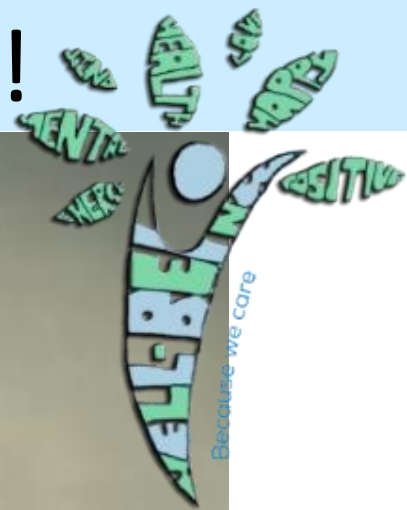


# Happy Well-being Wednesday!



*It's Ok to Cry*



in partnership with  
  
NATIONAL  
CHILDREN'S  
BUREAU

2022-2025

# Happy Well-being Wednesday!



CRYING  
IS A  
FORM OF  
SELF-CARE.

@BLEISHERRETH



## Reasons why crying can be helpful

@doodledwellness X @psychdoctor2b

Crying releases feel good hormones that dull pain

Crying can help you process emotions and experiences

It activates the parasympathetic nervous system to calm you

Bottling up emotions can hurt our mental health

It helps you identify what is important to you

Crying is a way to restore emotional balance





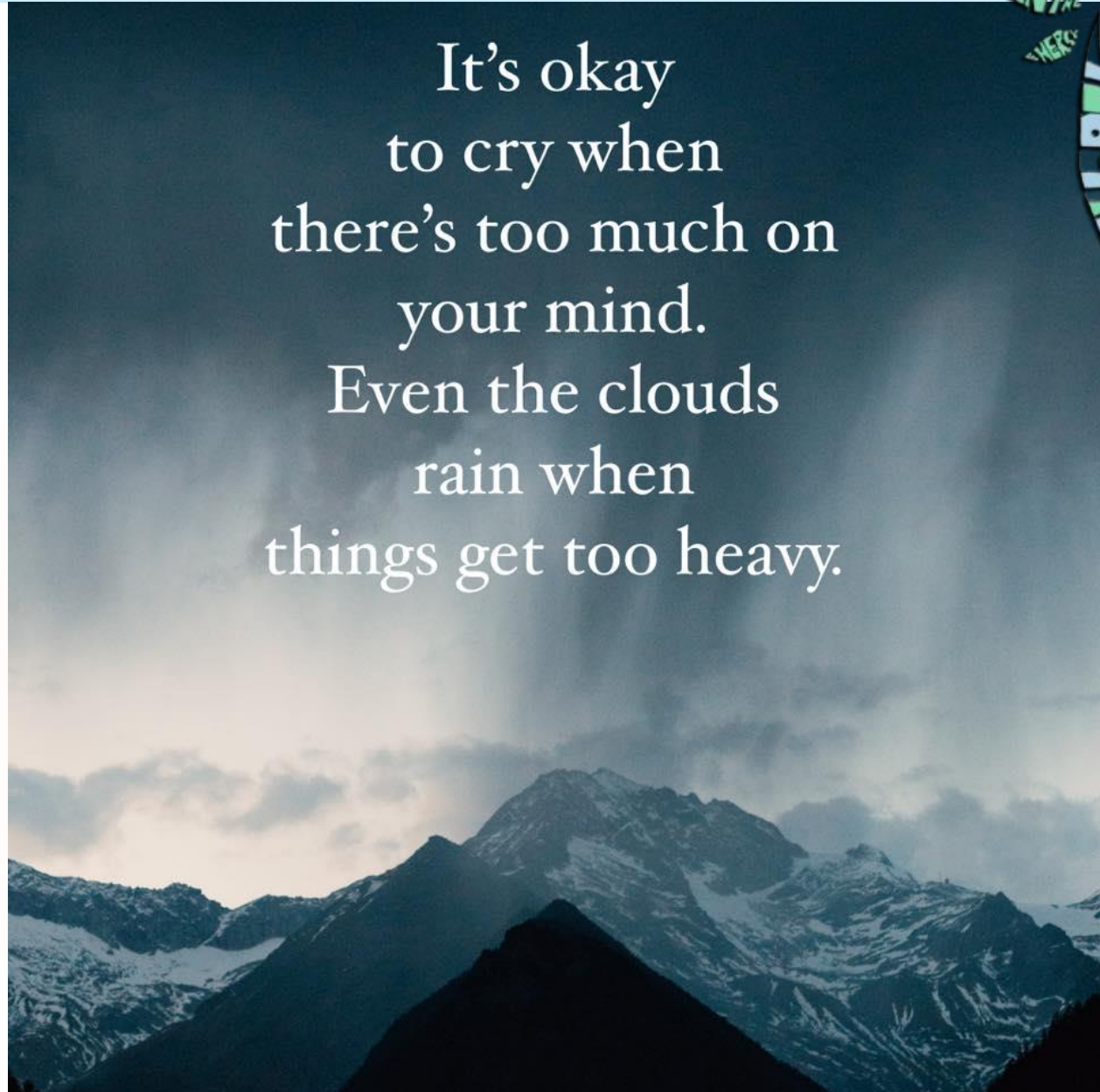
# Happy Well-being Wednesday!



Being kind, showing respect and empathy to those upset is so important.

Keep unkind thoughts to your self – one day, you may need some help!

It's okay  
to cry when  
there's too much on  
your mind.  
Even the clouds  
rain when  
things get too heavy.





# Happy Well-being Wednesday!

Where to get help if you need support:



**Text  
SHOUT  
to  
85258**

**shout**  
85258 here for  
you 24/7

@RPCC there is so much support.

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- School counsellor
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

