



Week 1...Reconnecting

WELCOME BACK, WE'VE MISSED YOU

OUR THOUGHTS, FEELINGS, PHYSICAL REACTIONS & BEHAVIOURS CAN ALTER IN RESPONSE TO OTHER PEOPLE & SITUATIONS

These are known as 'The 5 Areas' in Living Life to the Full

We can't change 'the cards life deals us' (other people & the situations we find ourselves in) but...

WE CAN CHANGE OUR THOUGHTS, FEELINGS, PHYSICAL REACTIONS & BEHAVIOURS... AND WE CAN CHANGE OUTCOMES

STRONG RELATIONSHIPS ARE KEY TO MAKING A DIFFERENCE TO OUR MENTAL HEALTH AND WELLBEING

WHAT CAN WE DO FOR OURSELVES?

UNDERSTAND AND USE THE NHS 5 STEPS TO MENTAL WELLBEING

- Try using the Personal Wellbeing Planner

SPEAK TO YOUR MANAGER ABOUT YOUR OWN WELLBEING NEEDS

- Have a look at the [Wellness Action Plan](#) (Mind UK)

WHAT CAN WE DO FOR OTHERS?

DEVOTE TIME TO REBUILDING RELATIONSHIPS, TRUST AND FRIENDSHIPS

- Plan a welcome back & a curriculum that focuses on wellbeing.

CREATE A PHYSICAL ENVIRONMENT THAT PROMOTES A SENSE OF BELONGING

- Use displays to celebrate achievements, transitions & acts of kindness that happened in lockdown

TRY THIS:

Breathing with your diaphragm

For some staff & young people, coming back to school will be a stressful time.

IT IS NORMAL TO FEEL WORRIED, BUT THERE ARE THINGS THAT YOU CAN DO TO HELP



By giving some of these ideas a try and sharing how you're finding them with other people, you are helping yourself and others too.

FIND OUT MORE

- [Nurturing wellbeing to build back better: The environment offers a safe base](#) (RNRA)
- [Staff Wellbeing](#) (Anna Freud Centre)
- ['It's all about relationships'](#) (Barnardo's)
- ['3 R's' sequence of engagement](#) (Dr Bruce Perry)
- [Bereavement information](#)