uk/>



MOVE MORE AND ENJOY THE OUTDOORS

Being active and outdoors in nature will improve your mood, reduce stress and help you to relax.

There are numerous mental health benefits related to movement, Whilst we all know that exercise is good for us, it can be viewed as a chore: however, the truth is that whatever our job, or lifestyle: there is always an opportunity to move our body.

When we do move our body, energy flows through it, our bodily systems are activated, which makes us function well, and our brain generates various happy hormones that make us feel good. Moving your body can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you make new connections
- Increase resilience and concentration

As well as exercise, spending time outside in the fresh air, green space or nature can benefit both your mental and physical wellbeing.

Every June the 'Gardening and Wellbeing Therapy Organisation' hosts 'National Growing for Wellbeing Week'. Click [HERE](#) to sign up for a free resources pack which contains things you can do both in the classroom and garden.

Nature can be forests, beaches and rivers and parks and gardens, but it can also be window boxes, listening to birdsong or even house plants. All can positively affect our mental health and wellbeing.

Combining movement with nature is even more powerful - a walk on a beach or run through a park or forest trail, for example. Exercising in green spaces for as little as 5 minutes has been found to improve mood and self-esteem.



LEARN SOMETHING NEW

Learning provides you with an escape when you need it, knowledge when you seek it and a satisfying pastime.

Learning has been shown to help improve and maintain our wellbeing. It can boost self-confidence and self-esteem, help build a sense of purpose and foster connections with others.

People engaged in learning report feeling better about themselves and a greater ability to cope with stress, as well as feeling more self-confidence, hope and purpose.

Some scientists think that setting goals and working towards them plays an important role in the way learning influences wellbeing. Setting targets and hitting them can create positive feelings of accomplishment and achievement and can also be motivating to do more.

Classes and formal courses are great ways to learn new things, but there are lots of other ways to keep learning. You might:

- Learn to cook a new dish from a recipe.
- Visit a gallery or museum and learn about something that interests you.
- Take on a new responsibility at work, such as learning to use an IT system.
- Subscribe to a research or literary journal.
- Fix a broken bike, garden gate or bigger DIY project. YouTube is great for this.
- Sign up for a course at a local community centre. You can learn a new art or crafting skill or try something practical such as gardening or plumbing.
- Rediscover an old hobby that challenges you.

BRING A MINDFUL ATTITUDE TO YOUR DAILY LIFE



Mindfulness improves physical health. It can help relieve stress, lower blood pressure, reduce chronic pain and improve sleep.

Mindfulness is the practise of purposely focusing your attention on the present moment—and accepting it without judgement. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction, self-compassion, empathy and overall happiness.

There is more than one way to practise mindfulness, but the goal of any mindfulness technique is to achieve a state of alertness, focused relaxation by deliberately paying attention to thoughts and sensations without judgement. This allows the mind to refocus on the present moment. All mindfulness techniques are a form of meditation.

Mindfulness improves wellbeing. Being mindful makes it easier to appreciate the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practise mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

Mindfulness improves physical health. It can help relieve stress, lower blood pressure, reduce chronic pain, and improve sleep.

Mindfulness also improves mental health. In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including: depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, and obsessive-compulsive disorder.

If mindfulness meditation appeals to you, going to a class or listening to meditations online can be a good way to start. You don't have to engage in formal mindful meditations however to bring a mindful attitude to your daily life.

A less formal approach to mindfulness can also help you to stay in the present and fully participate in your life. You can choose any task or moment to practice informal mindfulness.

For example, when brushing your teeth, focus on your breathing and feel your feet grounded on the floor. You could also try mindful walking. Whilst taking a walk, really tune into the sounds around you, near and far. Try to experience the textures of the different sounds around you. You might also notice other sensations of walking, or the elements.

You could also experiment with some mindful eating - don't multi-task, but really focus on the sensations of eating with all of your senses.



Lastly, take the time to notice the small moments of joy - a colleague's thanks, your child's hug.

Pause for a moment rather than moving on to the next thing immediately. You will start to notice more of these daily, joyful moments.

Why not start today?

QUICK LINKS

SOME GREAT RESOURCES FOR PARENTS:



BITESIZE SECONDARY PARENTS SURVIVAL GUIDE

BBC Bitesize has released videos for parents with advice and tips from adolescent psychologists on supporting the mental health of secondary school children which may be useful to signpost to. There are episodes on coping with uncertainty, handling lockdown emotions, limiting screen time, sleep and more. The link for the videos is [HERE](#).



PARTNERSHIP FOR CHILDREN - COVID19: CHILDREN'S WELLBEING ACTIVITIES FOR TEACHERS AND FAMILIES

Partnership for Children has a range of free resources to boost children's wellbeing and help them find healthy ways to understand their feelings during the Covid-19 pandemic.

All activities take around ten minutes and cover the themes of feelings, staying connected, dealing with change, dealing with worries and relaxing. Example activities include a feelings diary, coping toolbox, relaxation activities set, transition circles, ways to feel better idea sheet, and much more. To access all activities for free, click [HERE](#)



USEFUL ORGANISATIONS FOR PARENTS

A comprehensive list of organisations for signposting to parents can be found [HERE](#).



YOUNG MINDS: PARENTS SECTION

Young Minds have an online section for parents. Find it [HERE](#). Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am - 4pm, free for mobiles and landlines)



PRACTISING MINDFULNESS:

If you wish to practise mindfulness with your child, then try these resources: [Smiling Minds App](#) and [5-Minute Mindfulness Series](#).



THRIVE PARENTS TOOLKIT:

Thrive have produced a Parents' Toolkit: Find it [HERE](#).



HELPLINES AND WEBSITES FOR CHILDREN AND YOUNG PEOPLE

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
<p>Shout Free, confidential support via text, available 24/7</p>	Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving
<p>The Mix Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem</p>	<ul style="list-style-type: none"> • Call 0808 808 4994 for free (11am to 11pm daily) • Access the online community • Website www.https://www.themix.org.uk/
<p>ChildLine Confidential telephone counselling service for any child with a problem</p>	<ul style="list-style-type: none"> • Call 0800 1111 any time for free • Have an online chat with a counsellor (9am to midnight daily) • Check out the message boards
<p>Children's Society Information and support on different aspects of mental health and wellbeing.</p>	<ul style="list-style-type: none"> • https://www.childrensociety.org.uk/coronavirusinformation-and-support

Domestic violence

ORGANISATION	CONTACT INFORMATION
<p>NSPCC Child protection charity</p>	<p>Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline)</p> <p>0800 1111 for children (ChildLine's 24-hour helpline)</p> <p>Website: www.nspcc.org.uk</p>
<p>Refuge Advice on dealing with domestic violence</p>	<p>Phone: 0808 2000 247 (24-hour helpline)</p> <p>Website: www.refuge.org.uk</p>

GETTING HELP WITH MENTAL HEALTH

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

ORGANISATION	CONTACT INFORMATION
Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities	Website: www.mentalhealth.org.uk
Mind A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk
PAPYRUS Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: www.papyrus-uk.org
Samaritans Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
SANE Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: www.sane.org.uk/support
YoungMinds A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 Monday to Friday - 9.30am - 4.00pm Website: www.youngminds.org.uk
Cruse Bereavement Care Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk
The Cameron Grant Memorial Trust Supports mental health in young people.	Website: https://www.camgrant.org.uk/

