



World's End Well-being

Welcome to the second World's End Well-being newsletter. Spring 1 January 2023



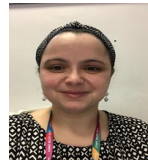
Mrs Barlow

SENCO Pastoral Lead



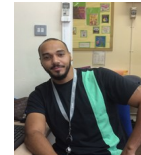
Mrs Taylor

Pastoral Manager



Mrs Wood

Assistant Learning Mentors



Mr Carey

Welcome to the first well-being newsletter of 2023.

Mental Health and well-being is important to our school community. January can be a difficult month for many families especially following the expense of Christmas and the rising cost of living crisis. This half-term's issue focuses on anxiety, self-help and debt support.



Parent Mental Health Day

Friday 27th January 2023

The theme for Mental Health Awareness Week in 2023 is **Anxiety**

Anxiety is an important human emotion but, in some circumstances, it can become a mental health problem. A lot of different things can contribute to feelings of anxiety, including exams, relationships, a new job, a date or a big life change. It is also an emotion people frequently experience around money and not being able to meet life's basic needs.

Self-help tips

- ◇ Talk to someone you trust
- ◇ Try to manage your worries
- ◇ Look after your physical health
- ◇ Try breathing exercises
- ◇ Keep a diary or journal
- ◇ Try peer support
- ◇ Complementary and alternative therapies

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care/>



Strategies to Manage your Anxiety

- ↓ Reduce your Stress Level
- ♥ Don't be Afraid to ask for Help
- 🎯 Focus on the Present Moment
- 🧠 Practice some Mindfulness
- 🏋️ Practice Physical Exercises
- 👤 Practice some Self Care
- 👁️ Take a Deep Breath
- 🍏 Eat a Balanced Diet



https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.calmclinic.com%2Fself-help-anxiety-panic&psig=AOvVaw1NW-k-eQVpcFiutlSKa7F4&ust=1673513372204000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCKiTnKORv_wCFQAAAAAdAAAAABAD

Support with housing, crisis and debt

“The Project prevents homelessness and improves lives through high quality advice and support that builds resilience. We specialise in supporting young people but our personalised, tailored approach is available to all.”



Previously known as South Birmingham Young Homeless Project, The Project is a quality assured advice and resource centre. Our advisers are fully trained and qualified and the advice we give is totally confidential, always free and never judgmental. We have been supporting local people for over 25 years and are as dedicated as ever to improving people's lives. Our experience and proven track record means we can be confident that no matter the problem, we can help.

<https://www.theprojectbirmingham.org/>

If you need confidential advice and guidance on debts, the following organisations can support. They have an expert team of advisors can help you with your debts by identifying priority debts, maximising your income and talking to creditors.



<https://www.birminghamsettlement.org.uk/money-advice/>

<https://www.bcabs.org.uk/page/view/debt>

<https://nationaldebtline.org/>

<https://riverside-moneyadvice.org.uk/>

<https://www.stjohnsharborne.org/moneyadvice>



If you're worried that you might not be able to feed your family, Mrs Taylor can supply Trussell Trust foodbank e-vouchers.