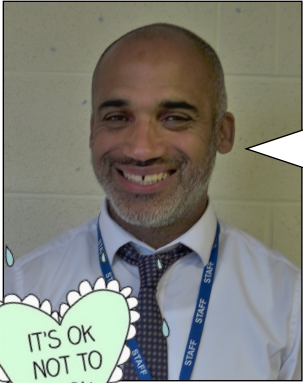




Mental Health and Well-Being Support with Mr Doyle - Issue 6

Help, Support and Advice to support our Mental Health and Well-Being! We are ALWAYS HERE TO HELP!



A Message from our Mental Health Guru!

“Good morning. I hope these resources find you and your mental health and well-being in good shape. I appreciate that it is very hard at the moment! This resource focusses on anxiety and I have included videos and activities for you to access to help you understand and deal with some anxieties that you may be feeling at this time. It is important to recognise that we may be feeling a little more anxious as we move from lockdown into the unknown but please remember you are not alone. Many of us are experiencing the same feelings. If you are struggling, please reach out and get in touch - we are always here to help!”



IT'S OK
NOT TO
BE OK

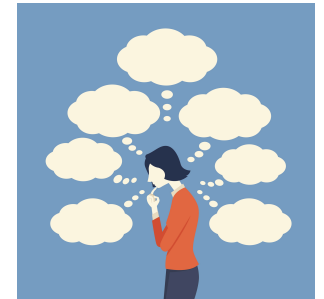
Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of **anxiety** at some point in their life. For example, you may feel worried and anxious about sitting an exam, or going to a job interview or returning to school after such a long time off! Take a look at the links below and also head over to [headspace.com](https://www.headspace.com) - it's fab and a favourite site of ours!



➤ Head over to Anxiety UK - they are a user-led organisation, run by people with experience of living with anxiety, stress or anxiety-based depression, supported by a high-profile medical advisory panel. They work to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy: <https://www.anxietyuk.org.uk/>



➤ Visit the BBC Brain Lab to access a collection of short films on mindset and mindfulness: <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-the-brain-lab/z7khnd>



➤ Seven techniques for helping kids keep calm. Try these simple relaxation and mindfulness activities together and help your child learn to calm down when they feel stressed or anxious: <https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>



➤ Head over to the Mentally Healthy Schools website for a brilliant 'Self-care Resources' for Children: <https://www.mentallyhealthyschools.org.uk>

➤ Or <https://www.mind.org.uk> for a 'Self-care Guide' for Adults.

➤ Did you know that there are also benefits of anxiety and nervousness? <https://www.verywellmind.com/benefits-of-anxiety-2584134>

