



# Guiseley School

## How are You?

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Hello everyone, I know the weeks may be starting to feel longer and we're all getting restless and want this to be over, and we will, as soon as it's safe. We all just need to hang in there, we're all doing our best and that's enough. So, in light of that I've chosen to focus this week on self-compassion. Please use this week as a motivation to be kinder to yourselves, it's not a self-indulgence it's a necessity.



## Self-Care: Self-Compassion!

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Let's start by thinking about how you treat others. Your best friends, your family members, co-workers, the people in your world you interact with daily. When they have a problem, when they're upset, what do you say to them? How do you react? I'm going to hazard a guess you're kind, you offer them support and you ensure they feel cared for and in close relationships you have that they feel loved. Now truthfully and honestly ask the question again but how you talk to and treat yourself? Are you the same to yourself as you are to your loved ones, or are you harsh, chastising, unsympathetic, sometimes outright cruel to yourself? Many different psychological schools of thought have deemed this your "Inner critic". This critic is not needed at the best of times but during this pandemic ...it needs firing ...with immediate effect.

Start by noticing when you are doing this. I'll use an example of myself here. At the start of this self-isolation period I would say things to myself like "There's no way I'm going to be able to work from home", "I'm not clever enough to help with my teenagers homework if they need it", "I'm no good at organising things like other mums", "My toddler won't get enough stimulation and he's going to suffer being at home with me" and "I'm going to fail". I would like to clarify, this was day one. I'd decided I was going to be stressed out and useless before I'd even begun. Was that helpful? Not at all! Every time you catch yourself saying these types of things to yourself, I want you to say, "I'm not doing this anymore!" I then want you to immediately rephrase it.

**Rephrase your thoughts-** So "I can't do this" changes to "What ways can I make this easier for myself?" Or "I'm a failure" to "I need to



break this down into manageable actions” and “Who can I ask for support from right now?” Consider what advice you would give to your best friend and give yourself those kind words.

**Stop comparing yourself to others-** With social media has come wonderful things but with it has also arrived never ending news feeds of people with seemingly perfect lives. Particularly now, we’re bombarded with the perfect parents now becoming the perfect home schoolers, just what your self-esteem and worries need right now. Every family have got their own worries, stresses, family arguments and utter chaos that we all have. You’re just seeing an edited version. A key part of self-compassion is focusing on doing your best and being kind to yourself in the process, not comparing yourself to imaginary perfection...it doesn’t exist.

**Acceptance of how we’re feeling-** There isn’t one person I’ve spoken to now whose days aren’t like an emotional rollercoaster. It’s gone from having bad days or good days to bad hours and good hours. This is normal! One hour we’re feeling like we’ve totally got this and the next hour can reduce us to tears and feeling like this whole situation is impossible. Accept each hour for what it brings, know that the next hour may be

different, use self-compassion to get you through it. You’re not doing anything wrong. Acknowledge how you’re feeling, simply naming the emotion can lessen it, take a deep breath, some time out and head back into the fray with a kinder mindset.

**Drop the guilt!** One of my closest friends rang me in floods of tears because she didn’t have any energy left. Now my friend is a single parent of three children under 6 years old. She has been doing amazingly well but on that day on top of everything she was going through, she was fighting feelings of guilt. Guilty that others have it worse, guilty that she was safe and healthy and guilty that she wasn’t being a good enough parent. I immediately asked her to make a to do list of ways to be kinder to herself. She spent the rest of the day letting her children play and be creative, she let them play computer games more than she would have normally, had dinner from a cheap local takeaway and watched a film. She then washed her hair and got an early night. No parent out there should be feeling guilty right now for having a bad day. Yes, we are lucky to be safe and healthy but that doesn’t stop us feeling overwhelmed and exhausted. When you have a day like that make your own list of how you can be kinder and gentler with yourself.



## Light in The Lockdown!

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Please see below a description from Mrs Frow, which explains just what amazing work herself, Mr Smeaton and many more have been doing from our very own Guiseley School:

*We have been quite busy as a family unit making Visor along with Mr Smeaton who has been in school too to help. We have had 2 laser cutters running to manufacture face visors for the NHS. It started with us donating goggles from the science department to local hospitals. Then the BBC news during march was focusing a lot on the lack of PPE for NHS workers and this was horrendous to think that these people were on the front line with inadequate protection from catching this life-threatening virus.*

*Myself and my husband both of us DT teachers looked online at manufacturing visors and literally drew up a pattern on 2D design. We practised making several and redesigning them to suit different head circumferences. We then ordered ourselves the acetate and polypropylene. These materials were starting to become hard to get hold of and the price had also doubled in a week. We decided to take an alternative route and source the material through a book publisher who had these materials in stock.*

*We started with a batch of 50 visors and these were initially taken to North Lincolnshire Hospital they were extremely grateful. They were tested and passed the procurement test we were told they were able to be used on the Covid Wards as they didn't touch the face they could be easily cleaned and were not porous unlike some visors made on 3D printers. Therefore, we got started. We began manufacturing them. I went into Guiseley school and met with Mr Smeaton who was also on board. We got the Guiseley School laser cutter going and it was able to start producing the design. We have now made 1500 visors these have gone to NHS North Lincolnshire Hospital, the LGI, ST James' Wakefield NHS hospitals. The news also highlighted about the elderly in care homes being extremely vulnerable along with other vulnerable groups of people. I therefore contacted eight 8 elderly care homes and asked if they needed free face visors. They all said yes, Staff were grateful. We also gave them to GP surgeries to protect the front-line community nurses. A lot of friends, family and school staff have donated to the materials for these visors which we are grateful to. It's been a busy time but something we are glad we did and are still doing to support our NHS and those vulnerable in our society.*



## Spotlight on: Coping Skills

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So currently we're all working from home, parenting 24 hours a day, home schooling and generally keeping everyone in your immediate family safe and healthy all within the confines of our home. I realised that one of my biggest downfalls was time management. I was trying to do everything at the same time! So here are some tips and links to better time management that may make your days feel a little easier, a touch less stressful and hopefully lead you to being a little kinder to yourselves.

Put a ring round it! My sister in law gave me this advice a few weeks ago and since then I've seen it pop up in loads of magazines and books I've been reading for these letters. So, the basic premise is do one thing at a time! So for example, instead of me sat at the dining table working and then getting up to tend to something I'd just remembered needed doing in the house, then getting distracted by my emails and before I know it my toddler has woken from his nap and my chance to get some real work done is over.

The best thing to do is decide what you're going to do, work out roughly how long it will take you to do and put a ring round it. I do this with everything now. If I want to check my daughter is doing ok with her homework, I allocate that time, if I want to sit on the living room floor and give my toddler 100 percent of my attention, I do that and only that. Now

things may pop up in your head you need to get done, don't get distracted, make a quick note of it and then fully focus again on what you were doing.

Set a timer – this works wonders for household tasks. If you think you've got too much to do, set a timer for an hour or even twenty minutes and go! You will be surprised how much you get done when you know there is a clock ticking.

To do lists – I love to do lists but sometimes they can add to my critical voice when I don't get enough of them ticked off. I personally split mine into must do and would like to do. I urge you to put one self-care item on your 'must do' list and the rest is stuff if you know you don't do, there's going to be consequences. On your 'like to do' are things that would feel great if you get them done but the world isn't going to end if you don't.

I've put a link below from the NHS on time management and many other things to keep you going through this time. Please remember to be kind, compassionate, encouraging, understanding and positive...to yourself.

<https://www.nhs.uk/conditions/stress-anxiety-depression/time-management-tips/>

