



World's End Well-being

Welcome to the World's End Well-being newsletter. Summer 1 issue May 2023



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Next week is a very important week for our Year 6 pupils, as they will be sitting their SATS. Here are some strategies anyone can use to sleep better and improve their wellbeing.

More sleep needed?

We all need to sleep well to help our bodies recover from the day. Top Tips for a better nights sleep include:

- ◆ Establish a regular and relaxing routines which lets you unwind and sends a signal to your brain that it is time to sleep.
- ◆ Create a restful environment: bedrooms which are dark, quiet and cool are generally easier to fall asleep in and helps you to stay asleep.
- ◆ Try to go to bed at the same time every day.
- ◆ Exercise regularly but avoid vigorous exercise near bedtime as this can affect your sleep.
- ◆ Avoid caffeine before bed. Caffeine can prevent you from falling into a deep sleep.
- ◆ Avoid screens on the evening, including smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can stimulate the brain and increase anxiety.
- ◆ Write down your worries, if you have any, as this can put your mind at rest.
- ◆ If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy.



Positive Thinking

Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things.



Relaxation Turtle

This exercise releases muscle tension. Pretend you are a turtle going for a slow, relaxing turtle walk.



It's started to rain—curl up tight under your shell for about 10-seconds.

The sun is out again, come out of your shell and return to your relaxing walk.

Repeat a few times, making sure to finish with a walk so that your body is relaxed.

Stress Ball

These exercises releases muscle tension and massages your hands. Make your own stress ball by filling balloons with dry lentils or rice.

Squeeze the balls with one or both hands and release.

Experiment with adjusting the speed, pressure and timing of your squeezes.



Feather/Statue activity

This exercise releases muscle tension.

Pretend you are a feather floating through the air for about ten seconds.



Suddenly you freeze and transform into a statue. Don't move!

Then slowly relax as you transform back into a floating feather again.

Get going

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Now that the days are warmer and longer, its time to get outside and get active. If you pick something you enjoy you are more likely to stick with it.

Here are some activities you could try:

- ◆ Go for a walk during your day
- ◆ Go for a bike ride
- ◆ Try to build a den
- ◆ Play games in the park



Lazy cat

This exercise helps to release tension in the muscles. Pretend that you are a lazy cat that has just woken up from a lovely, long nap.

Have a big yawn.

Stretch out your arms, legs and back—slowly, like a cat—and relax.



My happy place

Sometimes we may feel sad, worried, lonely or angry and it is important to know that it is ok to feel all of these emotions at times. We just need to develop ways to manage these more tricky feelings.

A useful strategy is to have a happy place that you can escape to—this can be a real place or a place you picture in your mind.

Where is your happy place?

When you think of your happy place who is with you?

What do you have with you in your happy place?

What is it about your happy place that cheers you up?

Close your eyes and picture your happy place—imagine you are there. When you find things tricky, remember to picture your happy place.



What are your best qualities?

We are all different. We are all unique and special and have positive qualities.

It is important for our self-esteem to recognise and celebrate these positive qualities.

Why not create your own positive circle of celebration?



Controlled breathing

Another excellent strategy is controlled breathing. This can help you to calm down if you are angry or worried.

- ◆ Sit comfortably
- ◆ Breathe in slowly (sniff the flower)
- ◆ Breathe out (blow out the candle)
- ◆ Repeat 5 times.

Practice Controlled Breathing



Ways to support a child or young person

Be there to listen



Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen.



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways.



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up.

Additional Support



<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>



<https://mindedforfamilies.org.uk/young-people/should-i-be-concerned/>



<https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>



<https://forwardthinkingbirmingham.nhs.uk/pause/>



Help with difficult behaviour can be found:

<https://www.annafreud.org/media/9890/af-logo-rgb-green.png>