Good afternoon!

I hope you are all well and finding your lessons enjoyable this week. Hi to anyone who has joined my e-mail list over the last week, you can find the e-mail archive at [www.bsfc.ac.uk/mentalhealth](http://www.bsfc.ac.uk/mentalhealth) as well as trusted links to support if you need it.

This week is Children’s Mental Health Week and although we know that you are not children and as a college, we tend to concentrate on mental health events for adults. However, some of the themes and resources are certainly worth exploring. This year’s theme is Express Yourself. Taking time to be creative and doing the things that make you happy is always a positive way to combat boredom, take a break or connect with others:

**“Expressing yourself** is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.” Place2Be Charity.

Feel free to join in on social media and follow Place2Be. I’d also love to see anything you choose to do this week under the theme of creativity and expression and can be contacted on Teams for sharing photos/ ideas etc.

Last week in your wellbeing tutorial, you were invited to share a WFH Wellbeing picture and I’ve really enjoyed seeing pets, walks, WFH setups and top tips sent over by my students, I hope you did too! Connecting with others whilst we can’t do a lot of the things we enjoy is important, so check in with friends and family regularly. My family stay in touch via a Whatsapp group where we share quizzes and pics of what we have done over the week. It’s nice to see how differently we all do things and realise that there are so many ways we can look after our wellbeing through lockdown.

Over the next few weeks I am enlisting the help of our newly qualified Student Mental Health First Aiders who are going to share their take on WFH wellbeing and how to combat common mental health issues by seeking out professional help and other support. I’m looking forward to their input and I hope you find it useful too.

Have a good week,

Jen