

BC Wellbeing News

#5  @BCCCWellbeing

Easter 2022

The true meaning of Easter for Christians is, of course, the celebration of Christ's resurrection; an overcoming of death and sin. Yet even in pagan times, there was a feast at this time to celebrate the coming of spring; rebirth and renewal. It is time to shed our winter worries and try to develop a new, refreshed sense of self, ready for spring. Let's use our time off to regenerate; make use of the lighter evenings and embrace the incoming warmer weather.

Sometimes it is easy for us to spend our breaks completely relaxing and forgetting about our responsibilities. However, we should all try to bear in mind that a healthy routine is an essential tool that will help us return to school and our workplaces focused and prepared. Why not try getting up in the morning and doing the one thing in the world that makes you happiest? In this way you can still enjoy the day to its fullest and you won't ruin good sleeping patterns. Rest and rise at appropriate times. Have a great Easter!

Loughborough University's

8 OUTDOOR

.....
activities to boost wellbeing



1. Do some gardening



2. Discover new walks



3. Nature spotting



4. Forage for fruit and flowers



5. Take your workout outside



6. Have a picnic



7. Practice mindfulness



8. Get crafty

Family Tips for Easter

1

Make Time to be active and play. This could include ball games in the garden. Creating a play or performance with siblings or keeping our mind active with a board game.

2

Limit screen time: Set yourself a challenge that for every ten minutes you are active you earn 5 minutes of screen time

3

Reading for pleasure
Take a theme and set a challenge of reading as many books as you can around that theme. Try to write a report about the book you have read. Feedback to the rest of your family about the book.

4

Make your own Easter treats
Making Easter treats together is a great way for the family to spend time together, communicating and relaxing. Making your own Easter treats also means you can control the amount of sugar going into the treats!

5

Compromise
As a family write a list of activities you would like to each day. Compromise so you do at least one activity from everyone's list

Managing Revision and Exam Stress

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.

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.

"My Child and I Keep Getting Into Arguments"

Any of us who are parents of teens (or younger perhaps?) will be very fortunate if we have never had that thought. With two weeks of holiday ahead of us, bringing us the great joy, and occasional challenges of spending more time together in our families, Place2Be has an interesting article and a short clip on the subject of parent/child disagreements, on their Parenting Smart pages. Please follow the link below:

<https://parentingsmart.place2be.org.uk/article/my-child-and-i-keep-getting-into-arguments>

Place
2Be

Improving children's
mental health

I Am Me

Our Year 12 Wellbeing Ambassadors have been trialling the iamme app, which focuses very much on prevention of mental health issues, resilience and positivity. This is how they describe their mission:

"We want you to be able to cope better when challenging times occur and be so familiar with yourself that you can spot the small symptoms and changes in yourself before they become bigger problems."

That's why we have created a free app just for you. If you are aged between 11-24 download the app and start taking control of your own wellbeing."



Young people can download the app here:
<https://app.iammeapp.com/home>