

STAY HOME, PROTECT THE NHS, SAVE LIVES

These are the words that we have become very familiar with over the last ten days and we are in a period of great uncertainty. The anxiety that goes alongside this can feel overwhelming, as we try to protect each other and where possible stay home. We are all desperately trying to make sure we do the right thing and it can be a big challenge, especially when attempting to support our children to learn at home and work ourselves.

Looking after our mental and physical health is so important. I have been reading and watching lots of self-help blogs/videos and websites that are really useful. What I know is that we are all going to have good days where we follow advice and then bad days where staying in bed feels like the only option. With this in mind, one of the most useful websites I have found is NHS Every Mind Matters. Click on the picture below to view the website.



This website gives ten suggestions to support:

1. Staying connected with people- phone calls, video calls and messages with our friends and family.
2. Talk about your worries- talk to friends and family about how you are feeling. There are also helplines that the website has links to: [NHS Mental Health Helplines](#)
3. Support and help others- message others who may be struggling in your community.
4. Feel prepared- as much as you can do in terms of employment and entitlements.
5. Look after your body- think about what you are eating and drinking, try and exercise. Joe Wicks the Body Coach is doing a fabulous PE lesson that is free to stream on Youtube- this is a great thing to do with your family. You also can leave your house, alone or with members of your household, for 1 form of exercise a day – like a walk, run or bike ride. But make sure you keep a safe 2-metre distance from other people who are not part of your household.
6. Stick to the facts. Try and limit the amount you read on social media- it can be hard to know what is true.
7. Stay on top of difficult feelings. Try downloading the ‘Headspace’ app and talk to people.
8. Do things you enjoy and adapt the things that you enjoy. This might be a virtual pub quiz or a music concert, online work outs, games etc.
9. Focus on the present. It is hard to not think about the impact that this will have on the world, but try and keep to the here and now and if you need to, adopt some relaxation techniques.
- 10 Look after your sleep. Try and stick to a normal routine with good sleep hygiene practices, like avoiding screens before bed, cutting back on caffeine and creating a restful environment. Also, make your bed in the morning. Also, make your bed in the morning.

Useful websites for young people (Click on the pictures to visit the sites)



This is an online counselling service and wellbeing platform for young people in Leicestershire to access free of charge .

This is a great website with emotional, physical and sexual health advice for teens.

This is the UK's leading charity fighting for children and young people's mental health. There are some very useful links and blogs for young people.



This is a useful website that offers advice and support for young people and adults.

Samaritans can support if you're having a difficult time and struggling to cope, or if you are worried about someone else.

There is lots of useful advice, support and blogs on this site.

ThinkNinja

It's really easy to download and install ThinkNinja. Just search 'ThinkNinja' in the Apple App Store or Google Play Store, install and then enter a few registration details before meeting the 'WiseNinja' and exploring the app. Here are the links that you can use depending on your device.

[Apple \(iPhone\)](#)

[Google \(Android\)](#)

I would also urge you to contact me if you have any concerns and I will do my best to support you. You can email me c/o dsp@lutterworthhigh.co.uk . 'Stay safe, Protect the NHS, Save lives.'

Kind regards,
Mrs Bullivant