

# SELF-HELP WEBSITES



## 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](mailto:wellbeing@slougheton.com)



SLOUGH & ETON

# WELLBEING BULLETIN

2ND EDITION



# PRACTICE MINDFULNESS

## WRITE A LETTER TO YOUR FUTURE SELF

Share your own words of wisdom with yourself! Doing something creative and personal to you is a great way to inspire, comfort and make yourself right now and in the future too.

## MAKE YOUR OWN COPING BOX

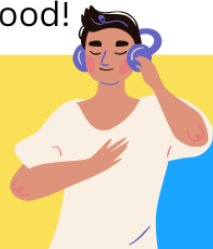
Try using items around the house to help soothe or distract you during difficult times.

## CREATE A DAILY PLAN FOR YOURSELF

Make most of your day. Creating a plan could help give your day more structure and enjoyment.

## CREATE A 'GOOD MOOD' PLAYLIST

Try using music to help boost your mood. Listening to music released endorphins in the brain which can help put us in a positive mood!



## 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 your revising!

Print a plain calendar and write all your exam dates down so you can clearly see how many exams you have

