



## Supporting Your Well-Being Tips for School Staff

With the current outbreak and spread of the coronavirus you will find that your life is taking significant changes which can automatically knock our well-being and our mental health. Each person will have their own individual response, and this is ok. Below are some ideas and tips for maintaining your well-being during this particularly trying time. Do take a moment to step back and see all of the hard work, care and support that you have been providing for the children you work with.

- Create or maintain a healthy routine. This doesn't need to be strict but functions to give you a purpose and grounding. You may need to complete some online duties which you can include in your routine, and make sure to add some activities for enjoyment / relaxation too. Now that you're working from home it may be easier to fit in that morning workout / yoga session. **For those of you who will continue to support children at school, maintaining a well-known routine will help to create a sense of security and stability for them too!**
- Call upon your support network and share how you are feeling. It can be helpful to process your response to these challenging times. If you are stuck for people to talk to then you can make time with your school's CSM, Sophia: 07833 460 683. It is ok to not be ok sometimes, and it is ok to ask for help. Remember when talking to friends to stay safe, keep your distance and use technology. **For those of you who continuing in schools, allow time for children to talk about their responses. Model positivity and a sense of calm, whilst being honest about the changes in the world and the worries that some people will have. Sophia is available to talk through any difficult conversations you may find yourself having.**
- Stay up to date with current information about the virus from reliable sources only. If you find it difficult to detach from the flood of information on the subject, then try setting a specific time of day for this (Boris's press conference at 5pm perhaps?). Make sure to spend time reading about positive news too, there are lots of amazing acts of kindness which occur during times of crisis. See <https://www.positive.news/> and enjoy the emotional sensation it can bring. **For those who are continuing to work in schools, sharing positive news with children will support their sense of safety and security and will give them a break from all of the difficult and scary things they may be hearing.**
- Perhaps find your own way of helping and contributing in some way. This may be something small like cleaning a house mate's or family member's phone, or something larger like joining a local 'Good Neighbour's' group to support the elderly in your area. Acts of kindness, no matter the size can help us to feel positive and in control during difficult times.
- Attend to your physical well-being by taking regular exercise and where possible, go outside. It is mid-March now which means better weather must be due. Go outside, enjoy the fresh air and sunshine, whilst maintaining a safe distance from others. Maintaining a regular sleep pattern can also help to maintain a sense of well-being, so try to get 8 hours a night and stick to a similar bed-time and get up time each day.
- Try a new hobby perhaps? Something that you may not usually have the time to do. This could be cooking a new dish, trying your hand at some painting, or maybe even yoga. 'Yoga With Adriene' is a free resource on YouTube. Maybe you could try joining the 'Sofa Singers' virtual choir: [www.thesofasingers.net/](http://www.thesofasingers.net/) **For those of you continuing in schools, Go Noodle is a great online resource for yoga and mindfulness activities which can support children to create a sense of calm and well-being <https://www.gonoodle.com/>**