



# Digital Healthy Schools



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## About Digital Healthy Schools

Digital Healthy Schools is a programme designed to give young people access to trusted digital health apps to support with a whole range of health areas.

Health apps can help empower us all to take our health into our own hands - but only 20% of the hundreds of thousands of health apps available on the market are safe to use. If you are looking for one, search your Digital Healthy Schools Library now!

If you aren't sure where to find your local Digital Healthy Schools site, please ask your teacher



## This term's articles



### **Stress**

Stress is common, and (sadly) unavoidable. More young people than ever recorded report feeling anxious most or all of the time. So how much stress is too much? And what can we do to manage it?

Click [here](#) to learn some practical tips for dealing with stress and preventing burnout.



### **Mental Wellbeing - Outdoor Mindfulness**

Mindfulness is becoming more popular by the day - but what does it actually mean? How do we learn mindfulness - and why?

Click [here](#) to learn some mindfulness techniques for the summer ahead.



### **Sleep**

We all need sleep - and most of us probably need more of it than we're currently getting. Why is it sometimes so difficult to get one of our basic human needs? And how do we create better sleep habits?

Click [here](#) to learn more about sleep and how to improve yours.



## Digital Healthy Schools competition



### **WIN your choice of a fitness tracker or Amazon voucher**

**To enter - create a piece of content to demonstrate and promote on or more of the following:**

1. Your own experience with a Digital Health Technology (like a health app).
2. The benefits of Digital Health for children and young people.
3. The benefits of Digital Health for families
4. Why safe use of Digital Health should be taught in schools.

**You must submit your entry through your school.**

Full competition details can be found [here](#).