

Wellbeing Matters

*A resource guide for parents, carers and
school staff*





About this resource

This resource has been developed in light of the national lockdown imposed January 2021.

It is designed to **support adults** who have been affected by the pandemic, for example school/college closures, whether they be parents, carers, teaching staff, support staff, senior leadership or other staff. Each page has hyperlinks to websites, YouTube videos or documents which may be useful.

All resources provided have been compiled from reputable sources and have been organised for ease of access.

Please share this with whomever you feel would benefit from it.

We hope you find the resources useful and we urge you all to take care of your mental health and wellbeing during these difficult times.

Warmest wishes,

Gateshead Psychological Service

Follow us on Twitter: @Gateshead_GPS



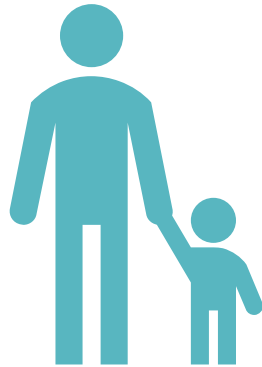
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If you are experiencing a mental health crisis, please seek support from one of these organisations: [Mental health charities and organisations - NHS \(www.nhs.uk\)](https://www.nhs.uk)



General adult
support



Support for
parents/carers



Support for
teaching/support staff



Support for
school leaders



Wellbeing Resources: General adult support



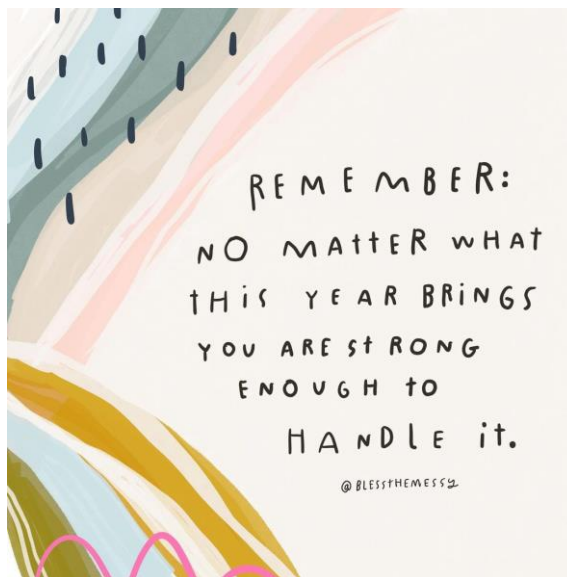
Videos

- [Stress relief 'tapping' exercise](#)
- [Finger Breathing / Finger Breathing 2](#)
- [Colour Breathing](#)
- [The Butterfly Hug](#)
- [Relaxation Exercises](#)
- [Mindfulness for Busy People](#)
- [5 minute Mindful Breathing](#)



Support sites

- [Shout](#)
- [Samaritans](#)
- [Mind](#)
- [SANE](#)
- [SupportLine](#)
- [CALM](#)
- [Anxiety UK](#)
- [Get Self Help](#)
- [Action for Children](#)
- [NSPCC](#)
- [Winston's Wish \(bereavement\)](#)



Apps

- [3 Good Things](#)
- [The Gratitude Garden](#)
- [Calm](#)
- [Headspace](#)
- [My Life – Stop Breathe Think](#)
- [Stress & Anxiety Companion](#)



Guides

- [How to... Sleep Better \(Mental Health Foundation Guide\)](#)
- [5 ways to well-being during isolation \(NHS Devon\)](#)

Self-care Menu

@thefabstory

5 min



take a few deep breaths



stretch your body



listen to your favourite song

15 min



meditate on your purpose



read a chapter of a book



journal out your thoughts

30 min



take a walk outside



get crafty



cook a new recipe





Wellbeing Resources: Parents and Carers



Practical tips- for you

- **Set achievable goals** and celebrate small successes.
- **Remember to be kind to yourself**, you are potentially juggling work, childcare, and your own worries.
- **Consider limiting how much you read about COVID-19** and limiting social media if it is adding to your anxiety.
- **Stay connected with others virtually**, weekly check-ins with friends and family will keep you grounded.
- **Practice self-care as a priority**, set aside some time for yourself to engage in something like mindfulness, exercise, relaxation- whatever works for you.
- **You cannot pour from an empty cup**-whilst time for self-care might seem scarce right now, you will be better placed to help your family.



To be a good parent,
you need to take
care of yourself so that
you can have the
physical and *emotional*
energy to take
care of your family.



MICHELLE OBAMA



Websites

- [Coping practically and emotionally during the Covid-19 outbreak \(Family Lives\)](#)
- [Practical advice: family life and home schooling \(Action For Children\)](#)
- [Mental health advice for parents during coronavirus \(Parent Club\)](#)
- [Working from home tips and ideas \(Parent Club\)](#)
- [Managing parental loneliness \(Action for Children\)](#)
- [Managing parental guilt \(Action for Children\)](#)
- [COVID-19 advice and support for parents and carers \(NSPCC\)](#)
- [Supporting Families During COVID-19 \(Child Mind Institute\)](#)

Practical tips- home learning

- Have realistic expectations
- Most children can only manage around 9:30am- 2pm (Child Mind Institute, 2020)
- Use a timetable to reinforce structure and routine
- Try to encourage children to maintain social bonds with peers online
- Plan in movement breaks/daily exercise
- Some days will be harder than others, and this is okay

If things are getting you down, it's important to recognise this. Talk to someone you trust and see what they think. Many people go on struggling with very difficult situations because they feel they should be able to cope, and don't deserve any help.

[Parents survival guide \(youngminds.org.uk\)](https://www.youngminds.org.uk/parents-survival-guide)





Wellbeing Resources: Teaching and Support Staff



General Advice Sites

- [Staff Resilience \(BPS\)](#)
- [Caring for wellbeing of staff \(Young Minds\)](#)
- [Staff and pupil toolkit: looking back on 2020 \(Mentally Healthy Schools\)](#)
- [Personal Wellbeing During the Pandemic \(Twinkl & Mind\)](#)
- [Teaching During a Pandemic \(Twinkl and Mind\)](#)
- [Staff mental health and wellbeing \(neu.org.uk\)](#)
- [Home - Workplace Strategies for Mental Health](#)
- [Working together to reduce stress at work - a guide for employees INDG424 \(hse.gov.uk\)](#)
- [How to look after your mental health | Mental Health Foundation](#)

#teachergoals

Things more important
than your mental health
this year:

1. Nothing

@TEACHERGOALS



[Learn to shine bright- the importance of self care for teachers. | Kelly Hopkinson | TEDxNorwichED - YouTube](#)



[Education Support - the mental health and wellbeing charity for education staff](#)





Wellbeing Resources: School Leadership



Please see the teaching/support staff page for information applicable to leaders too.

“Great leaders don't see themselves as great; they see themselves as human.”
(Simon Sinek)



Well Schools — leading in a crisis on Vimeo

For you

- Headspace and Yourspace – support programme and networking for Senior Leaders Headspace and Yourspace | Education Support
- Looking after you - ideas for school staff who support pupils with wellbeing issues – YouTube
- Staff wellbeing playlist: STAFF WELLBEING | Don't compare your bloopers to others' highlights - YouTube

For your practice

- 7 tips for headteachers coping with the coronavirus pandemic | Education Support
- Staff Wellbeing: 4 Ideas for Leaders who Care - Creative Education and webinar WEBINAR | Staff Wellbeing 4 Ideas for Leaders Who Care – YouTube (50mins)
- LIVE Q&A | Student & Staff Wellbeing when Schools are Closed due to Corona Virus – YouTube from March lockdown (35mins)
- How Mentally Healthy is Your School? - A Simple Audit - Creative Education



We are all in the same storm, but we are not all in the same boat.

Thank you so much for taking the time to use this resource or share it with others. We hope that it is useful to you. Please look after yourselves during these difficult times.

