

Wellbeing Team

Wellbeing Lead	Wellbeing Champion	School Counsellor	Wellbeing Governor
Claire Swinburn	Ellen Hickey	Judith Potelle	Amanda Robson



At UCPS we believe the wellbeing of our pupils, staff and families is paramount. After a hectic term the Christmas break gives us a perfect time to reflect on our achievements and new found resilience that have seen us through the year.

Over the Christmas holidays we hope and encourage you all to relax and focus on the **Give** strand from the **5 Ways of Wellbeing**.



Useful links if you need any help or advice during the Christmas break;

www.sunderlandcommunitycamhs.nhs.uk

www.washingtonmind.org.uk

wellbeinginfo.org

youngminds.org.uk

www.place2be.org.uk

www.kooth.com

Giving can involve parting with material things like money and gifts, but, more importantly, things like our time, skills, knowledge, enthusiasm, passion and kindness. When we **give** to others it helps promote a sense of trust and cooperation in our relationships. Through this, we strengthen our relationships with others making them more **positive**, which is key to good mental health. When we give to others, we don't only make them feel closer to us; we also feel closer to them. Through cultivating **gratitude** in everyday life, by showing the people around us that we care, we increase our own **positivity** about the world and those around us.

Free Festive Giving Ideas!



- * Say thank you to someone, for something they've done for you
- * Phone a relative or friend who needs support or company.
- * Ask a friend how they are and really listen to the answer.
- * Offer to lend a hand if you see a stranger struggling with bags or a pushchair.
- * If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together or read a book.
- * Arrange a day out with friends you have not seen for a while.
- * Try switching off the TV to talk or play a game with your children, friends or family.
- * Make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart.



Try to relax

It's easy to say "Christmas is fun - just relax", but the reality is that relaxing can be tricky. Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold. Mental health and physical health are as equally important, if you fell over and grazed your knee on Christmas Day, you'd put a plaster on it. So if your mental health needs a plaster, you're allowed to do something about it. Here are some great tips from www.headstogther.org.uk to help you through Christmas time:

1. Take a break

.....

The festive season can be overwhelming, and feeling under pressure can effect our wellbeing.

So think about what helps you relax & make time to do something just for you.

And remember - don't be afraid to say 'no' to things. People will understand and there's no need to feel guilty.

2. Try to stay active

.....

It is tempting to stay indoors, cosy on the sofa watching a film, but remember, regular exercise is good for us.

You could go for a long walk, try ice skating or work in the garden. Why not try some yoga or a class at the gym?

Physical activity releases endorphins, helping us relax & boosting our mood.

Looking after yourself at Christmas

3. Eat well and drink sensibly

.....

If you tend to over-indulge around Christmas, you're not alone.

But we need to bear in mind that what we eat and drink can have a real impact on how we feel.

Of course, it's ok to treat yourself, but try to be mindful and think about balance and moderation.

4. It's ok to ask for help

.....

Remember people care about you and there is always someone there to listen.

Sharing your feelings with someone else can help you unravel your thoughts, feel supported & less alone.

You could message a friend, meet with a family member, speak to your GP or connect with a charity.

If you want to talk but don't know where to turn, visit www.headstogther.org.uk

Looking after yourself at Christmas