

BC Wellbeing News

#4  @BCCCWellbeing

March 2022

Meet our student Wellbeing Ambassadors!

Hello! We are Allyssa, Bianca, Jessica and Malachy; the new Year 12 student ambassadors.

We want to encourage better mental health and well-being awareness, as well as de-stigmatising speaking out about mental health issues, whether they are severe, or simply a smaller concern.

We want people to recognise that we all have mental health, just in the same way that we all have physical health, and maintaining one is as important as the other.

Many of us have experienced mental health issues within our own families or friendship groups, and we want to work with the school staff to provide support to other students who may experience similar situations. This may be by providing useful and informative student resources, whether it is something we create ourselves, or from mental health charities and organisations.

For young people struggling with sleep issues, there is a lot of advice to be found here:
<https://teensleephub.org.uk/>

Teen
Sleep
Hub

World Sleep Day - by BC Student Ambassadors

Friday 18th March is World Sleep Day. No, it doesn't mean we get to stay in bed unfortunately, so why would there be a day dedicated to sleep?

World Sleep Day is an annual, global call to action about the importance of healthy sleep. World Sleep Day 2022 will incorporate the slogan, '**Regular Sleep, Healthy Future**', highlighting sleep's important place as a pillar of health, allowing for a healthier future thanks to regular, quality sleep.

A lack of sleep can cause an array of problems:

Socially

You will have less energy to engage in conversation with your family, friends and colleagues, causing you to be snappy and appear unapproachable

Emotionally

You're more likely to feel upset, sensitive or aggressive

Mentally

A lack of sleep can cause low mood, anxiety and make you feel very pessimistic about life in general

Physically

A lack of sleep can be associated with high blood pressure, obesity, cardiac and neurological issues, optical issues and hormone imbalance

SO HOW DO WE GET A GOOD NIGHT'S SLEEP?



Time to Spring Clean Your Mind?

The skies are blue, the bulbs are blooming and spring has finally sprung! Perhaps your thoughts are turning to some spring cleaning? Did you know this is thought to originate from the Persian Empire, when spring cleaning was carried out ahead of the Persian New Year, which falls on the first day of spring? Some researchers trace spring cleaning origins back in history to the ancient Jewish custom of thoroughly cleaning the house in preparation for the springtime feast of Passover (usually in April).

But how do you start to spring clean your mind?



Try a Mental De-clutter?

How many of us have so many thoughts rushing through our heads, we end up feeling as though we can hardly hold onto one of them! The secret to decluttering your mind could be a good old 'brain dump'. Sit down and write down all things coming into your head – anything and everything: wants, worries, concerns, tasks to do. Brain dumping can help you organise your time and efforts, which usually means you are much more productive and can feel much calmer too.

Social Media Detox?

Social media is an excellent way to keep in touch with friends and family and throughout lockdown it was a real bonus for many. But it can be a breeding ground for negativity. Review who your social media interactions and ask yourself 'does this make me happy?' If the answer is no, then simply stop: delete, unsubscribe, unfollow. In no time at all your online life can be transformed into a much more positive space. You could also 'gain' extra hours – just think how much time can be wasted scrolling! Limiting your social media usage can be like treating your mind to a holiday.

Be More Mindful?

Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. It involves stopping and becoming more aware of the little things. You might consciously take notice and be aware of your mind, body or surroundings.

You can find out more by [clicking here](#).



Talking to children and young people about the situation in Ukraine

There will be few of us who have not been moved in some way by the awful scenes on our screens each day from Ukraine. We may be wondering about how best to talk to our young people about a situation beyond our imagining.

The mental health charity Place2be has written a very informative blog which you can access by [clicking here](#).

