

School Staff Wellbeing

Issue 3: 14 May 2020

Resources to help you maintain your wellbeing

It's Mental Health Awareness Week during the week 18 – 22 May! This newsletter brings a host of information and activities for you to consider taking part in, either on your own, or with family or at school!

Mental Health Awareness Week

Hosted by the Mental Health Foundation, the theme this year is kindness.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

One of the sections on the webpage is all about Kindness and if anything, this is well worth a read. Here's a snippet from the Mental Health Foundation on kindness:

“Why kindness?”

The Mental Health Foundation have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

During Mental Health Awareness Week, the Mental Health Foundation are asking you to do three things:

- *Reflect on an act of kindness. Share your stories and pictures (with permission) of kindness during the week using **#KindnessMatters** and **#MentalHealthAwarenessWeek***
- *Use our resources in your family, school, workplace and community to join with thousands in practising acts of kindness to yourself and others during the week*
- *Share your ideas on how you think we could build a kinder society that would support our mental health using **#KindnessMatters** and **#MentalHealthAwarenessWeek**”*

Of course you don't have to do any of this, but you may want to use some of the resources!

And...that includes being kind to ourselves.

Sleep is really important and sleeping well helps us to be healthy and happy.

If you've had problems getting a good night's sleep recently we have lots of advice and support available.

Tips include:

- sleeping at regular times
- winding down
- keeping a sleep diary
- making your bedroom sleep friendly

For more advice, visit <https://oneyou.southglos.gov.uk/stress-less/local-support-and-advice/>

Find out about the **'5 ways to wellbeing challenge'** and other mental health awareness week ideas on kindness on the South Gloucestershire Mind You website [here](#)

Action of Happiness - 10 Days of Happiness is a [free online coaching program](#) which guides you through daily actions for happier living, all based on the latest research.

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Home working

We've been talking to teaching staff and hearing how many schools are operating a rota system, resulting in staff spending much more time working at home. Working at home is great for some and awful for others, depending on many different physical and emotional factors. Even for those who are finding home working easy, it is still very different from what we are used to and may go on for longer than first anticipated. The tips below may help to bring some balance into your day and help lift your mood and energy levels:

- Set a routine for working at home - it's important to get up and get started, to take regular breaks including a lunch break, and to finish working and turn off at an appropriate time.
- Try and set clear tasks for the day - three major decisions or activities is a good day's work - but keep an eye on ongoing tasks too. You won't always get as much done at home - but you might get loads done. One great tip we heard of this week was to have a WEB list – W – what you want to achieve – E – what you expect to achieve – and B – what you had Better achieve that day. This helps prioritise.
- Have a proper lunch break. Stop, make something nice to eat, and eat away from your work area. Try and get outside and get some natural light if you can do so safely, and try some exercise, again within guidelines on social contact - it's easy to get dragged in to work out of hours.
- Consider keeping a journal - incorporating gratitude practice - ask "What was I grateful for today?" - and learning - ask "What was I challenged by today?" - in a week or so you will start to get insights into things you can improve in this working pattern. Soon you'll get to know when you do your best focused work, or need the most input. At home that might be different to the office. You could combine this with a paper bullet journal or planner to keep thoughts, tasks and achievement in the same place.
- If you are home-schooling or looking after children whilst trying to work, have a conversation with work about those realities. Try and set up a routine whereby you have distinct times for working and for helping with school time. Dividing your attention may leave both things suffering and being there for children offering undivided attention at these uncertain times is very important.

South Gloucestershire Council help and support

Heard about community support?

The council has created a directory of the community support groups in South Gloucestershire. This could be something to know about for you, a family member, a friend or a neighbour. You can find out more [here](#).

Looking after your wellbeing

There's a whole raft of local information, local advice, web links and contact numbers, find out more [here](#).

General enquiries about the content of this newsletter can be directed to heathinschoolprogramme@southglos.gov.uk.