BC Wellbeing News

#3 @BCCCWellbeing

Easter 2025

Wishing you a restful Easter! May the holidays bring you feelings of calm, peace 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 a 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.



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.

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.

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 house/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 form a variety of sources:

1
The 5 C's of wellbeing: Connection, Coping, Calmness, Care, and Compassion.
https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/

2
Have purposeful time away from your phone/ electronic devises
https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/your-childs-first-phone/

3
Value your sleep and develop good habits around sleep
https://teensleephub.org.uk/

4
Plan ahead – for every minute spent organising, an hour is earned

5
Eat healthily and keep well hydrated

6
Enjoy family time

7
Stay calm when things go wrong. Avoid catastrophising

8
Clothe yourselves with compassion, kindness, humility, gentleness, and patience." Colossians 3:12

BRING IT ON BRUM!

Below is a selection of Home Activities from Bring it on Brum! Visit the website for more activities and information: https://www.bringitonbrum.co.uk/home-activities/

Get planting and explore nature with the BBC



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Workout at home



Hug-A-Bug World Activities



Top tips to keep your family healthy and happy



Writing workshop



Full Time: Get cooking with Marcus and Tom



Cook with Digbeth Dining Club



The following links may be useful:

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

https://www.anaphylaxis.org.uk/living-with-serious-allergies/serious-allergy-guidance-for-parents/

Burnout vector created by upklyak - www.freepik.com
Easter Eggs Vectors by Vecteezy