



Guiseley School

How are You?

Hello to you all and I hope you had a lovely half term. Its strange to think that we're almost halfway through the year, I think 2020 is one we most certainly will never forget and most likely the one where mentally, we've had to work the hardest. I am splitting this week's self-care section of 'how we feel' into two parts as there's a lot to talk about. I hope you all get something from this and I hope you make looking after yourselves a continuous priority during this time.



Self-Care: How was your day?

My aim for this week is to ask for each of you to stop and consider for a moment how you're feeling each day. In my job role at the school, if I had a pound for everytime one of the students said "I'm fine" or "I'm ok", I would be extremely rich. Yet despite some of the really tough, really hard times students are going through, these two phrases are used continuously. If there was ever a time to admit that some days, you are not fine...then this is the time.

Observing - At the end of each day, try to reflect back on how you've felt on that day. Whether you've felt low, anxious, upset, flat or the other side of the scale; relaxed, happy, joyful, full of energy and genuinely had a great day. If you're left feeling low at the end of the day, take a moment to consider why. Has anything specific happened to trigger your downward mood? If you had a good day

the day previous to this, what has been different about today? The exact same questions apply even if the day has left you feeling great. What's contributed towards it? What have you done for yourself to make you feel good that perhaps you haven't done on other days.

External Factors - Some bad days are triggered by a sudden curveball we weren't expecting. Whether that be work pressure, financial pressure rearing its head suddenly or any disagreements in the home. Often we can't stop what happens in our outside world and we can't always control it but we can control how we react to it which I will discuss next week.

Internal Reasons - Sometimes we wake up and after barely thirty minutes in, we've decided that today is going to be an absolute write off and lo and behold our premonition



comes true. On other days we just feel ...flat. No rhyme no reason, but trying to get through the day feels like walking through treacle we've got zero energy and bedtime can't come soon enough.

What can we do? - Firstly, try and identify whether this is an external or internal issue or even a mixture of both. The important factor here is that you give yourself the time to reflect on it and figure it out. I'll use myself as an example, I found myself one evening feeling really flat. There was no new external reason for it, nothing new had come onto the news for example and there had been no arguments or disagreements at home, I just felt flat. I forced myself and I mean really forced myself to try and think of anything that could have contributed to it. I thought back on the days before and realised due to the weather not being wonderful and homelife being at its peak with six children under the roof, I had only gone on two long walks that week. Also I stopped doing yoga on the mornings because I'd hurt my shoulder and suddenly ten days had past and I hadn't gone back to it. I doubted that this could be the reason for feeling so flat but I promised myself to stick to what I say to all of you parents and made it a priority the next day. The next morning I did my yoga before I could talk myself out of it and then bundled the toddler into his pram and walked for over an hour and a half. By the time I had lunch I felt I'd achieved so much already that it gave

me a huge push to begin my afternoon of working with more energy than I've had in over a week.

Little things make a big difference - Check your routine out like I did and anything that you've noticed you've been skipping, make it a priority immediately.

Things have changed - In terms of external factors, it's hard to brush off that our worlds have been turned upside down the last few months and this naturally has culminative effect on us. We know people who have lost loved ones and feel like we don't have anything to complain about but by caring for ourselves, we help to build our resilience in this ever changing time.

Our plans have changed - It's completely understandable for you to be suffering from a feeling of loss at what you thought this year was going to bring. Holidays, birthday celebrations, weddings, family get togethers and your mood may have lowered because of this and you should give yourself permission to acknowledge this.

Please spend every day this week considering how you feel and making any changes to your day that you need to. Next week I'll be discussing how low mood can take over and when and where to get support.



Light in The Lockdown!

For this week's light in the lockdown, I thought I would give you all an update on the amazing work Mrs Frow and the team are doing with their PPE distribution. They have now grown even more and have added donating hand cream to all the places they have been donating their PPE materials to. Avon Cosmetics have been the provider of these and it's the little things like this that make all the difference. Key workers and medical staff can end up having to wash their hands over half a dozen times an hour, leaving them cracked and sore-this little act of kindness has been so gratefully received by all. Mrs Frow and her team are now also providing Vision Express with their materials as they are undertaking emergency eye tests and were in desperate need of the correct protective equipment.

What I really wanted to share this week is that this hasn't just been a community effort, this has also been a whole family effort. Mrs Frow has two children; Alice 11 and Will who is 10 and they have very much been part of

the production assembly. Alice is very well organised so was able to ensure that the parts that were laid out were ready for assembly and removing any unwanted plastic attached to the headband part of the visors. Will has a strong interest in anything related to construction so was happy to learn how the parts work and snap the component parts together. This family have, some weeks, been assembling 200-300 visors over a couple of days...from their dining room! With both children giving up their time to be able to make this operation work, I thought they deserved their very own mention this week, So, Will and Alice, you are kind, giving,



compassionate and extremely selfless and we thank you for all you are doing!



Spotlight on: Bereavement

There is no easy way to write this week's spotlight. Some of you out there are tragically losing people you love and the school is thinking of you at this heart-breaking time.

If you have lost someone to Covid-19, then it may also be likely that you have lost that person very suddenly and are dealing with shock on top of grief. To add to this, you are unable to say goodbye as you would have wanted and I am so genuinely sorry for any of you out there that are dealing with this. I cannot imagine for one moment what you must be feeling but I wanted to highlight this week that support is out there should you need or want any. If not right now, then in the future.

As parents in a time of such despair, you may feel you have to get on with things, put on a brave face but I encourage you to make sure YOU are cared for right now. If I could reduce it to the uppermost basics right now, I would advise that you need to eat and you need to sleep. These two essential basic needs will give your body and mind the vital energy you need to get through each day for now. Any help you are offered from family and friends -take it, you deserve all the love and support offered to you, please take it.

I have found an organisation called 'sudden' and they help support people who have lost someone suddenly. They have provided

specific website information, online support and a helpline for anyone who has lost someone to Covid-19. It looks at all aspects of loss to this virus and I am really hopeful that this organisation can offer the specialised support you need right now:

<http://www.suddendeath.org/covid-19-bereavement>

Other organisations who can help you include:

Cruse is a national organisation and also offering specific support around Covid-19, they have a wealth of experience dealing with bereavement :

<https://www.cruse.org.uk/>

The final one I'm highlighting is The Good Grief Trust. I have provided a link that once again highlights the specific service in regards to Covid-19. This includes a national helpline who can support and signpost you to services they recommend and feel will help you with your specific needs:

<https://www.thegoodgrieftrust.org/need-know-info/coronavirus-bereavement-advice/>

It's really hard making the first phone call, reading the information and seeking support, but what you are going through right now is unimaginable and you should never feel like you have to manage this alone.

