



## Safeguarding Newsletter – May 2020

### **5 steps to mental wellbeing**

*Information taken from the NHS website*

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

#### **1. Connect with other people**

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



There are lots of things you could try to help build stronger and closer relationships, to read more please [click here](#).

#### **2. Be physically active**

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- [raising your self-esteem](#)
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood
- [find out more about getting active](#)
- find [free activities to help you get fit](#)
- if you have a disability or long-term health condition, find out about [getting active with a disability](#)
- start running with our [couch to 5k podcasts](#)

#### **3. Learn new skills**

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and [raising self-esteem](#)
- helping you to build a sense of purpose
- helping you to connect with others
- Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

#### **Some of the things you could try include:**

- try learning to cook something new. Find out about [healthy eating and cooking tips](#)
- try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills
- work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

#### **4. Give to others**

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community. Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home



#### **5. Pay attention to the present moment (mindfulness)**

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness".

Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Read more about [mindfulness](#), including steps you can take to be more mindful in your everyday life.



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### 'Mind's' Top tips for relaxation:

- ❖ Take a break
- ❖ Try active relaxation
- ❖ Focus on breathing
- ❖ Get creative
- ❖ Spend time in nature
- ❖ Listen to music
- ❖ Do a tech check
- ❖ Picture yourself somewhere serene



For more information on this [click here](#).

### Covid-19 Information & Updates

We are regularly posting information and links on our dedicated page for Covid-19 [here](#).

For any queries please email us at [enquiries@belfairs.southend.sch.uk](mailto:enquiries@belfairs.southend.sch.uk)

### Follow us on social media:



@belfairsacademy

### Who to contact?

If you would like to contact outside agencies for advice, help or guidance, please contact one of the numbers below:

**First Contact Team (Social Care):** 01702 215007  
(Mon-Fri)

**Out of Hours Team (Social Care):** 0845 6061212  
(365 days)

**NSPCC Helpline:** 0808 800 5000

**Childline:** 0800 1111

**Police:** 999  
(Emergency) or 101 (Non-Emergency)

### Belfairs Designated Safeguarding Leads:



**Mrs Foster**  
Asst. Principal

**Mr Zweistra**  
Vice Principal

**Mr Evans**  
Asst. Principal

**Mrs Morenas**  
Asst. Principal

### Supporting bereavement for young people

Many adults and young people across the country have suffered a bereavement during this time and may be struggling to cope.

Here are some links to website that can support both parents and young people during these difficult times:

# YOUNGMINDS

[www.youngminds.org.uk](http://www.youngminds.org.uk)

# WINSTON'S WISH

Giving hope to grieving children

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



[www.hopeagain.org.uk](http://www.hopeagain.org.uk)



<https://www.mariecurie.org.uk/>

If you have any concerns about how your child is dealing with a family bereavement, please do not hesitate to contact the academy.