

Plymstock School



MENTAL HEALTH
& WELL-BEING
FOR ALL

Wednesday 3 March 2021

Year Group Virtual Assembly

The Power of Good Habits!



During this lockdown, we might have developed some habits that will make it really hard to make the transition back to school and some form of normality – we are here to help you reconnect and re-establish positive routines and habits

Stress



Being under pressure is a normal part of life. It can help you take action, feel more energised and get results. But if you often become overwhelmed by stress, these feelings could start to be a problem for you.

Situations or events that put pressure on us – for example, times where we have lots to do and think about, or don't have much control over what happens.

Our reaction to being placed under pressure – the feelings we get when we have demands placed on us that we find difficult to cope with.



The signs of stress



As we prepare to return to school, you might find that you feel a bit more anxious and stressed, especially the day before you return.

Signs and symptoms that you are feeling like this may include:

- irritable, aggressive, impatient or wound up
- over-burdened
- [anxious](#), nervous or afraid
- like your thoughts are racing and you can't switch off
- unable to enjoy yourself
- [depressed](#)
- uninterested in life
- like you've lost your sense of humour
- a sense of dread
- worried about your health
- neglected or feeling [lonely](#).

Restless Excellence



School will help you re-establish the positive routines and relationships that will make things easier.

We have really high standards and expectations because we **CARE** about **YOU**

*We are what we repeatedly do.
Excellence then is not an act but a **habit.***

-ARISTOTLE

Returning to school – Think about the BIG 6



Top Tips

- Identify your triggers
- Organise your time
- Plan for your day
- Make lifestyle changes
- Accept there are things we can't change
- Step back from the event
- Focus on your physical health
- Build strong, supportive and safe relationships with others
- Talk to someone
- Avoid social media



Everyone feels worried or stressed at times.... So let's be kind to each other



in a world where
you can be
anything.....

Be Kind

We can't wait to welcome you back!



If you're experiencing these emotions, try to remind yourself of the following:

**IT'S OKAY
NOT TO
BE OKAY.**

It is understandable to experience difficult feelings about the coronavirus pandemic and returning to school, especially after living through it for so long. There is no 'normal' response to a pandemic.

Your feelings might change day-to-day, and may be affected by things outside of your control. This might include feeling worse before getting better.

Remember: Reach out to someone and tell them how you are feeling

Where can I get help and support from?



Mental Health and Wellbeing



Mind:

Telephone: 0300 123 3393

Email: info@mind.org.uk

SAMARITANS

Samaritans:

Telephone: 116 123

Email: jo@samaritans.org

kooth

Kooth is a free online service
offering emotional
and mental health support
for children and young people

www.kooth.com