

# BC Wellbeing News

#4  @BCCCWellbeing

Easter 2023

## May this Easter bring you feelings of gratitude, love, hope and faith!

Easter is the most important event in the Christian calendar, a celebration of Jesus' resurrection; commemorating His sacrifice that we may have a chance of eternal life. Yet, long before Christ, pagans marked this season with celebrations to welcome the arrival of Spring; a time of rebirth and renewal.

So, let's try to shrug off the winter sluggishness, make use of the lighter evenings and warmer weather to regenerate and set ourselves some new targets for our own well-being.

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 but 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.

## 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.

### 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/>

## School holidays- Yet more time In-front of a screen?

It would be nice to think we could all spend much of our holidays outside, enjoying the better weather. Unfortunately, there may be a host of reasons why this is not always possible- not least the British weather! Inevitably, that will mean that many young people have a lot of spare time on their hands and may immediately turn to their screens. The mental health charity Place2Be has a useful short video and article on supporting healthy online gaming habits in children.

## Useful Website

<https://parentingsmart.place2be.org.uk/article/supporting-healthy-gaming-habits-for-children>



## 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.



### 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.



# Easter Wellbeing Challenge

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## Eat out without splashing out!

Have a picnic in your garden or the local park. It could be as simple as some pizza slices and a drink but if you want to be a bit more adventurous, follow the link for some other quick ideas. <https://realfood.tesco.com/curatedlist/seven-last-minute-picnic-ideas.html>

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## Try some stress-busting yoga!

Yoga is proven to aid physical health and good posture, reduce stress and anxiety and improve sleep quality and concentration. Try out a short class especially for teens here: <https://www.youtube.com/watch?v=f8nfwlcK-g>

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## Make an Easter Tree!

Blow out some eggs, decorate them with pens or paints and hand on some twigs in a jar for an easy Easter Tree! <https://www.firstpalette.com/quick-how-to/blowing-out-an-egg.html>

3

## Do some Easter baking!

Who doesn't love a chocolate nest? You don't even need to turn the oven on for those! If you're feeling a bit more creative, how about some spring lamb cupcakes with a 'fleece' of mini marshmallows?



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## Get gardening!

Sow some flower seeds to attract pollinators to your plot or start a sunflower contest and see who's is the tallest by the end of the summer. No garden? You could still grow some of your favourite herbs in yogurt pots on the windowsill, or even easier grow some cress for your salads and sandwiches in less than a week!

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## Discover your city's parks!

There are 5km walking routes throughout the city. A great way to get some exercise and enjoy nature close to home.

[https://www.birmingham.gov.uk/downloads/download/781/5-kilometre\\_walking\\_routes\\_in\\_parks](https://www.birmingham.gov.uk/downloads/download/781/5-kilometre_walking_routes_in_parks)

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## Help someone out!

Could you run an errand for an elderly neighbour? Look after younger sibling for an afternoon to give your parent/carer a break? Take responsibility for tidying and cleaning your own room? Take old clothes, toys, books to the charity shop? Doing things for others is known to improve ours self-esteem and emotional well-being. [curatedlist/seven-last-minute-picnic-ideas.html](https://www.curatedlist/seven-last-minute-picnic-ideas.html)

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## Pop it in the post!

Send a card to a friend or relative you don't see every day. In these days of instant communication, a handwritten note is a real treat!

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## Keep a gratitude journal

Before you go to bed, write down 3 things you are grateful for that day. It doesn't have to be an expensive diary, you could keep a record on your phone or, if you feel like being a bit artistic, download a bullet journal template.



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## Get lost in a book!

Again, you don't need to spend money buying expensive new copies, why not swap books with friends, check out your local charity bookshop or borrow from our library where there are over 2000 titles either as a download or an audiobook. <https://bishopchalloner.org.uk/library/wheelers-E-Platform>. To login students should use their usual computer username and the password: BCReading1!

Today I am  
thankful for:

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I am feeling  
happy about:

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Oh, give  
Thanks To  
The Lord,  
for He  
is good!  
Psalm 136:1



**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/>**