

HOW DOES WEATHER IMPACT OUR MOOD?

Did you know?

Serotonin is a hormone that regulates happiness levels. Exposure to sunlight can increase the amount of serotonin released in the brain. This boosts your mood and concentration, and makes you feel calmer.

WE CAN'T ALWAYS CONTROL OUR MOTIVATION LEVELS AS THE WEATHER CAN HAVE AN IMPACT ON HOW WE FEEL

Sunlight can also trigger melatonin, the hormone that regulates your sleeping pattern. Interrupted or irregular sleep can reduce your energy levels.

It is important to practice self-care during the cold months, you can do this by:



SUPPORT AT SCHOOL

At Slough and Eton, we have a dedicated team who support students with any aspects of mental health or emotional wellbeing. Students can self-refer to the email below.

CONTACT US

wellbeing@slougheton.com

WELLBEING BULLETIN

SLOUGH & ETON



GROUNDING TECHNIQUES

This method uses tools such as your senses to help distract you from low feelings

5 THINGS YOU CAN SEE



4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



WAYS TO LOOK AFTER YOUR WELLBEING DURING HALF TERM

GET ACTIVE

DO ACTIVITIES YOU ENJOY

AIM TO GET 8 HOURS OF SLEEP

CHECK IN ON YOUR FRIENDS AND FAMILY



koeth

SELF-HELP WEBSITES

YOUNGMINDS
fighting for young people's mental health



CAMHS
Child and Adolescent
Mental Health Service

REVISION TECHNIQUES

- Search for your subject on platforms such as **YouTube, Instagram and TikTok**, you will be surprised at how much revision material is available!
- Create daily checklists of all topics which need to be revised, this will allow you to visualise your workload
- Avoid trying to revise for long hours, instead focus on 30 minute revision slots with regular breaks in between
- Create mindmaps and flashcards for key terms and stick them around your room. Place it where you will look at it the most (for example, on the mirror where you get ready in the morning)
- Teach someone the content you're revising!