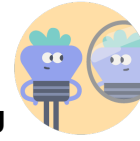




Mental Health and Well-Being Support with our Guru - Mr Doyle

Help, Support and Advice to support our Mental Health and Well-Being



This week's edition is all about **RESILIENCE** - one of our school's core values!

To be **resilient** means to be able to 'spring back' into shape after a negative scenario. To be emotionally resilient means to be able to spring back emotionally after suffering difficult and stressful times in one's life. Stressed people experience a flood of powerful negative emotions which may include anger, anxiety, and depression. For more reading around resilience, including what emotionally resilient people do, please visit: <https://www.mentalhelp.net/emotional-resilience/defining-resilience/>.

Check out these amazing resources, highlighting ways you can improve how resilient you are...

- ▶ Like this brilliant article from verywellmind.com and their ten ways to help build your resilience: <https://www.verywellmind.com/ways-to-become-more-resilient-2795063>. Check out the other brilliant resources on their website - trusted mental health information when you need it most.



- ▶ Head over to mind.org.uk for even more advice about the steps you can take to look after your wellbeing and help you deal with pressure - reducing the impact that stress has on your life.

- ▶ Watch the 'Stress Bucket Video' on Youtube. The **stress bucket** is a reflective psychological tool which helps individuals to identify what is causing them **stress** and what they can do to reduce it: <https://www.youtube.com/watch?v=ld5JypUYT-o>

mind for better mental health



- ▶ Nobody said it was going to be easy! But if you want to change the world, start off by making your bed! <https://www.youtube.com/watch?v=KgzLzbd-zT4>

- ▶ A resource for the whole family! Why not try and watch 'Inside Out' for the first or for the umpteenth time.

- ▶ Finally, please do download the Headspace app. Check out this fab article about mental toughness: <https://www.headspace.com/articles/mental-toughness>.

