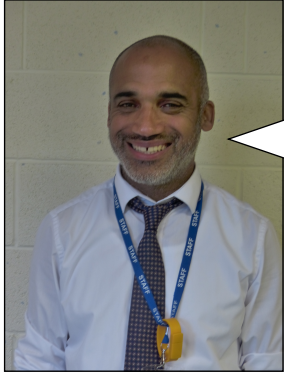




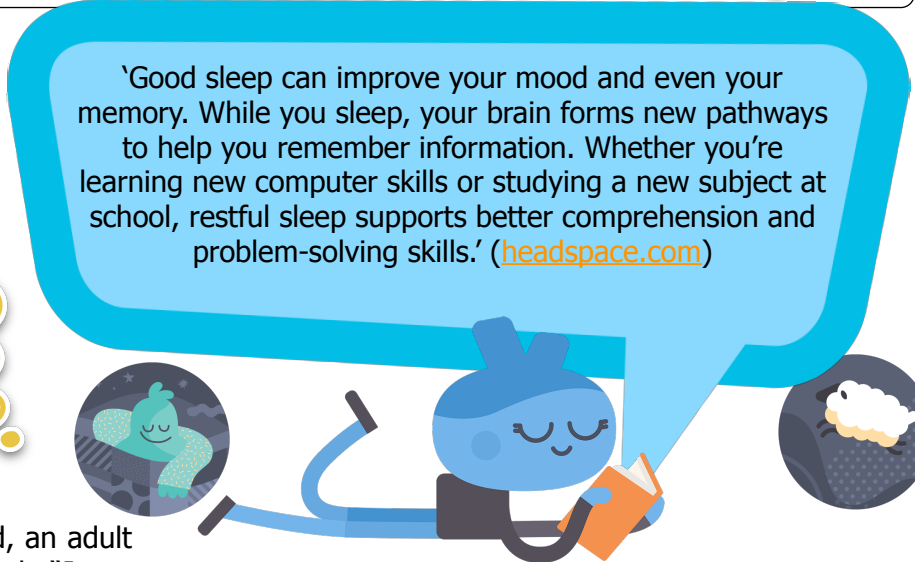
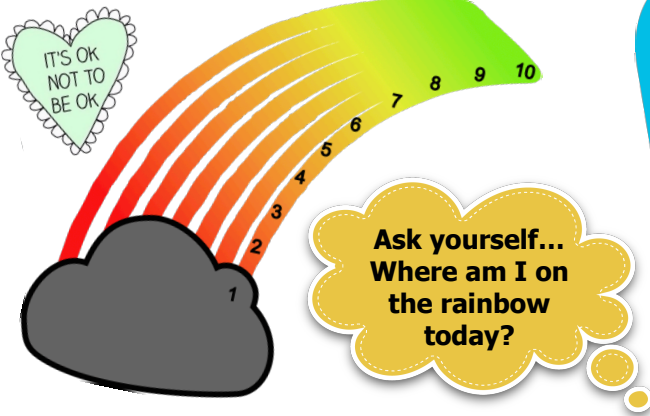
Mental Health and Well-Being Support with Mr Doyle - Issue 9

Help, Support and Advice with our Mental Health during these challenging times. We are always here for you!



A Message from our Mental Health Guru - Mr Doyle!

“Welcome back to our Mental Health Support guides, designed to support you all during this difficult lockdown period. We developed these during previous school closures and they proved successful and valuable. Please take the time to read through the information and try and put some of the practical strategies in place. This edition focuses on the importance of sleep. Good luck! If you need any additional support around mental health and well-being, please do not hesitate to contact me on 0151 226 1929 or via email: joseph.doyle@fmp.liverpool.sch.uk.”



‘Good sleep can improve your mood and even your memory. While you sleep, your brain forms new pathways to help you remember information. Whether you’re learning new computer skills or studying a new subject at school, restful sleep supports better comprehension and problem-solving skills.’ ([headspace.com](https://www.headspace.com))

If you answered between...

- ▶ **1 - 3** - Please speak to someone, a friend, an adult you trust at home or an adult in school. “I am feeling a bit low at the moment can I talk to you?”
- ▶ **4 - 6** - Try and do an activity from The [NHS five steps to Well-Being](#) and hopefully you’ll be back on track and can move up to the next level.
- ▶ **7 - 10** - You are feeling fine, keep doing what you’re doing! Share your smile!

Routines before bed must be consistent!

1. Start those routines at the same time every night - the TV, iPads, phones and games consoles turned off 1 hour before bed (NO TECH ALLOWED!)
2. Have a good cleaning routine - bath time/wash time, cleaning teeth and ready for bed.
3. Calm the mind with some reading, music or listening to a story.



HEADSPACE®

For more information and tips, please visit the superb Headspace website: <https://www.headspace.com/sleep/sleep-hygiene>

Over the next coming weeks and months, we will be focusing on the following mental health aspects to help us be more motivated and to have more resilience; sleep, exercise, healthy eating and friendships. In the meantime, please do pay our new website a visit. We have a page designated specifically to supporting the mental health and well-being of our school community: <https://florencemelly.org/parents/community-support/>.

