|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
| public health england |  |

 |
| Every Mind Matters |
|

|  |
| --- |
| Dear Lisa Walton,Now more than ever, as you support your pupils and their families through this challenging period, it’s important that you look after your own wellbeing.Take time this **Mental Health Awareness Week** (18-24th May) to explore simple tips for looking after your mental health using **Every Mind Matters**. This online tool offers a free, personalised action plan, approved by the NHS, providing specific advice for those currently looking after young people or working from home.**Having trouble sleeping?** There have been various disruptions to our lifestyles over the past few months, so it’s important we look after our sleep to help boost our mood, improve productivity and protect our wellbeing. Take a look at our [**Top tips to get to sleep and sleep better.**](http://content.phepartnerships.co.uk/?V4Tk6303j0Et8rovpC8.u5Yk8KU8WDQiV&https://www.nhs.uk/oneyou/every-mind-matters/sleep/?utm_source=newsletter&utm_medium=email&utm_campaign=may_secondary_edcoms&utm_content=emmsleep) |
| [**Find out more**](http://content.phepartnerships.co.uk/?V4TR6C23DtEw8rhCfC4fu5Y48vUrvDQiV&https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool?utm_source=newsletter&utm_medium=email&utm_campaign=may_secondary_edcoms&utm_content=findoutmorecta)  |

 |
| Every Mind Matters tool’ |
| Every Mind Matters |
|

|  |
| --- |
| ****Resources to support your students’********sleep and mental wellbeing**** |
| If you’re looking for engaging resources to share with your pupils either in school, or to adapt for home learning, head to the [**School Zone**](http://content.phepartnerships.co.uk/?V4TkzC0ir2Et4rhvf34fu5Yk4KUrvjRiV&https://campaignresources.phe.gov.uk/schools?utm_source=newsletter&utm_medium=email&utm_campaign=may_secondary_edcoms&utm_content=schoolzone) to download our free resources today.Our Rise Above for Schools resources provide flexible, adaptable lessons on a variety of topics which can support your pupils during this time. One topic that may be particularly relevant for your students at the moment is sleep. Our [**Sleep resource**](http://content.phepartnerships.co.uk/?V4TRz32iQ0Qt4rhvf34.u5Y44vbrWjQiV&https://campaignresources.phe.gov.uk/schools/resources/sleep-KS3-KS4-lesson-plan-pack?utm_source=newsletter&utm_medium=email&utm_campaign=may_secondary_edcoms&utm_content=riseabove) helps pupils to explore the mental and physical benefits of sleep and provides tips on getting better quality sleep. You can also direct your pupils at home to our youth-facing [**Rise Above website**](http://content.phepartnerships.co.uk/?V4Tk6C2ij0Qw4BhCp34.u5Yk8vU8vDQ3V&https://riseabove.org.uk/?utm_source=newsletter&utm_medium=email&utm_campaign=may_secondary_edcoms&utm_content=riseabove), which includes videos on daily challenges, co-created by young people, including the latest tips on how to feel good now we are all staying at home more. |
| [**Find out more**](http://content.phepartnerships.co.uk/?V4TR6323QtQt8BoCf38.u5Y48Kb8WjRiV&https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?utm_source=newsletter&utm_medium=email&utm_campaign=may_secondary_edcoms&utm_content=findoutmorecta2#sleep)  |

 |