

# BC Wellbeing News

#3 @BCCCWellbeing

Easter 2024

## Wishing you a grateful Easter! May the holidays bring you feelings of gratitude, hope and renewal!

Easter is the most important event in the Christian calendar, a celebration of Jesus' resurrection, which offers us the chance of eternal life. It is time when Christians reflect with gratitude on Jesus' sacrifice. Yet, long before Christ, this season was marked with celebrations to mark the arrival of Spring: a time of rebirth and renewal. So, whatever your faith, and however you celebrate Easter, it might be a good time for some grateful reflection as well as making use of the lighter evening and warmer weather to regenerate and set some new well-being targets.

The Well-being team wishes everyone a very Happy Easter! To those students preparing for exams in the summer term, remember, it is natural to feel concern about something that matters. We also have some advice about how to go about your preparation, without being overcome with anxiety. We have also prepared an Easter Well-being challenge that we hope the whole household will be able to enjoy.

## Managing Revision and Exam Stress

### Listening to music

Consider listening to music while you study or to help you unwind. A new study from the British Academy of sound therapy found that 9 minutes of music is all you need to spark joy and 13 minutes is the amount needed to relax and release sadness. Try it and see how different types of music impact your mood.



### Stay Connected

Spending time with friends or family can help reduce the stress of exams. If you are not able to meet in person consider scheduling in times to video call friends or family in revision breaks.

### Set Clear boundaries for work and relaxation time

If you are revising or completing coursework set start and finish times and plan for a break every twenty minutes. Your revision will be more effective if your mind is not tired and having a clear structure will allow you to enjoy your relaxation time and not think about work throughout the day.

### Movement

If you're feeling stressed, consider moving your body. Exercise is great for the mind as well as the body. Starting an online workout regime or getting outside for runs, walks or cycling is great but if that's not for you starting small can still have a positive impact. Consider stretching for 5 minutes, doing 5 star jumps every time you finish a chapter, walking around the flat if you're feeling overwhelmed, or taking 2 minute dance breaks throughout your day. No matter how small movement can positively impact your mental well-being.

### The following links may be useful:

- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>
- <https://charliewaller.org/resources/an-emotionally-healthy-approach-to-gcses-a-guide-for-parents>
- <https://charliewaller.org/resources/looking-after-yourself-during-your-gcses-a-guide-for-pupils/>

### If you need help:

PAUSE drop-in Centre, Digbeth  
<https://forwardthinkingbirmingham.nhs.uk/pause/>

### Childline

0800 1111 <https://www.childline.org.uk/>

### Samaritans

116123 <https://www.samaritans.org/>

### Birmingham and Solihull Women's Aid:

0808 800 0028  
<https://bswaid.org/>

# How can we best help young people manage their well-being?

This is a question we are often asked. With fast-paced lifestyles, exam pressures, image under scrutiny and no escape from worries with the ever-present online world, it can seem that people today have it so much harder than previous generations. Here are some suggestions, collected from a variety of sources:

**1**

**In all things, set a good example by modelling the behaviour you want your child to adopt.**

**2**

**Have purposeful time away from your phone/ electronic devices**

**3**

**Value your sleep and develop good habits around sleep**

**4**

**Demonstrate the value of being organised- plan for the week ahead**

**5**

**Eat healthily and keep well hydrated**

**6**

**Be active life- find a physical activity you enjoy and participate regularly**

**7**

**Stay calm when things go wrong. Avoid catastrophising**

**8**

**Take time each day to be grateful**

## Get Outside to Boost Well-being

Let's assume we will be blessed with some better weather in the coming weeks and plan for more time outside!

### Do some gardening

Even if you only have room for a couple of pots or a window box- it's very mood enhancing watching something grow.



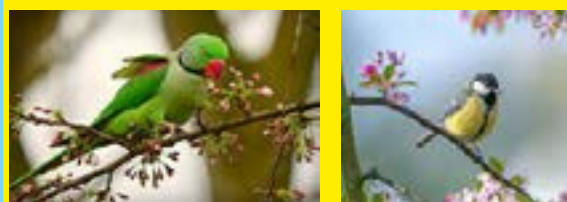
### Discover a new country or city walk

We are fortunate to have some lovely countryside on our doorstep! Why not take a bus out to the Lickey Hills? Or if you don't want to go that far, how about a wander along the canals?



### Do some nature spotting

Are we all so glued to our devices that we've forgotten how to appreciate the natural world on our doorstep? Just walking down the street or across the park, take some time to listen to the birds, admire the blossom and you may even spot some more exotic visitors!



### Have a picnic

Who says picnics are only for when you are away from home. If the weather's nice, why not have you lunch on a bench or patch of grass somewhere?



### Exercise in the fresh air

An outdoor exercise routine costs nothing in gym membership and does you just as much good. You can get the same fitness benefits, plus the natural mood enhancers of green space and daylight.



### The following links may be useful:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

### Rail Safe Friendly Team

<https://learnliveuk.com/network-rail-secondary-school-safety-talk/>