



Belfast Model
School for Girls
ACHIEVEMENT FOR ALL

Wellbeing Information

March 2020



Looking after your Mental Health

[Self Help Leaflets](#)

Take5

steps to wellbeing



Making life better,
together
Belfast Strategic Partnership



Health and
Social Care

www.makinglifebettertogether.com



Helpful Resources

Websites

[Minding your Head](#)

[Steps to Deal With Stress](#)

[Mind](#)

Apps

[Gratitude 365](#)

[Catch-it App](#) (Free)



Calm, Wise & Kind

During this time we can all play a vital role in looking after ourselves and others, bringing out the best in human nature to remind us all how interconnected we are. Lets all try and respond in the calmest, wisest and kindest way we can by taking positive steps to look after our mental & physical health.

Mindfulness

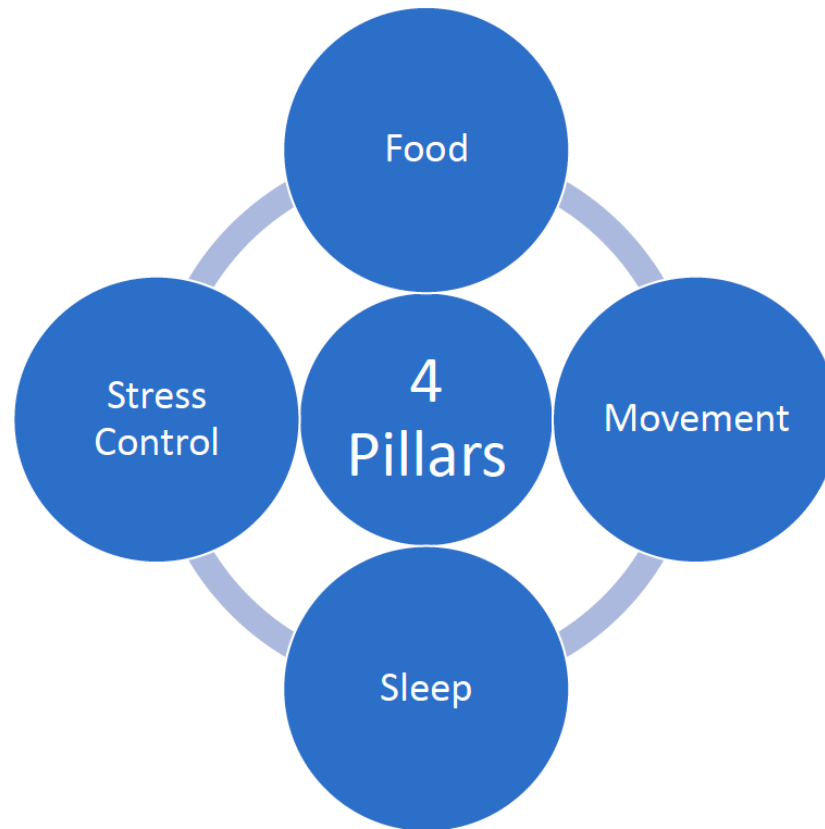
It's about allowing ourselves to see the way we are and to change the way we see ourselves and our lives.

[NHS - Mindfulness](#)



The 4 Pillars of Health

Our body is one interconnected system so focus on working on all 4 pillars.





THE EATWELL PLATE

A guide to the right balance
of the five main food groups



-  Fruit & Veg
-  Carbs & Starches
-  Dairy
-  Protein
-  Sugars & Fats



11 Health Benefits That You Can obtain When You Replace ALL DRINKS WITH WATER



www.alfaauv.com

SOURCES:
<https://brightside.me/inspiration-health/what-would-happen-if-you-replace-all-drinks-with-water-31566/>
<https://juicing-for-health.com/benefits-of-drinking-water/>
<http://www.mintwest.com/what-would-happen-if-you-replace-all-drinks-with-water/>
<https://healthyload.com/happen-replace-drinks-water/>
<https://theheartysoul.com/drink-water-health-benefits/>
<http://thehealthy-food.com/what-would-happen-if-you-replace-all-drinks-with-water/>





WHY SHOULD I EXERCISE?

MY STAMINA
IS
INCREASED



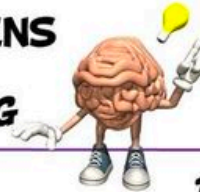
I SLEEP
BETTER



It makes me feel
Fit and Healthy



IT SHARPENS
MY
THINKING



MY BODY GETS
LEANER



IT GIVES
ME MORE ENERGY

MY MUSCLES AND BONES
GET STRONGER



IT HELPS
ME TO
RELAX



IT RELIEVES
STRESS
IN MY LIFE



MY HEART BECOMES MORE EFFICIENT



6 Benefits of a Good Night's Sleep

by @inner_drive | www.innerdrive.co.uk





Coping with stress during the 2019-nCov outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





The '3 a day'

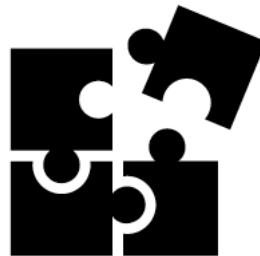
- Choose 3 small positive actions you can complete each day.
- These can be as simple as getting up at a certain time, getting a shower and getting changed into fresh clothes, drinking more water, helping someone or going out for a walk.
- The list on the following pages might also be helpful for ideas for your 3.





Positive things you can do while social distancing

- STUDY Keep up-to-date with your school work
- Reading & Book Swaps
- Yoga: Virtual classes or YouTube e.g. *BohoBeautiful*
- Puzzles e.g. *Jigsaw, Sudoku, Crosswords, board games*
- Clear-out e.g. wardrobe/ cupboards
- Listen to podcasts e.g. *Drs Kitchen,*
- Cooking & Baking
- Playing Music
- Family time
- Praying
- Bath
- Walk / Run / Home Workout – at least 5 minutes movement per hour
- Starting a project e.g. handmade cards, painting
- Call a friend
- 5 minutes of Breathing
- Dancing
- Google positive quotes

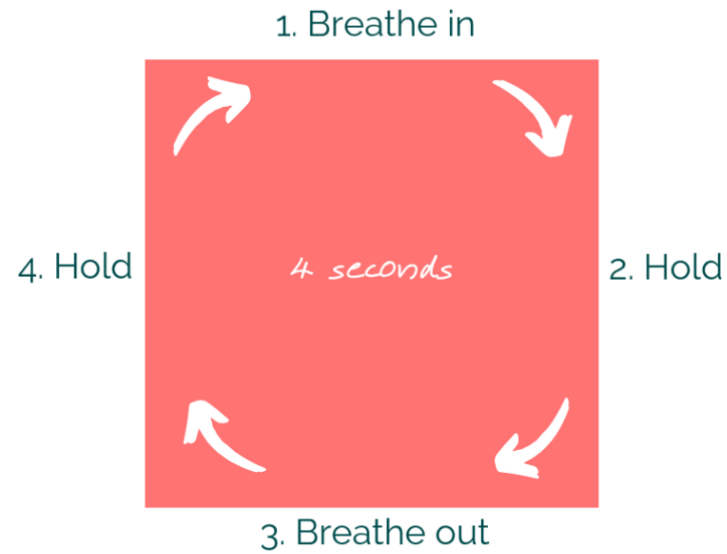




Different breathing techniques can be helpful in managing stress and help relax the body






BOX BREATHING

for stress management





A simple Grounding Technique when anxious

-  Name **5 things** you can **see** in the room
-  Name **4 things** you can **feel**
-  Name **3 things** you can **hear**
-  Name **2 things** you can **smell**
-  Name **1 good thing** about yourself



The 3 P's

Every night write down 3 things your grateful for. Try and find a little happiness in everyday.

Focus on the 3 P's:

- **P**erson – a person you are grateful for
- **P**leasure – something you enjoyed that day
- **P**lan – a goal you hope to achieve for the future





Try a Brain Cleanse

Brain Cleanse: Help organise your thoughts, reduce stress, helps focus & provides prospective.

- Find a quiet space with a book and pen & set a timer for 5 minutes.
- Write down as many things that are causing you worry or stress in the 5 minutes.
- Once the timer is up close the book or you can choose to rip up the page.
- This can be extremely helpful right before bed or in the morning to help you sleep.



when you feel BORED

@POSITIVELYPRESENT



DO YOUR SCHOOL
WORK TO KEEP YOU
BUSY

HAVE A DANCE PARTY

WATCH A FAVORITE FILM

GO OUTSIDE & SEARCH FOR SPRING

DOWNLOAD DIGITAL BOOKS

CREATE SOMETHING FOR SOMEONE

WRITE A (HANDWRITTEN!) LETTER

GIVE JOURNALING A TRY

DO SOMETHING RELAXING

GET SOME CHORES DONE

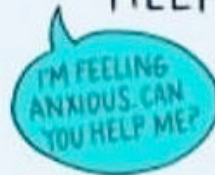


when you feel ANXIOUS

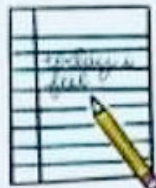
@POSITIVELYPRESENT



ASK FOR
HELP

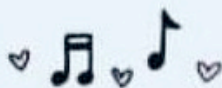


CREATE
SOMETHING



WRITE ABOUT
HOW YOU FEEL

TAKE A
DEEP
BREATH



LISTEN TO
SOOTHING
SONGS



STAY PRESENT

FIND A POSITIVE
DISTRACTION





Belfast Model
School for Girls
ACHIEVEMENT FOR ALL

Think
Positive
= Be =
Positive

Belfast Model School for Girls is thinking of our whole school community, 'Our Model Family' and looking forward to us all learning together again soon.