



Kingswinford Academy

A part of Windsor Academy Trust

December 2022 Issue 4 (HT2): Mental Health and Wellbeing Newsletter:

Self-care is about the things we can do to look after our own mental health

Young people informed the Anna Freud charity that when they are struggling, they are usually told to see a professional. They don't often get much advice about how they could help themselves. So, they spoke to professionals and looked at academic research. Then they drew up a list of strategies young people use. These strategies can help you manage your wellbeing. They have shared these activities to help you to manage your wellbeing. It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else [my-self-care-plan-secondary.pdf \(annafreud.org\)](#). Always seek help from an adult if needed.

What is self care?

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you.

1. There are over [90 self-care strategies](#) identified and written by young people on [On My Mind](#) so you can try out different ones until you find something that works for you.
2. Draw up a plan. Put aside some time every day for yourself and say what you will do.
3. Everyone has mental health. Talking almost always helps. Listening always helps others.



Here are some ways people describe self-care:

"Something that refuels us, rather than takes from us."

"Eating well and getting enough sleep"

"Something you enjoy that allows you to escape whatever is troubling you. Make sure you do at least one thing you like every day."

"Self-care isn't a selfish act; it is rather about knowing what we need to do in order to take care of ourselves. I don't take enough care of myself, I won't be"

"You need to plan self-care. It won't just happen. Set some time aside to make a short plan."



What is your mental wellbeing?

Your mental wellbeing is about how you're feeling right now, and how well you can cope with daily life. Our wellbeing can change from moment to moment, day to day, or month to month. Sometimes it changes because of things that happen to us and sometimes it changes for no reason at all. It can affect the way we feel about ourselves and others, and about the things we face in our lives.

What is your mental wellbeing important?

Having good wellbeing can help you to:

- feel and express a range of emotions
- have confidence and positive self-esteem
- have good relationships with others
- enjoy the world around you
- cope with stress and adapt when things change.

Good wellbeing doesn't mean you'll always be happy. It's normal to feel sad, angry, or low sometimes. But if you have poor wellbeing for a long time you might start to find things more difficult to cope with.

What can affect my wellbeing?

We're all different, so what affects your wellbeing may not be the same for somebody else. But some common things are:

- difficult or stressful life events
- your relationships with the people around you
- the care and support you get at home and school
- your physical health – how much sleep you get, what you eat and drink
- your environment – housing conditions, how you are treated by others
- being able to recognise and communicate your emotions.

You may experience difficulties in one or more of these areas, or even experience problems not listed here. That's okay. Everyone is different.

How can I look after my wellbeing?

However your wellbeing is at the moment, there are things you can do to look after and improve it. What helps you now may not be the same as what helps you in the future. Try what you feel is comfortable and right for you, at this moment.

- Tell people what helps. If certain treatments have helped in the past, tell your doctor. Let your friends and family know how they can support you, whether it's listening to you when you're having a bad day, helping you keep on top of your commitments, or being aware of your triggers (things that set off your difficult feelings or behaviours, or make them worse).
- Spot your early warning signs. If you can, try to be aware of how you're feeling, and watch out for any signs you might be becoming unwell. These will be individual to you, but it can be useful to reflect on what these may be so you can get support as soon as possible.
- Keep a mood diary. Tracking your moods can help you to work out what makes you feel better or worse. You can then take steps to avoid, change or prepare for difficult situations. You can create your own mood diary or find one online – there are many freely available on the internet and as Apps for your phone.
- Build your self-esteem. Taking steps to increase your self-esteem can help you to feel more confident and able to cope.
- Look at the 8 tips of relaxation video published by the charity Mind.













“Accepting who you are and being proud of anything which makes you different is very important.”



There's a lot going on for young people right now, so please find below a list of organisations to get in touch with if you feel you are struggling, feeling overwhelmed or anxious. We are also available in school to help you.

1. <https://www.kingswinfordacademy.org.uk/school-life/student-welfare-and-personal-development/mental-health-and-wellbeing/>
2. <https://www.annafreud.org/on-my-mind/urgent-help/>

<p>Kooth Healthy Young Minds</p>  <p>Kooth is an online mental wellbeing community offering free, safe and anonymous on line chat and emotional wellbeing service for young people aged 11-24 years.</p> <p>If you need to talk they are online until 10pm everyday.</p>	<p>Young Minds</p>  <p>Young Minds is a charity which focuses on young people's mental health and emotional well-being.</p> <p>The website includes downloadable information leaflets on a range of topics, including self-harm, aimed at both young people and adults.</p>
<p>Every Mind Matters</p>  <p>Having good mental health helps us relax more, achieve more and enjoy our lives more.</p> <p>There are simple things we can all do to look after our mental health and well-being with expert advice and practical tips, so get in touch today.</p>	<p>Childline</p>  <p>Childline provides support to young people who have concerns about themselves or their friends. The trained listeners will never break confidentiality or judge. They are available 24 hours a day, every day of the year.</p> <p>Call them on 0800 11 11 or talk to them online at www.childline.org.</p>
<p>Self harm UK</p>  <p>This is a website developed by someone who used to self-harm, providing lots of support and information including access to 'Alumina' - a six week online programme to help you overcome self-harm. You can also self-refer.</p> <p>Find out more information and get in touch with the team at www.selfharm.co.uk</p>	<p>Beat Eating Disorders</p>  <p>Beat is UK's leading charity that supports anyone affected by eating disorders or difficulties with food, weight or shape.</p> <p>They have trained support workers who also host anonymous support chat groups online for young people, adults, and those whose friends or loved ones have an eating disorder.</p> <p>Call them on 08080 801 0677 or talk to them online at www.beat.co.uk</p>
<p>The Mix</p>  <p>The Mix is the UK's leading support service for young people. They are there to help you take on any challenge you are facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.</p> <p>Talk to them online, on social media or call their free, confidential helpline on 0808 808 4992.</p>	<p>Samaritans</p>  <p>Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland. Samaritans are available 24 hours a day, 365 days a year.</p> <p>Call them on 116 123, email the team, or find more info online at www.samaritans.org.</p>
<p>Anna Freud Foundation</p>  <p>The aim of the Anna Freud Foundation is to transform current mental health provision in the UK by improving the quality, accessibility, and effectiveness of treatment.</p> <p>On their website you can find a whole host of resources and toolkits to support the mental health and well-being of young people.</p>	<p>Action for Happiness</p>  <p>Action for Happiness helps people take action for a happier and kinder world.</p> <p>They bring together like-minded people from all walks of life and help them take practical action, drawing on the latest scientific research and are backed by leading experts from diverse fields including psychology, education, economics and social innovation.</p>