

# Wellbeing Newsletter for Students

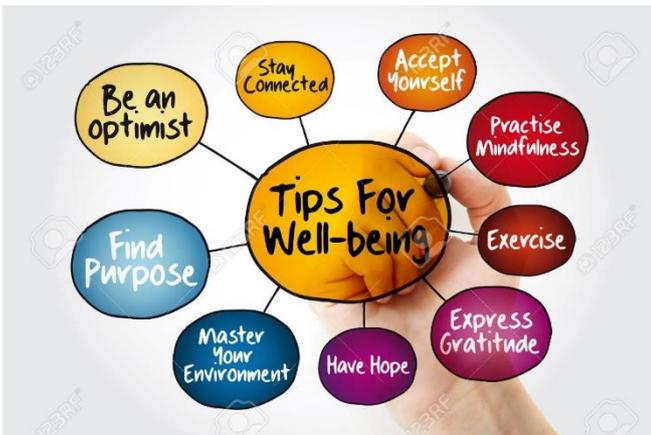
**'Look after yourself, be kind to yourself!'**

Dear Student of CHA

This is the first Wellbeing Newsletter that is specifically written for you as a student of CHA. It is hoped that as time progresses, many of you will be willing to write articles, send in ideas, pictures and so on that can be published in this newsletter which will ultimately support the wellbeing of CHA students.

## What is wellbeing?

Wellbeing is sought after by virtually everybody as it includes many positive things such as feeling happy, healthy, connected with family and friends and feeling that you have a sense of purpose.



Everyone's wellbeing is made up of several areas:

**Physical wellbeing** – You need to take care of your body if you want to stay well. This includes the amount of sleep you get, your diet as well as exercise. Remember that there is a strong connection between your body and your mind when you look after your body you will think and feel better too.

**Emotional Self-Care** – You need to have healthy ways of dealing with uncomfortable emotions like anxiety, anger and sadness.

**Mental Self-Care** – The way you think and what you spend your time filling your mind with has a great impact on your psychological well-being.

**Social Self-Care** – This concerns your relationships with friends, family and people you know. Positive connections with people you trust and care for are essential for your wellbeing.

**Spiritual Self-Care** – This does not have to involve having a faith. It is about anything that helps you have a deeper sense of connection or understanding of the world around you.

All of these aspects of wellbeing interlink and will look and feel different to everyone, but when one or more of these areas is out of kilter or not in balance it can have a huge impact on how you feel about everything.

Part of the purpose of this newsletter is to explore different aspects of wellbeing in each edition.



## Growing-up

Growing-up is not easy. Sometimes you want to make more decisions than your parents will let you and then other times you cannot even decide what to eat or what to wear.

One day you feel on top of the world and the next you may feel down and on your own, these are feelings that are all part of growing up.

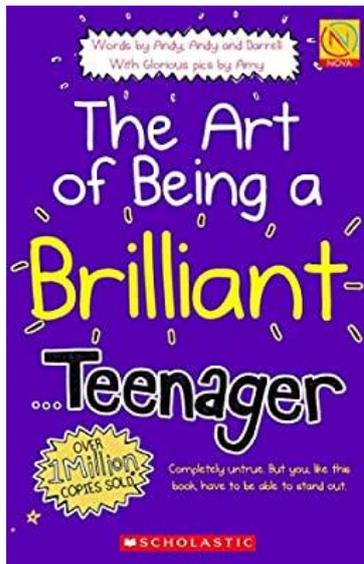
In each newsletter there is going to be some words of wisdom from a member of staff that they would have told their younger selves.



You are beautiful  
You are loved  
You are enough.

Mrs Atlas

## Recommended Reading



By Andy Cope

### **DON'T BE A STEREOTYPE.**

#### **Start being the real, brilliant YOU!**

Do you catch yourself saying that life's unfair? Or that you are a victim of having too much homework? Or that your teachers are picking on you for no reason? Or blaming your Mum when you cannot find your favourite shirt? *Thought so!*

Yes, you are a teenager and you are under massive pressure . . . *School, friends, homework, exams, teachers, parents, relationships, looking good . . .* you name it. But do not just sit there and grumble. How about getting motivated, energized and start making a difference instead? *The Art of Being a Brilliant Teenager* teaches you how to become your very best self - and how to figure out who that is, exactly. You will find your way to becoming brilliant at school, work, and life in general.

- Discover the real you, and what you want out of life
- Stop moaning and get moving now, while there is plenty of time
- Lose your bad habits before they become your personality
- Figure out how you want to contribute, and find a way to do it
- 

Do not let life just pass you by - it's time to start living better right now, so that when later comes along, it's guaranteed to be absolutely brilliant!

## Pants Not Ants

ANTs are those **A**utomatic **N**egative **T**houghts (ANTs) that come into head when you least want them to. They are thoughts such as:

*'I look awful in this.'*

*'Not maths, I just can't do maths!'*

*'Were they talking about me?'* and so on.

These negative thoughts can have a huge impact on how you feel about yourself and your actions such as avoiding doing some work because you think you can't do it or avoiding hanging around with friends because you think they have been talking about you.

When you notice these Automatic Negative Thoughts (ANTs) coming into your head, you need to try and replace them with PANTs (**P**ositive **A**nd **N**ice Thoughts). Challenge the negative and unhelpful thought and replace with a more helpful, Positive And Nice Thoughts (PANTs).

For example, when you think you cannot do something, you replace it with:

***'I can do this, it may take me time and I might need some help, but I can do it.'***

Challenge yourself to catch those Automatic Negative Thoughts and replace them with Positive And Nice Thoughts. The more you do this, the more you will believe in yourself, value yourself and develop your own self-confidence.



**PANTS NOT ANTS!**

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## The Power of Three

This holiday, get into habit of completing the **Power of Three**. For example, do one or more of the following each day:

- note down three things you are grateful for
- say thank you to three different people for something they have done for you
- write down three things that you have achieved (it can include getting out of bed)
- do three positive things for three different people
- be kind to yourself in three different ways for example eat well, do some exercise and cut down on screen time
- come up with three positive affirmations that you can tell yourself – like the statements Mrs Atlass would have told her younger self.

### A Personal Wellbeing Plan

The holidays are a great time for working on your own personal wellbeing plan and getting into good habits. Grab a piece of paper and a pen or pencil and make some notes about each of the following:

*Things I can do to relax and calm myself down.*

*Things I can do to distract myself.*

*Fun/interesting activities I can do.*

*Who and how I can socially connect with (people).*

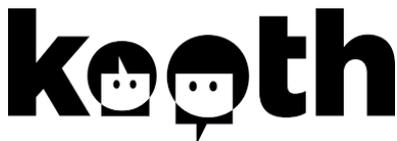
*Things I can do to improve my sleep.*

*Things I can do to improve my diet.*

*Physical exercise I can try out.*

*Support contacts if I feel overwhelmed (family, friends, helplines and professional support).*

Now choose one of the above areas and put some of your ideas into place, challenge a friend to the same and then you can motivate each other.



**Kooth.com – online support for young people**

Kooth is a web based confidential service available to young people. It provides a safe and secure means of accessing mental health and wellbeing support for your age group.

Kooth provides the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available 12 noon to 10pm weekdays and 6pm to 10pm at weekends, every day of the year on a drop-in basis. You can access regular booked online counselling sessions as needed and outside counselling hours you can message the Kooth team and get support the next day.

If you register with Kooth you can have support available to you now and in the future. Support is not only provided through counselling but articles, forums and discussion boards.

### Future Student Wellbeing Newsletters

The aim is that you will receive a Student Wellbeing Newsletter approximately every two weeks. It will contain a range of information, ideas and so on that is about you and your wellbeing.

If you have any ideas, suggestions, articles, photographs, quotes, poems, drawings and so on which you would like to share and think will help students of CHA with their own wellbeing, please email them to:

[swbnewsletter@chacademy.co.uk](mailto:swbnewsletter@chacademy.co.uk)

In the meantime, have a really good summer break and remember to stay safe. Although lockdown restrictions have been eased you still need to take care of yourself and socially distance as appropriate.

Remember towards the end of the holidays, start getting yourself back into a routine which will help with the start of school such as earlier nights, getting up a regular time that is similar to what you would on a school day. Also make sure you have the correct equipment for the start of school as staff are no longer able to provide you with any resources.

If you feel anxious about returning back to school, which would be perfectly normal given that most of you have not been in school for about six months talk to someone – a friend, a member of your family or even contact a member of staff from school that you trust.

**Look after yourself,  
be kind to yourself!**