



# Guiseley School

## How are You?

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It's more than understandable if you're feeling pulled in all directions and quite frankly exhausted. Make sure you're taking little breaks, not just from work but from everything. Go find a hiding spot in the house and take twenty minutes with a cup of tea and ask not to be disturbed. We all need a chance to take a breath at the moment.



## Self-Care

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Ah, sleep. The magical place where we can rest, let our minds settle and our bodies recover from another day of juggling everything. I found myself lacking in that department, my mind wouldn't switch off. Every stressful thought I could conjure would pop into my brain and circle more times than a repeat of a Friend's episode. We all need to prioritise our sleep as if our lives depend on it, it's not selfish, nor should it be seen as lazy. The physical and mental health benefits of a good night sleep are huge.

Below are some tips and hints to get a better night's sleep. Now this isn't a one size fits all technique, and like me you'll need to test some out and cherry pick the ones that work for you to create your own unique sleep routine.

Your Bedroom - Take a quick scan of your bedroom. Does it feel calm when you walk through the door, if not, what is it that is

stopping that feeling? For me, it was clutter. Remove anything that you don't need. Only put things on display that make you smile. Open your window so it's cool for when you go up.

Avoid caffeine after 3p.m, any after that will start polluting your sleep cycle. Switch to decaf, that goes for coffee lovers too. Drink water throughout the day, our bodies do not respond well to being dehydrated.

Separate night from day, I know the evenings are getting lighter but try and establish one little habit that marks the end of day for you. Once dinner is done, my toddler is in bed, the older ones are doing their own thing I light candles. Give something a go that marks the end of the day for you and keep it up. Clocking out mentally from your work day through some small act, stops it bleeding into your time therefore giving your mind time to



quieten down. in preparation for sleep later on.

Allow yourself 90 minutes for your bedtime routine. Right, now here's the big one! Whatever time you want to be asleep for, start working towards it 90 minutes beforehand. I first thought this was excessive, but I've tried it and it's a complete game changer. In that time do some activities that can lead up to winding down. Make a to do list for the next day. This helps prevent worrying about tomorrow. Put your house worries to rest, have a quick tidy, straighten the sofa cushions, lock up etc. Turn low lights on in the bathroom and in the bedroom, use lamps or candles. Use scents in the bath or shower that relaxes you, I love lavender but whatever works for you.

Turn your phone off 30 minutes before your set sleep time, Screens stimulate our brains and your brain does not need it right now, it needs sleep. Goodnight Instagram, sweet dreams Facebook, see you in the morning twitter. Start a Journal. It doesn't have to be anything fancy; a blank notebook will do. Anything you've got racing in your mind get it out onto paper. It really helps. Read, a book or

magazine anything to relax the mind and distract you from busy thoughts.

If you've spent your 90 minutes working up to the time you want to go to sleep, be strong and turn the light off.

Do not put pressure on yourself to drift straight off, tell yourself that if you don't sleep, at least your body is resting. Don't clock watch it's not helpful.

Distract your brain-If you're still struggling to switch off play the name game. Start with the letter A and go through women's names. Anna, Bethany, Caroline ...all the way to Z for Zoe. Then switch to men's names and do the same. If you find yourself needing to go again, do. It distracts your brain long enough to stop it overthinking, therefore it allows your body to calm down.

Get out of bed. Now if all the above hasn't worked, set yourself 30 minutes, to go read somewhere else Then return to bed calmly and go again. this can't be an overnight fix, but with time your body gets into the routine. I genuinely wish you all a good night's sleep. You deserve it.





## Light in The Lockdown!

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### Capt. Tom Moore!



So I'm guessing most of you have heard of the amazing Capt. Tom Moore but for those of you that haven't he is Capt. Tom Moore, the Second World War veteran who walked 100 laps of his garden before his 100th birthday to raise money for the NHS, has been hailed as a "one-man fundraising machine" by the Duke of Cambridge.

Moore, 99, completed his mission on Thursday, but the amount he has raised has continued to rise, standing at £27m on Tuesday evening, as his endeavours captured the attention of the nation including the royal family!

Prince William, who has made a personal donation to the JustGiving fundraiser, said in a BBC video interview: "It's amazing and what I love also is that he's a 99-year-old war vet.

He's been around a long time; he knows everything and it's wonderful that everyone has been inspired by his story and his determination.

"He's a one-man fundraising machine and God knows what the final total will be. But good on him, and I hope it keeps going."

Capt. Tom has promised that he is going to carry on walking laps of his garden even though he turned 100 on Thursday 16th April. As I write this, he has just got past the twenty-seven-million-pound mark, when his original intention was to raise £1000!

He has also just released a single with the singer Michael Ball singing a duet to 'you'll never walk alone'. I recently saw a news clip of Tom sharing how he had recently been in hospital and how the NHS were wonderful. When describing NHS workers, He points to his medal and says, "fortune favours the brave...and that's what they are ...brave". We couldn't have said it any better ourselves Tom! NHS heroes ...we salute you!

<https://www.justgiving.com/fundraising/tomswalkforthenhs>



## Spotlight on: Domestic Violence

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The charity Refuge have reported a 120% increase in calls over the last few weeks and the media have now declared this spike, as a pandemic on top of a pandemic. This section is for those who find themselves in immediate danger in this lockdown. The Police will still respond to an emergency 999 call. Social distancing does not change that fact; they will come.

The silent solution. This enables you to ask for the police without having to speak. Dial 999, when the options come up and you don't answer, you will be put through to the silent calls team. Press 55 when prompted, this will immediately notify the operator you need the police. Ideally use your house phone as your location can be traced faster than on a mobile phone. I have attached a link at the bottom of this page with clear instructions. **Please read it.**

You can now register your mobile phone number with 999 operator services. This will enable you to text the emergency services. You must register beforehand, please see instructions below:

[https://www.emergencysms.net/files/3649\\_esms\\_6.pdf](https://www.emergencysms.net/files/3649_esms_6.pdf)

This Morning website is a good introduction to all services and provides a link to an organisation for male victims of domestic abuse.

<https://www.itv.com/thismorning/domestic-violence-helplines>

The link below takes you to a more detailed account of the silent solution:

[https://www.finance-ni.gov.uk/sites/default/files/publications/dfp/Silent\\_solution\\_guide.pdf](https://www.finance-ni.gov.uk/sites/default/files/publications/dfp/Silent_solution_guide.pdf)

This link gives a notice from the government with more information and advice surrounding domestic violence during the covid-19 lockdown

<https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

For perpetrators of violence, below is a link if you want to stop and need help:

<https://respectphoneline.org.uk/>

Nobody should be living in fear. Please reach out, there are services and support ready and waiting for you, they just need you to make the first step.

